



WORKERS' COMPENSATION PHYSICIAN TEAM

- GENERAL ORTHOPEDICS
- ORTHOPEDIC SPINE & NECK
- FOOT, ANKLE
- HAND, WRIST
- TOTAL JOINT
- SPORTS MEDICINE



BRIDGING THE WORKERS' COMPENSATION COMMUNICATION GAP

THE OPTIM DIFFERENCE

Our Workers' Compensation program offers a dedicated team approach for results. Our trained physicians and staff are committed to efficiently evaluating and treating work-related conditions and injuries to help your injured workers return to work as quickly and safely as possible.

Since 1978, Optim Orthopedics has been a trusted provider of advanced orthopedic care with convenient locations serving our local communities across southeastern Georgia and the South Carolina Low Country. Optim's philosophy of care is simple: Our world-class team of orthopedic surgeons and specialists are dedicated to providing high quality and compassionate care with personalized treatment plans focused on the unique individual needs of every patient.

Optim Orthopedics physicians are fellowship trained, which means they have gone beyond their general orthopedic training to specialize in a specific part of the body. Therefore, each physician also sub-specializes in at least one area such as **spine (neck and back); sports medicine; foot and ankle; or hand, wrist and elbow / upper extremity; joint preservation.** As a result, Optim has experts covering the full spectrum of orthopedics, all working closely together in a culture of teamwork to best serve you.

p: 912.644.5384
f: 912.644.6190



EFFECTIVE COMMUNICATION

DIRECT ACCESS TO OUR WORKERS' COMPENSATION TEAM, USING A SINGLE POINT OF CONTACT FOR ALL PARTIES THROUGH A STREAMLINED PROCESS THAT KEEPS EVERYONE INVOLVED ON A TIMELY BASIS.



EASE OF SCHEDULING

SAME DAY APPOINTMENTS WITH ORTHOPEDIC WALK-IN AND URGENT CARE.



PROMPT EVALUATION AND TREATMENT

THE CORRECT SPECIALIST CAN SHORTEN THE DURATION OF THE CLAIM AND REDUCE INDEMNITY COSTS, BENEFITING BOTH THE PAYER AND THE PATIENT AS WELL.

WorkComp@OptimOrthopedics.com

AVOID THE EMERGENCY ROOM, THE WAIT TIMES, AND THE MIDDLE MAN







Accidents don't keep regular business hours, so if you experience an unexpected bone, joint or muscle injury. We are open during both regular business hours and extended hours 7 days a week at our **Savannah** location. We only treat orthopedic conditions, which don't spread in the waiting room.

DAYTIME | EVENINGS & WEEKENDS
912.644.5384 | **912.651.8823**

WHY ORTHOPEDIC URGENT CARE

OPTIM ORTHOPEDICS URGENT CARE, is a walk-in, immediate access orthopedic clinic. We are open 7 days a week with no appointment necessary. If you have an orthopedic injury or chronic condition, you can receive immediate care by orthopedic specialists without the time or expense of an ER visit.

CONSIDER THIS: once your orthopedic injury is triaged and patched up by a general physician in an ER, you are then referred to an orthopedic specialist for continued care. By going directly to an orthopedic urgent care facility, a specialist sees you from the get-go, and you have your diagnosis, treatment and continued care with one practice.

-  IMMEDIATE ACCESS TO ORTHOPEDIC CARE
-  WALK-IN, NO APPOINTMENT
-  OFTEN NO WAIT TIMES AT ALL
-  REGULAR OFFICE VISIT CO-PAY



www.OptimOrthopedics.com/urgent-care

Optim Workers' Compensation

WorkComp@OptimOrthopedics.

