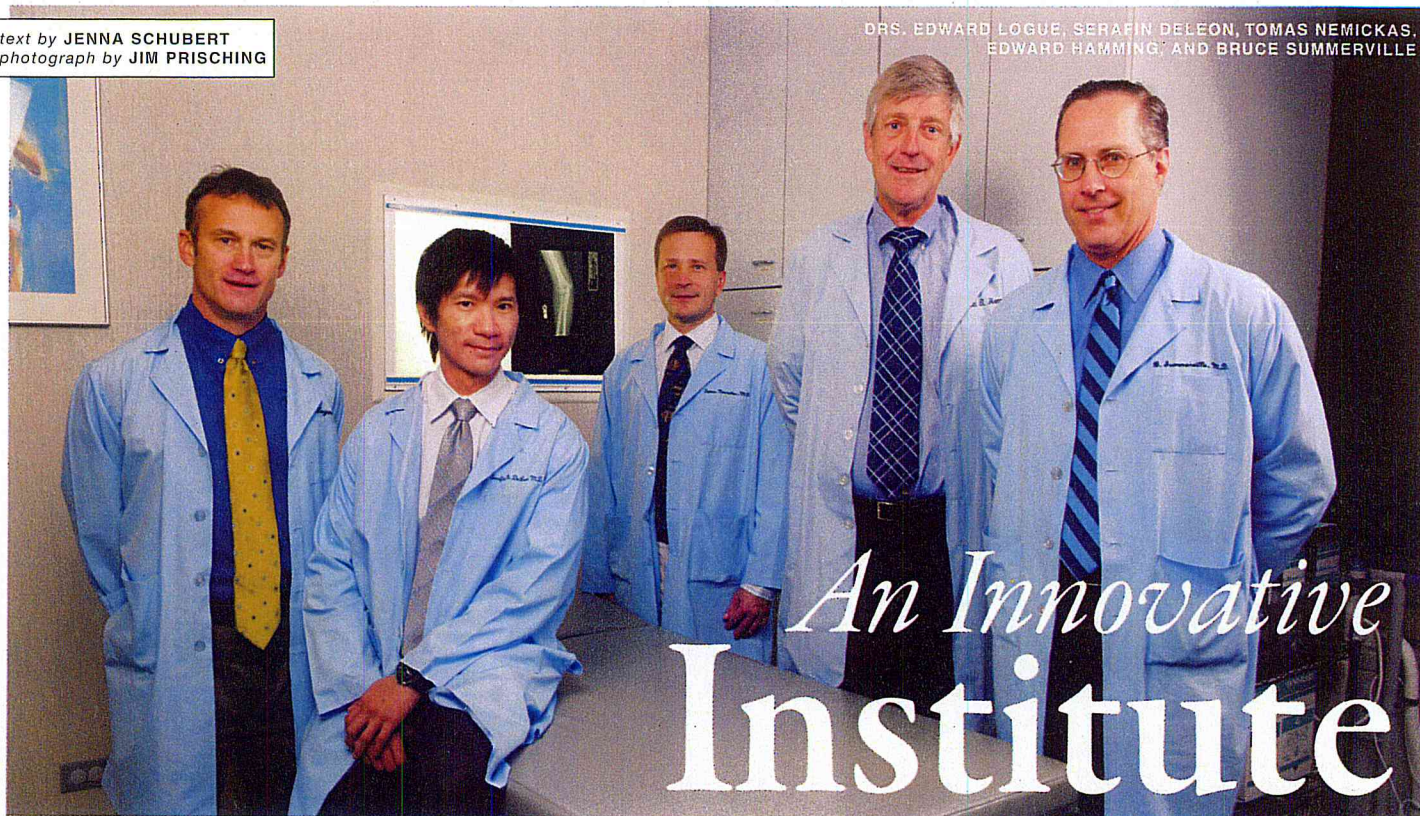


text by JENNA SCHUBERT  
 photograph by JIM PRISCHING

DRS. EDWARD LOGUE, SERAFIN DELEON, TOMAS NEMICKAS,  
 EDWARD HAMMING, AND BRUCE SUMMERVILLE



# An Innovative Institute

**M**ore than 25 percent of Americans suffer from a musculoskeletal injury or condition—such as pain in the joints, tendons, and muscles—according to the American Academy of Orthopaedic Surgeons. While such problems are common, the treatments to eliminate these conditions are becoming increasingly effective and minimally invasive. With offices in Gurnee and Lake Forest, in addition to the new Lindenhurst office opening in June 2011, the Illinois Bone & Joint Institute – Lake Shore Orthopaedics practice has many skilled physicians who combine pioneering treatments and compassionate care to treat a variety of muscle, skeletal, and joint diseases and injuries.

