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Story by Ann Butenas
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Lakewood Orthopaedic and Sports Medicine Center



Dr. Thomas J. McCormack

*Raising the Bar on Superior Care and Providing
the Optimum in Patient Experience*

When it opened its doors in April 2019, the Lakewood Orthopaedic and Sports Medicine Center ushered in a whole new era of patient care. Located at the main entrance to TMC Lakewood, this spectacular \$4.5 million, 8,000 square foot center marks the headquarters of some of the Kansas City metro's most renowned and respected orthopaedic physicians.

As a recognized Center of Excellence in Total Joint Replacement for Knees, Hips and Shoulders, this highly-anticipated orthopaedic center has been designed to centralize all physician practices, allowing for convenient patient access - no more driving elsewhere for additional services - and the ability for the physicians to effectively collaborate among each other and with their patients.

Comprised of 15 larger and more comfortable examination rooms, two treatment rooms and MRI and x-ray capabilities right in the center, patients enjoy the convenience of one-stop medical attention. Integrated within the facility is its Sieman's Magnetom Aera with 1.5 Tesla strength. Orthopaedic patients enjoy better

access to MRI services eliminating the need to travel to another location for an MRI before beginning their treatment.

The new space not only caters to the patients but has allowed its professional team to grow and open its doors to additional esteemed physicians who bring their expertise in Physical Medicine and Sports Medicine.

Discover top shelf honors and distinctions

TMC Lakewood Orthopaedic and Sports Medicine Center is fully committed to delivering the highest quality of care for its families and friends. This is the place where quality of care is not simply an ideal; it's a lifestyle to which all practitioners and staff are wholly committed. With a reputation built upon a solid foundation of excellence, TMC Lakewood offers its patients the unexpected: a small community hospital environment with all the prestige of a large metropolitan health care facility that is part of a not-for-profit two hospital health system.

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In 2017 and again in May of 2019, TMC Lakewood received The Joint Commission Gold Seal for Advanced Certification for Total Joint Replacement Hips and Knees. The accolades don't stop there, however. TMC Lakewood also received Certification for Total Joint Replacement – Shoulders. This is a standard fastidiously met throughout Truman Medical Centers, as the Total Joint Replacement Hips and Knees Team at TMC Health Sciences District also just received certification.

What does this certification mean for patients? First of all, it improves the quality of patient care by reducing variation in processes, thereby setting a high standard for quality and safety of care, treatment and services. As a result, patients enjoy lower lengths of stay and faster recovery times. Other health care systems look to The Total Joint Replacement Team at Lakewood as the model for obtaining certification and have similarly benefited from Lakewood's sharing and counsel of the best practice experience.



Dr. Thomas J. McCormack

When it comes to an award-winning facility, this service takes center stage as a respected leader in distinguishing itself as one of the best. Its Total Joint Replacement programs have achieved the highest levels of professional recognition and are a focus for serving the increasing baby-boomer population.

"Lakewood Orthopaedic and Sports Medicine Center offers patients a distinct advantage as they search for the best provider for that joint replacement- proven quality outcomes," emphasized Thomas J. McCormack, M.D., MHCDS. "The Joint Commission's rigorous examination of how we provide care, and communicate with each other and our patients allows us to focus on continuous improvement in our processes and service. We choose to undergo this scrutiny, and are still the only Joint Commission Advanced Certified Total Joint Replacement-Hips and Knees Program in

the state of Missouri, and in the KC Metro area."

This dynamic group is committed to building a well-rounded team of providers for orthopaedic care, drawing on a diversity of practice styles, expertise and academic backgrounds.

"This challenges us to improve collaboration among physicians, with the common goal of delivering the best possible patient care in more efficient ways," indicated McCormack. "Our practice is small, but offers exceptional quality outcomes."

Even more good news? The new Orthopaedic and Sports Medicine Center at Lakewood has opened to continued praise from the patients it enthusiastically serves.

"Patients can trust that our joint replacement programs offer improved pain management, quicker recoveries and high levels of satisfaction with physician and staff interactions equaling greater value for the patient," stated McCormack.

**Discover the Sports Medicine Advantage:
Dr. Scott Luallin/Sports Medicine/Total Joint Replacement/
General Orthopaedic Surgery/Primary focus:
ACL, Knee, Shoulder, Hip and Cartilage Restoration**

An orthopaedic surgeon and sports medicine specialist who has also served as Chief Medical Officer for Sporting KC for two decades, Dr. Scott Luallin enjoys orthopaedics as it offers the



Dr. Scott Luallin



Dr. Scott Luallin

opportunity to problem solve, coupled with the use of novel surgical techniques, both of which come naturally to him.

"Sports medicine is a field which addresses injuries and problems for all levels of athlete, from the weekend warrior to the elite professional," he explained. "Returning any athlete, regardless of level, to their respective activity is what we strive to do. Getting people back, I believe, greatly enhances their lives and contributes to well-being and a healthier lifestyle."

Dr. Luallin says he holds a debt of gratitude to TMC Lakewood for the superior job it has done in terms of enabling him to have all the resources he needs to get the job done. He moved his practice to Lakewood in early 2018.

"We have a state-of-the-art office, a very modern well-equipped operating room, and most important, the personnel to make everything work well," he expressed. "I believe this environment sets me up for success."

When caring for patients, Dr. Luallin incorporates a unique approach to each individual.

"I try to tailor treatment to a patient's individual needs and expectations," he indicated. "For example, I see a number of people with ACL injuries. There are several different techniques to reconstruct an ACL, and each of them have unique attributes that make them ideal for a given scenario. This, I believe, helps achieve the best outcome for each individual."