OPTIM ORTHOPEDICS GENERAL ORTHOPEDIC SURGEON



Jay Cook, MD GENERAL ORTHOPEDICS

RESIDENCY: Tulane University School of Medicine (New Orleans, LA)
FELLOWSHIP: Tripler Army Medical Center, (Honolulu, HI)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Tulane University School of Medicine - New Orleans, LA
INTERNSHIP: Tripler Army Medical Center - Honolulu, HI

JESUP (WAYNE) BRUNSWICK (GLYNN) REIDSVILLE (TATTNALL)
HINESVILLE (LIBERTY) BAXLEY (APPLING)



www.OptimOrthopedics.com/jay-cook-md



Mark Kamaleson, MD GENERAL ORTHOPEDICS

RESIDENCY: Ohio State University (Columbus, OH)
FELLOWSHIP: Maricopa Medical Center, (Phoenix, AZ)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Meharry Medical College (Nashville, TN)
INTERNSHIP: University of Tennessee at Knoxville (Knoxville, TN)

SAVANNAH (CHATHAM) POOLER (CHATHAM) VIDALIA (TOOMBS)
BLUFFTON (BEAUFORT) RICHMOND HILL (BRYAN)



www.OptimOrthopedics.com/mark-kamaleson-md

OPTIM ORTHOPEDICS HAND AND WRIST SURGEONS



Travis Farmer, MD HAND, WRIST AND ELBOW

RESIDENCY: Loma Linda University (Loma Linda, CA)
FELLOWSHIP: The Hand Center of San Antonio (San Antonio, TX)

PHYSICIAN ASSOCIATION: American Society for Surgery of the Hand (ASSH)
BOARD CERTIFICATION: American Board of Orthopaedic Surgery Eligible
MEDICAL SCHOOL: East Tennessee State University (Johnson City, TN)

SAVANNAH (CHATHAM)
BLUFFTON (BEAUFORT)
RINCON (EFFINGHAM)



www.OptimOrthopedics.com/travis-farmer-md



Gregory Kolovich, MD HAND, WRIST AND ELBOW

RESIDENCY: Wexner Medical Center Ohio State University
FELLOWSHIP: Harvard University at Massachusetts General Hospital (Boston, MA)

PHYSICIAN ASSOCIATION: American Society for Surgery of the Hand (ASSH)
BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Ohio State University College of Medicine (Columbus, OH)

BRUNSWICK (GLYNN) STATESBORO (BULLOCH) RINCON (EFFINGHAM)
HINESVILLE (LIBERTY) SAVANNAH (CHATHAM) BLUFFTON (BEAUFORT)



www.OptimOrthopedics.com/greg-kolovich-md

WE WORK CLOSELY WITH EMPLOYERS, INSURANCE CARRIERS, ADJUSTERS, NURSE CASE MANAGERS AND REHABILITATION CONSULTANTS TO ENSURE THE PATIENT GETS BACK TO WORK SAFELY AND EFFICIENTLY.

Similar to a workers compensation case, when an athlete is paramount, Optim Orthopedics' skilled physicians and staff is injured, getting back in the game as quickly and safely as possible understand this and that is why sports teams and athletes of all abilities, turn to option orthopedics needs. Optim Orthopedics serves.

TRUST YOUR TEAM'S ORTHOPEDIC CARE TO THE OFFICIAL TEAM PHYSICIANS THE PROS CHOOSE



OPTIM ORTHOPEDICS SPORTS MEDICINE SURGEONS



Don Aaron, MD
SPORTS MEDICINE: ELBOW, KNEE & SHOULDER
RESIDENCY: The Campbell Clinic (Memphis, TN)
FELLOWSHIP: American Sports Medicine Institute with Dr. James Andrews (Birmingham, AL)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Mercer University School of Medicine (Macon, GA)
INTERNSHIP: The Campbell Clinic (Memphis, TN)
STATESBORO (BULLOCH) SYLVANIA (SCREVEN)
METTER (CANDLER)



www.OptimOrthopedics.com/don-aaron-md



Thomas Alexander, MD
SPORTS MEDICINE: HIP, KNEE & SHOULDER
RESIDENCY: The Campbell Clinic (Memphis, TN)
FELLOWSHIP: Steadman Hawkins Clinic of the Carolinas Fellowship in Shoulder Reconstruction and Sports Medicine (Greenville, SC)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Mercer University School of Medicine (Macon, GA)
INTERNSHIP: Methodist University Hospital (Memphis, TN)
SAVANNAH (CHATHAM) REIDSVILLE (TATTNALL) POOLER (CHATHAM)
BLUFFTON (BEAUFORT) CLAXTON (EVANS)



www.OptimOrthopedics.com/thomas-alexander-md



Delan Gaines, MD
SPORTS MEDICINE: ELBOW, KNEE & SHOULDER
RESIDENCY: University of Tennessee at Chattanooga
FELLOWSHIP: Steadman Hawkins Clinic of the Carolinas (Spartanburg, SC)

