

# THRIVE

Your Source for Staying Active

Welcome to Thrive, a monthly newsletter designed to help you stay healthy and active while providing the latest news about what's going on at OrthoGeorgia! **Make no bones about it** – our team is committed to delivering the care and attention you deserve!

## Why Choose OrthoGeorgia?

OrthoGeorgia has built a reputation for excellence since our founding more than 60 years ago. Our orthopaedic surgeons are trusted by our community's most elite athletes, weekend warriors, and those who continue to enjoy an active lifestyle free of pain.



### Our patients can expect:

- Care from experienced, board certified, and fellowship trained orthopaedic surgeons
- Comprehensive care & treatment options
- State-of-the-art orthopaedic technology

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## A Full Spectrum of Care, From Head to Toe!

At OrthoGeorgia, we're passionate about providing a comprehensive, full spectrum of care to each patient we see, from diagnosis to rehabilitation. A few of our key offerings to better serve you include:



### Urgent Care

Sprains, broken bones, and other injuries can happen at any time. Our orthopaedic urgent care centers in Macon and Warner Robins offer walk-in care so you don't have to wait for help.



### Surgery Center

We have two world-class surgery centers at our Northside Drive Macon location, both accredited by AAAHC. OrthoGeorgia was the first Ambulatory Surgery Center (ASC) in Georgia to utilize the cutting-edge Mako Robot for a partial knee replacement, and with an infection rate under 1%, you can feel comfortable knowing you're in the hands of experts.



### Physical Therapy

We offer physical therapy at our Macon, Warner Robins, and Kathleen locations, including a host of specialized treatments such as kinesio taping, geriatric rehabilitation, and aquatic therapy with HydroWorx pool.

## Meet Our Physicians

*Providing the highest level of medical care begins with the physician, and our physicians are carefully selected for their academic achievements, specialized expertise, and a strong commitment to patient care and well-being.*



- Robert E. Blackwell, MD
- William W. Brooks, MD
- John Z. Chrabuszcz, MD
- William B. Dasher III, MD
- Waldo E. Floyd III, MD, FAOA
- Dustin C. Hoffman, MD
- C. Thomas Hopkins Jr., MD
- Dennis K. Jorgensen, MD
- Wayne Kelley Jr., MD
- Todd E. Kinnebrew, MD
- Gregory P. Lee, MD
- Brian J. Ludwig, MD
- Oluwatosin J. Ojo, MD
- Maharsh K. Patel, MD
- Wood D. Pope, MD
- Elliot P. Robinson, MD
- Ryan E. Schnetzer, MD
- Joseph E. Slappey Jr., MD
- Timothy R. Stapleton, MD
- Richard J. Thomas, MD
- Robert M. Thornsberry, MD
- Matthew J. Toth, MD
- Zaneb Yaseen, MD

[Meet The Team](#)

## Tips for Staying Active During the Summer

**With the Georgia summer upon us, we know how much of a pain staying active can be in the heat and humidity. To help you stay your best, here are a few suggestions:**

**SWIM!** We probably didn't need to tell you this one, but swimming is more than just a great way to cool off – it's actually one of the best full-body workouts you can do, AND it's low impact, so your joints will thank you.



**Stick to the Mornings and Evenings.** Whether you're a walker, a runner, or a cyclist, try to enjoy your activity early in the morning or once the sun goes down so you can burn those calories without baking in the sun.



**Hydrate Early, Hydrate Often.** We can't say it enough, but no matter what you do this summer, make a point to drink lots of water throughout the day! Don't wait until you're thirsty; if you do, you're already starting to get dehydrated.



## Schedule an Appointment by Calling Your Nearest OrthoGeorgia Location Today!

**Macon**

478-745-4206

**Warner Robins/  
Kathleen**

478-971-1153

**Milledgeville**

478-414-5820

**Dublin**

478-745-4206

**Griffin**

770-227-4600

## Your Partner for Over 60 Years

With locations in Macon, Warner Robins, Kathleen, Milledgeville, Dublin, and Griffin, OrthoGeorgia has provided Central Georgia with the highest quality orthopaedic care for over 60+ years. From ankle injuries to nagging spine issues, our experienced providers will work with you to develop a personalized treatment plan that helps you find relief. We're proud to be the exclusive orthopaedic provider for numerous high school, college, and professional sports teams throughout the region, including Mercer University, Fort Valley State University, Middle Georgia State University, Georgia Military College and the Macon Mayhem.

**Are you finding "Thrive" beneficial? Help us help others by inviting a friend to sign up! They can sign up by clicking [here!](#)**

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**Our Locations:**

Macon | Warner Robins | Kathleen | Milledgeville | Dublin | Griffin