Dr. Luallin maintains a keen eye on the future of his delivery of care for patients, and anticipates his areas of expertise can significantly add to the impressive breadth of services at TMC Lakewood. For example, cartilage restoration is a special area of interest for him.

"Cartilage injuries have historically been very difficult to treat, due to their unique structure and inability to regenerate," he explained. "Now, we have numerous techniques to address these types of injuries that enable people to continue to enjoy an active lifestyle."

As part of the growth of the sports medicine arm of the center, Dr. Christopher Shaw began seeing patients at Lakewood in May.

His practice includes a special clinical interest in injuries of the ACL, knee and hip articular cartilage, as well as the meniscus and ligaments of the knee. Dr. Shaw brings to the center his specialization in hip labral injuries and preservation surgery of the hip using advanced arthroscopic techniques. Dr. Shaw incorporates many "orthobiologic" techniques in his practice which include PRP and stem cell therapies. Dr. Shaw also practices at University Health Orthopaedics.

The Sports Medicine physicians at Lakewood see older adolescents and adults throughout the Kansas City metro area.



Dr. Alicia Hillman

**Discover the role of Physical Medicine: Dr. Alicia Hillman/
Sports Medicine and Physical Medicine/Primary focus:
pain and injuries of neck, back, joints, muscles and tendons**

Dr. Luallin recruited Alicia Hillman, M.D. to Lakewood in 2019 prior to the opening of the new center. A self-described versatile practitioner who is recognized as an expert in non-surgical pain management as well as in regenerative (such as PRP) approaches, Dr. Hillman works in harmony with the entire staff, whether working solely with a patient or working to "key up" a patient to meet with an orthopaedist. She has the advanced training to effectively address a wide range of patients' injuries.

Dr. Hillman works first to find a resolution to the patient's needs that involves a non-invasive treatment. Her role is to address the joint pain or sports injury by managing a thorough workup and providing non-surgical solutions to treat any nerve, muscle or bone condition that affects that person's overall mobility. When she does turn over a patient to a surgeon, that translates to the patient being qualified for surgery, and the patient has the confidence that everything that could be done to avoid surgery was done.

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Dr. Akin Cil

Discover the benefits of integrating academic and private practice models: Dr. Akin Cil/Franklin D. Dickson Professor of Orthopaedics and Vice Chair – Department of Orthopaedic Surgery/Primary focus: Shoulder and Elbow

Dr. Cil shared his excitement for this new venue as a way to enhance academics at the TMC Lakewood campus, the only academic center serving this part of the Kansas City metro area.

Dr. Cil views academic centers as the crossroads of education and research where clinicians treat patients but also set the stage for an integrated environment of learning for younger physicians. Additionally, clinicians in these academic centers have the resources to apply the latest innovations in medicine available, even in the development phases.

Dr. Cil says he greatly appreciates the synergy evident within the new center, which creates an optimal environment of learning for the younger physicians completing a residency or fellowship.

“There has been a remarkable growth over the past year, both for the orthopaedic surgery family and the primary care sports medicine family at Lakewood Campus,” emphasized Dr. Cil. “With the opening of the new center, all of the physicians of these departments will be able to practice at the same venue, just steps away from each other, and will be able to share ideas on how to manage common or rare complex musculoskeletal problems.”

When consulting with each patient, Dr. Cil believes in treating the whole patient rather than just the singular medical issue.

“Our understanding of shoulder and elbow problems are evolving with research on a continued basis,” he indicated. “Current evidence-based medicine guidelines allow us to recommend state-of-the-art



Dr. Christopher Shaw

treatment modalities for shoulder and elbow related conditions. My understanding of treatment involves a holistic approach to a patients’ well-being, rather than just focusing on the current problem of shoulder and elbow.”

All treatment modalities are tailored to a patient’s individual needs. Using a highly conservative approach initially, Dr. Cil assists patients through interventions such as physical therapy, injections and natural supplements to assist them back to their daily lives.

“In most cases, we are very successful,” said Dr. Cil. “If we need any surgical intervention, I like to use the least invasive method first. However, some conditions require more extensive interventions, and we have the capability of addressing these problems with the implants that are currently available to us, such as joint replacements.”

Discover Primary Care-based Sports Medicine

Unique to this center is the platform it has established upon which true orthopaedic-based sports medicine can seamlessly



Dr. Kevin Gray

integrate with primary care based sports medicine. Some sports medicine physicians are surgeons, trained to repair damage to tendons, ligament and joints. Family medicine based sports medicine provides a full spectrum of non-surgical services with a focus on improved performance, enhanced overall health and the prevention of injury. Because Lakewood already had in place an established sports medicine service headquartered in its Community and Family Medicine service line before the new center opened its doors, it was an obvious choice to transfer those providers and their



Anna Gibson, Perioperative Team Manager,
Andrea Verba, MSN, BSN, RN,
Director of Perioperative Services and
Meghan Riley, Perioperative Team Manager

patients to the center. Board-certified in Family Medicine and Sports Medicine are providers Margaret Gibson, M.D., Christopher Fox, M.D., and Kevin Gray, M.D., all of whom tend to a broad-spectrum patient base, from young adolescents to adults. ●

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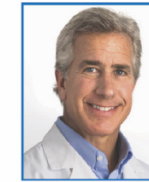
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MEET OUR TEAM

~ Orthopaedic and Sports Medicine ~



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~ Physical Medicine and Sports Medicine ~



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