PHYSICIAN ASSOCIATIONS: Credentialed ImPACT™ Consultants (CIC) Certified
BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Medical College of Georgia (Augusta, GA)
STATESBORO (BULLOCH)
SWAINSBORO (EMANUEL)



www.OptimOrthopedics.com/delan-gaines-md



David Palmer, MD
SPORTS MEDICINE: KNEE & SHOULDER
RESIDENCY: University of Missouri at Kansas City (Kansas City, MO)
Children's Mercy (Kansas City, MO)
FELLOWSHIP: Medical College of Virginia (Richmond, MD)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: University of Florida (Gainesville, FL)
INTERNSHIP: University of Florida (Gainesville, FL)
SAVANNAH (CHATHAM) RINCON (EFFINGHAM)
POOLER (CHATHAM) RICHMOND HILL (BRYAN)



www.OptimOrthopedics.com/david-palmer-md



Wesley Stroud, MD
SPORTS MEDICINE
RESIDENCY: Orthopedic Surgery at UAB Hospital (Birmingham, AL)
FELLOWSHIP: American Sports Medicine Institute at Andrews Sports Medicine & Orthopaedic Center (Birmingham, AL)

BOARD CERTIFICATION: Board Eligible, American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Mercer University (Savannah, Georgia)
JESUP (WAYNE)
BRUNSWICK (GLYNN)



www.OptimOrthopedics.com/wesley-stroud-md



Amir Shahien, MD
SPORTS MEDICINE: HIP, KNEE & SHOULDER
RESIDENCY: Boston University School of Medicine
FELLOWSHIP: American Sports Medicine Institute with Dr. James Andrews (Birmingham, AL)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery Eligible
MEDICAL SCHOOL: Louisiana State University School of Medicine (New Orleans, LA)
INTERNSHIP: Boston University School of Medicine (Boston, MA)
SAVANNAH (CHATHAM) STATESBORO (BULLOCH) VIDALIA (TOOMBS)
POOLER (CHATHAM) RICHMOND HILL (BRYAN)



www.OptimOrthopedics.com/amir-shahien-md



George Sutherland, MD
SPORTS MEDICINE: HIP, KNEE & SHOULDER
RESIDENCY: Louisiana State University (Shreveport, LA)
FELLOWSHIP: Sports Medicine Fellowship at the Hughston Foundation (Columbus, GA)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Eastern Virginia Medical School (Norfolk, VA)
INTERNSHIP: Louisiana State University (Shreveport, LA)
BLUFFTON (BEAUFORT)
SAVANNAH (CHATHAM)



www.OptimOrthopedics.com/george-sutherland-md



James Wilson, MD
SPORTS MEDICINE: HIP, KNEE & SHOULDER
RESIDENCY: Parkland Hospital (Dallas, TX)
FELLOWSHIP: Steadman Hawkins Clinic (Vail, CO)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: University of North Carolina at Chapel Hill (Chapel Hill, NC)
INTERNSHIP: Parkland Hospital (Dallas, TX)
SAVANNAH (CHATHAM)
HINESVILLE (LIBERTY)



www.OptimOrthopedics.com/james-wilson-md



Justin Lancaster, MD
SPORTS MEDICINE: NON-OPERATIVE
RESIDENCY: Phoebe Putney Memorial Hospital (Albany, GA)
FELLOWSHIP: American Sports Medicine Institute with Dr. James Andrews (Birmingham, AL)

BOARD CERTIFICATION: American Medical Society of Sports Medicine
MEDICAL SCHOOL: Mercer University School of Medicine (Macon, GA)
INTERNSHIP: Phoebe Putney Memorial Hospital (Albany, GA)
STATESBORO (BULLOCH)



www.OptimOrthopedics.com/justin-lancaster-md

OPTIM ORTHOPEDICS FOOT AND ANKLE SURGEONS



Jeffrey Goldberg, MD
FOOT AND ANKLE

RESIDENCY: University of Kentucky (Lexington, KY)
FELLOWSHIP: Michigan International Foot and Ankle Center (Pontiac, MI)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Medical College of Georgia (Augusta, GA)
INTERNSHIP: University of Kentucky (Lexington, KY)