Started in the early 1980s by Dr. Edward Hamming and his brother, Dr. Bruce Hamming, the practice was originally known as Lake Shore Orthopaedics. When they joined the Illinois Bone & Joint Institute, LLC (IBJI) in 2000, the two names were combined to form the IBJI – Lake Shore Orthopaedics branch. Today, the Hammings continue to practice general orthopaedics at IBJI – Lake Shore and have expanded the practice to include a wide range of experienced and renowned professionals on staff, including seven board-certified orthopaedic surgeons, a board-certified podiatrist, and a board-certified physical medicine and rehabilitation specialist. With expertise and skill, the doctors at the Lake Shore branch practice sports medicine, trauma care (which includes treating patients with fractures and acute injuries like sprains and strains), and pain management treatments (for arthritis, joint discomfort, and more). In addition, Dr. Edward Logue and Dr. Robert Dugan serve as physicians for several local area high schools and the Chicago Wolves professional hockey team.

At IBJI – Lake Shore Orthopaedics, the doctors are employing several cutting-edge technologies that allow procedures to be less invasive and with a shorter recovery time. Dr. Serafin DeLeon, in particular, specializes in treatment of injuries and conditions of the upper extremities—primarily the hands, wrists, and elbows. Using an innovative endoscopic surgery, he is able to treat carpal tunnel syndrome. This treatment results in less scar tenderness, and patients typically regain their grip strength much more quickly than with previous procedures. Moreover, patients who undergo this procedure often return to their jobs within a week, and some are even able to resume their work the following day. Also, Dr. Tomas Nemickas and Dr. Logue are helping young, active patients with a cutting-edge technique, known as the Carticel implant, to ease pain associated with torn knee cartilage. Carticel uses the patient's own cartilage cells to repair the articular cartilage damage in the knee, helping young

adults get back in the game.

Another new therapy that has caught the interest of many prospective patients on the North Shore is the groundbreaking platelet rich plasma therapy (PRP), which is a completely natural method used to heal tendon injuries at the elbow, knee, and other joints. During the procedure, doctors use the patient's own platelets to heal tendonitis and ease inflammation. This treatment has been specifically promising for those with elbow joint pain caused by activities such as golfing or tennis. At IBJI – Lake Shore Orthopaedics, Dr. Nemickas and Dr. DeLeon use this method to treat both work- and sports-related injuries, and have administered these treatments for more than a year. Recently, other doctors have been adopting PRP because of the high success rates seen in patients. Patients have also been thrilled with the results of this therapy, particularly because it's a one-time treatment that requires no steroids or medication.

For patients seeking a total joint replacement, several treatment options are offered by Dr. Bruce Summerville. As a total joint specialist, Dr. Summerville performs advanced surgical techniques for total hip replacement, partial knee and total knee replacement, and total shoulder replacement. For those considering a joint replacement, Dr. Summerville conducts monthly informational seminars at the Gurnee office.

Conveniently located in the heart of the North Shore, IBJI – Lake Shore Orthopaedics is the number-one recommendation for many local doctors. With surgeons operating at Northwestern Lake Forest Hospital, Vista Medical Center in Waukegan, and Hawthorn Surgery Center in Libertyville, patients have a number of well-located options. The practice also offers same-day appointments for acute injuries, which can be made by contacting the acute injury hotline. Because the organization has a large number of physicians, it is able to accommodate patients with acute injuries who need to be seen immediately by an orthopaedic surgeon; this is a huge benefit for the patients who, under ordinary circumstances, would have to go to a local emergency room, wait to see the doctor, and then wait again to be referred to an orthopaedic specialist. This is just one of the many services that makes IBJI – Lake Shore Orthopaedics stand out from the rest. With experienced doctors, innovative procedures, and caring outlooks, IBJI is the perfect solution for orthopaedic needs.

*Illinois Bone and Joint Institute – Lake Shore Orthopaedics is located at 350 S. Greenleaf Avenue, Suite 405, in Gurnee, and at 900 N. Westmoreland Road, Suite LL-72, in Lake Forest. To make an appointment at either office, call 847-336-3335. For more information, visit [ibjilakeshore.com](http://ibjilakeshore.com).*