



Left to right: *Geoffrey S. Connor, M.D., P. Lauren Savage, Jr., M.D. James P. Bailey, M.D., Bradly S. Goodman, M.D., Perry L. Savage, M.D., Srinivas Mallempati, M.D., Mark A. Mussell, M.D., Charles Carnel, M.D., and Gene L. Watterson, Jr., M.D.*

Alabama Orthopedic, Spine and Sports Medicine Associates is celebrating 24 years of service to the Birmingham area. After almost a quarter of a century, we remain committed to the orthopedic health of you and your family.

We're proud that we've grown in order to match the growth of the communities that we serve. That growth has allowed us to provide a level of expertise and convenience that is second to none. At AOSSMA, our patients enjoy access to virtually every level of orthopedic care supported by the latest diagnostic technology and treatment.

Our in-suite imaging – including MRI, Bone Density and Digital X-Ray – gives our physicians the ability to provide a full diagnosis during your visit without the need for referrals or delays. Our Physical Therapy department provides unparalleled convenience for our patients, as well as on-site custom bracing.

As the premier orthopedic medical group serving eastern Jefferson County, as well as Blount and St. Clair Counties, we know our growth will continue well past our 24th anniversary. But even as we grow, our commitment to service and our dedication to medicine will remain at the heart of what we do best – taking care of you and your family.

AOSSMA – where you're treated by experts *and* treated like family.

PLEASE CALL 838-3900 TO SCHEDULE AN APPOINTMENT WITH ONE OF OUR PHYSICIANS

**AOSSMA Welcomes
Dr. Gregory B. Gullung**



We proudly announce the association of Gregory Gullung, M.D.

Born in New Orleans and raised in Mississippi, he is a graduate of the University of Mississippi.

Dr. Gullung received his medical degree from the LSU Health Science Center in New Orleans, then completed his Orthopedic Residency at UAB and his Fellowship in Spinal Surgery at the University of Mississippi Medical Center, Jackson, MS.

He and his wife, Courtney, have two daughters, Grace, 6, and Sophia, 3.



"I knew it wasn't broken 'cause I could still move it."

One of the common myths involving bone injuries! I have heard this statement countless times as I looked at an x-ray which clearly showed a fracture with a patient or family. Some accident happens, and if the patient (or their child) can still move the joint nearby (sometimes *any* joint nearby) then it is thought not to be broken! Unfortunately, that's not always how the body works.

Your body has some wonderful defense and self-help mechanisms to assist you in times of trouble. One of these is the body's ability to "splint" or stabilize an area which is injured. The body does this by muscle spasm which cuts down on the motion of nearby joints. Often, particularly if the break is not really bad, the body will "self-splint" the only injured part and the nearby joints work reasonably well.

So, don't get caught in the "if I can move it it's not broken" trap. If you get hurt, get a good quality x-ray by a qualified professional. Until next time...

James Bailey, MD

Full Diagnostic Imaging

With staff and equipment accredited by the American College of Radiology, our MRI facility specializes in musculoskeletal and spinal imaging, and our modern, full size scanner that is comfortable and patient-friendly. Our state-of-the-art digital x-ray boasts efficiency and speed, and also uses less radiation than a typical x-ray machine. Bone density scanning is a quick and painless procedure that measures bone loss, and is most often used to diagnose osteoporosis and track the effects of its treatment.

On-Site Physical Therapy

Every client starts with a customized therapy plan based on their goals and abilities. Our modern, open and comfortable full-service therapy department, with its impressive array of services and equipment, including private treatment rooms, means we can meet virtually any therapeutic patient need. When you choose the services of AOSSMA Physical Therapy, you can expect highly professional and compassionate care and a staff dedicated to helping you achieve maximum recovery and mobility.