SAVANNAH (CHATHAM) HINESVILLE (LIBERTY) RINCON (EFFINGHAM)
REIDSVILLE (TATTNALL) RICHMOND HILL (BRYAN) STATESBORO (BULLOCH)

www.OptimOrthopedics.com/jeffrey-goldberg-md



Juha Jaakkola, MD
FOOT AND ANKLE

RESIDENCY: Georgia Baptist/Atlanta Medical Center (Atlanta, GA)
FELLOWSHIP: Foot & Ankle with Dr. Roger Mann (Oakland, CA)

PHYSICIAN ASSOCIATION: American Orthopedic Foot and Ankle Society (AOFAS)
BOARD CERTIFICATION: American Board of Orthopaedic Surgery
INTERNSHIP: Medical College of Georgia (Augusta, GA)

SAVANNAH (CHATHAM) POOLER (CHATHAM)
STATESBORO (BULLOCH)

www.OptimOrthopedics.com/juha-jaakkola-md



Christopher Nicholson, MD
FOOT AND ANKLE

RESIDENCY: Ohio State University (Columbus, OH)
FELLOWSHIP: OrthoCarolina (Charlotte, NC)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Ohio State University College of Medicine (Columbus, OH)
INTERNSHIP: Ohio State University Medical Center (Columbus, OH)

SAVANNAH (CHATHAM) VIDALIA (TOOMBS)
BLUFFTON (BEAUFORT) POOLER (CHATHAM)

www.OptimOrthopedics.com/christopher-nicholson-md



Specialty: Imaging

OPTIM ORTHOPEDICS IMAGING

MRIs are important imaging tools for each and every specialist at Optim Orthopedics. Each specialty has a different use and purpose for MRI technology that can assist specialists in forming an accurate diagnosis and moving forward with a correct treatment plan for the very best in care for each and every patient. MRI imaging technology is important not only for orthopedic specialists, but also for neurologists, interventional spine specialists, and chiropractors at Optim Orthopedics.



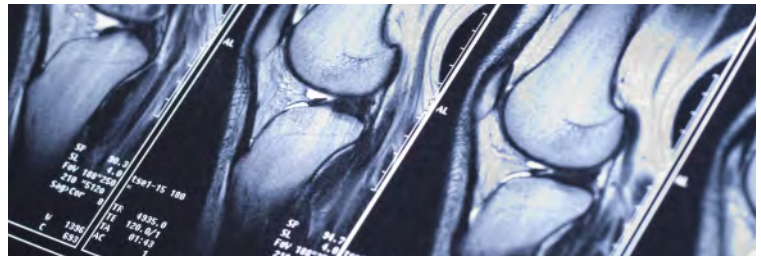
ORTHOPEDIC

An MRI gives orthopedic specialists a close up look of the soft tissue inside the body. It can help them diagnose knee, ankle, or hand injuries such as sprains, tears, or pulls, joint pain such as arthritis because of lack of cartilage, soft tissue, between the joints or muscle or ligament damage to other parts of the body.

www.OptimOrthopedics.com/imaging

INTERVENTIONAL SPINE

MRI scans can also be an invaluable tool for examining the neck, back, and spine. Interventional spinal specialists can use MRI imaging to look for abnormalities of the spine, degenerative diseases, dislocated, herniated, or bulging discs, or spinal degeneration in specific vertebrae of the spine. Back pain is one of the main complaints of pain in the nation. With the appropriate tools, such as MRI imaging, interventional spinal specialists can alleviate pain and treat injuries with carefulness and precision.



OPTIM ORTHOPEDICS SPINE AND NECK SURGEONS



Thomas Lawhorne III, MD
ORTHOPEDIC SPINE

RESIDENCY: Hospital for Special Surgery (New York, NY)
FELLOWSHIP: Rush University (Chicago, IL)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Emory University (Atlanta, GA)
INTERNSHIP: Hospital for Special Surgery (New York, NY)

STATESBORO (BULLOCH) BRUNSWICK (GLYNN) DUBLIN (LAURENS)
WAYCROSS (WARE) SAVANNAH (CHATHAM) VIDALIA (TOOMBS)

www.OptimOrthopedics.com/thomas-lawhorne-iii-md



John McCormick, MD
ORTHOPEDIC SPINE

RESIDENCY: University of Florida (Gainesville, FL)
FELLOWSHIP: University of Virginia (Charlottesville, VA)

PHYSICIAN ASSOCIATION: American Academy of Orthopedic Surgeons (AAOS)
BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Medical College of Georgia (Augusta, GA)

SAVANNAH (CHATHAM) VIDALIA (TOOMBS)
STATESBORO (BULLOCH)

www.OptimOrthopedics.com/john-mccormick-md



Thomas Niemeier, MD
ORTHOPEDIC SPINE

RESIDENCY: University of Alabama at Birmingham (Birmingham, AL)
FELLOWSHIP: Stanford University Spine Surgery (Palo Alto, CA)

PHYSICIAN ASSOCIATION: American Academy of Orthopedic Surgeons (AAOS)
BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Medical University of South Carolina (Charleston, SC)

POOLER (CHATHAM) REIDSVILLE (TATTNALL) BLUFFTON (BEAUFORT)
HINESVILLE (LIBERTY) SAVANNAH (CHATHAM)

www.OptimOrthopedics.com/thomas-niemeier-md



OPTIM ORTHOPEDICS JOINT PRESERVATION SURGEONS



Jonathan Christy, MD

HIP AND KNEE

RESIDENCY: Ohio State University (Columbus, OH)

FELLOWSHIP: Adult Hip and Knee Reconstruction Fellowship
Rush University (Chicago, IL)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: West Virginia School of Medicine (Morgantown, WV)
INTERNSHIP: Ohio State University (Columbus, OH)

SAVANNAH (CHATHAM) BLUFFTON (BEAUFORT)
VIDALIA (TOOMBS) RICHMOND HILL (BRYAN)

www.OptimOrthopedics.com/jonathan-christy-md



Jordan Paynter, MD

HIP AND KNEE

RESIDENCY: Medical College of Georgia (Augusta, GA)

FELLOWSHIP: Northside Hospital Adult Reconstruction Fellowship
Northside Arthritis and Total Joints Specialists (Cumming, GA)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery Eligible
MEDICAL SCHOOL: Augusta University Medical College (Augusta, GA)
INTERNSHIP: Medical College of Georgia (Augusta, GA)

STATESBORO (BULLOCH) SWAINSBORO (EMANUEL)
CLAXTON (EVANS)

www.OptimOrthopedics.com/jordan-paynter-md



David Sedory, MD

SPORTS MEDICINE: HIP, KNEE & SHOULDER

RESIDENCY: Brooke Army Medical Center (San Antonio, TX)
INTERNSHIP: Brooke Army Medical Center (San Antonio, TX)

PHYSICIAN ASSOCIATION: Arthroscopic Association of North America (AANA)
BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Case Western Reserve University School (Cleveland, OH)

SAVANNAH (CHATHAM) REIDSVILLE (TATTNALL) BAXLEY (APPLING)
HINESVILLE (LIBERTY) RICHMOND HILL (BRYAN)
BRUNSWICK (GYLNN)

www.OptimOrthopedics.com/david-sedory-md



Robert Shelley Jr, MD

HIP AND KNEE

RESIDENCY: Department of Orthopaedic Surgery Medical
College of Georgia (Augusta, GA)

FELLOWSHIP: Adult Reconstruction at Norton Orthopedic Institute

BOARD CERTIFICATION: American Board of Orthopaedic Surgery Eligible
MEDICAL SCHOOL: Medical College of Georgia (Augusta, GA)
INTERNSHIP: Medical College of Georgia (Augusta, GA)

SAVANNAH (CHATHAM) RINCON (EFFINGHAM)
POOLER (CHATHAM)

www.OptimOrthopedics.com/robert-shelley-md



Chad Zehms, MD

SPORTS MEDICINE: HIP, KNEE & SHOULDER

RESIDENCY: Naval Medical Center (Portsmouth, VA)

FELLOWSHIP: Steadman Philippon Sports Medicine Clinic (Vail, CO)

BOARD CERTIFICATION: American Board of Orthopaedic Surgery
MEDICAL SCHOOL: Medical College of Wisconsin (Milwaukee, WI)
INTERNSHIP: Parkland Hospital (Dallas, TX)

BLUFFTON (BEAUFORT)

www.OptimOrthopedics.com/chad-zehms-md



Specialty: Physical Therapy

Scheduling@OptimOrthopedics.com

ORTHOPEDIC PHYSICAL THERAPY

Physical therapists and physical therapy assistants assist patient recovery from surgery, injury and disorders of the musculoskeletal and neurological systems. Physical therapists evaluate, diagnose and manage the physical therapy treatment plan, customizing it to each individual patient's needs. The ultimate goal of physical therapy is to restore maximal functional independence to each individual patient. To achieve this goal, a variety of exercise interventions, education, functional activities, manual therapy and physical modalities such as heat, cold and electricity are used. It is offered to a wide variety of patients of all ages. Physical therapy is useful in treating many different medical disorders and plays a key role in the rehabilitative process.



PHYSICAL THERAPY

Optim Physical Therapy's philosophy is to work with the whole body, especially the core muscles, to establish integrated movement patterns for daily function. Our physical therapists are proud to offer patients cutting-edge physical therapy and rehabilitation. Using state-of-the-art equipment and a unique team approach to patient care, the communication with referring physicians is outstanding.

OCCUPATIONAL / HAND THERAPIST

A Certified Hand Therapist is an OT or PT by profession with at least three years of experience, 4,000 hours of hand therapy practice (upper extremity rehabilitation) and must have passed the certification examination. CHTs can effectively treat and rehabilitate patients while working closely with physicians to provide a continuum of care. This typically includes accurate assessments, immediate care, and faster recovery allowing for quicker return to a productive lifestyle.

Physical therapy services are provided by physical therapists, who are licensed healthcare professionals with an advanced degree in physical therapy.

ORTHOPEDIC REHABILITATION

Physical therapists and physical therapy assistants assist patient recovery from surgery, injury and disorders of the musculoskeletal and neurological systems. Physical therapists evaluate, diagnose and manage the physical therapy treatment plan, customizing it to each individual patient's needs. The ultimate goal of physical therapy is to restore maximal functional independence to each individual patient. To achieve this goal, a variety of exercise interventions, education, functional activities, manual therapy and physical modalities such as heat, cold and electricity are used. It is offered to a wide variety of patients of all ages. Physical therapy is useful in treating many different medical disorders and plays a key role in the rehabilitative process.

VESTIBULAR REHABILITATION

Vestibular rehabilitation is an exercise-based program, designed by a specialty-trained vestibular physical therapist, to improve balance and reduce problems related to dizziness. These feelings or sensations can occur when you are standing still, lying down or changing positions. The symptoms can be constant or episodic in nature, only lasting seconds, minutes or hours.

WHAT IS AN OCS CERTIFIED PHYSICAL THERAPIST

A Physical Therapist who is recognized as an Orthopedic Clinical Specialist (OCS) is one who has earned an advanced certification in the prevention and treatment of the muscles, bones, and joints. This certificate formally recognizes physical therapists with expert knowledge and working experience in the area of orthopedics.

Although a physical therapist has already completed extensive training and education, there are still two more steps if wanting to become an Orthopedic Clinical Specialist:

Complete 2,000 hours of direct patient care in orthopedics - A Physical Therapist can complete this by beginning an orthopedic residency (planned learning experience surrounding a given specialty) or begin directly working with orthopedic patients firsthand.

Pass the OCS Physical Therapy Exam - Once the required orthopedic hours have been met, the physical therapist must sit and pass a rigorous exam showing they have expertise in diagnosing, treating, and preventing orthopedic conditions.

912.644.5384 (day) - 912.651.8823 (evening)

YOU CAN BE TREATED FOR NEARLY ANY ORTHOPEDIC INJURY AT OUR URGENT CARE CLINIC



SPORTS INJURIES
SPRAINS AND STRAINS
FRACTURES
DISLOCATIONS
ACUTE/SUDDEN BACK PAIN
KNEE AND HIP INJURIES
SHOULDER, ELBOW
HAND INJURIES
GENERAL ORTHOPEDICS
PEDIATRIC ORTHOPEDICS
TOTAL JOINT
FOOT AND ANKLE
SPORTS PHYSICALS



WALK-IN CLINIC,
AFTER HOURS + WEEKENDS

OPTIM ORTHOPEDICS
210 EAST DERENNE AVENUE
SAVANNAH, GA 31405



www.OptimOrthopedics.com/urgent-care

WORKERS COMP LOCATIONS

BAXLEY *

821 South Main Street, Baxley, GA 31513

BLUFFTON OPTIM ORTHOPEDICS

8201 Pinellas Drive, Bluffton, SC 29910

BRUNSWICK OPTIM ORTHOPEDICS

1111 Glynco Pkwy., Ste. 30, Brunswick, GA 31525

CLAXTON OPTIM ORTHOPEDICS

602 E Long Street, Claxton, GA 30417

DUBLIN *

242 Industrial Blvd., Dublin, GA 31021

JESUP OPTIM ORTHOPEDICS

371 Peachtree St, Jesup, GA 31545

HINESVILLE *

790 Veterans Pkwy., Ste. 111, Hinesville, GA 31313

POOLER OPTIM ORTHOPEDICS

101 W. Mulberry Blvd., Ste. 140, Pooler, GA 31322

MACON *

121 N. Crest Blvd., Macon, GA 31210

METTER*

8 North Williams Street, Metter, GA 30439

RICHMOND HILL OPTIM ORTHOPEDICS

60 Exchange St., Ste. B1, Richmond Hill, GA 31324

RINCON OPTIM ORTHOPEDICS

810 Towne Park Dr., Ste. 200, Rincon, GA 31326

SAVANNAH OPTIM ORTHOPEDICS

210 East DeRenne Ave., Savannah, GA 31405

STATESBORO OPTIM ORTHOPEDICS

17007 Hwy GA-67, Statesboro, GA 3045

SYLVANIA *

102 Rocky Ford Road, Sylvania, GA 30467

VIDALIA OPTIM ORTHOPEDICS

1707 Meadows Lane, Suite F Vidalia, GA 30474

WAYCROSS

305 Pineview Drive Waycross, GA 31504

GENERAL ORTHOPEDICS



Jay Cook, MD
General Orthopedics



Mark Kamaleson, MD
General Orthopedics



Don Aaron, MD
Knee, Hip & Shoulder



Thomas Alexander, MD
Knee & Shoulder



Delan Gaines, MD
Knee & Shoulder



Justin Lancaster, MD
Non-Operative



David Palmer, MD
Knee & Shoulder



David Sedory, MD
Hip, Knee & Shoulder



Amir Shahien, MD
Knee, Hip & Shoulder



George Sutherland Jr, MD
Hip, Knee & Shoulder

SPORTS MEDICINE (cont)



James Wilson, MD
Knee & Shoulder



Wesley Stroud, MD
Sports Medicine



Chad Zehms, MD
Hip, Knee & Shoulder



Travis Farmer, MD
Hand, Wrist & Elbow



Gregory Kolovich, MD
Hand, Wrist & Elbow

HAND AND WRIST

ORTHOPEdic SPINE



Thomas Lawhorne
Orthopedic Spine



John McCormick
Orthopedic Spine



Thomas Niemeier
Orthopedic Spine



Jonathan Christy, MD
Hip & Knee



Jordan Paynter, MD
Hip & Knee

HIP & KNEE

HIP & KNEE (cont)



Robert Shelley, MD
Hip & Knee



Jeffrey Goldberg, MD
Foot & Ankle



Juha Jaakkola, MD
Foot & Ankle



Christopher Nicholson, MD
Foot & Ankle

FOOT AND ANKLE

ADJUSTERS AND NURSE CASE MANAGERS

Our goal is to serve as your partner in preventing and treating on-the-job injuries. We offer a variety of onsite health programs, including health fairs and injury prevention programs, along with customized continuing education (CEU) events. Let us know how we can help.

For more information or for assistance in scheduling a patient, please contact our Workers' Compensation team at 912.644.5384 or email us at workcomp@optimorthopedics.com

p: 912.644.5384
f: 912.644.6190

WorkComp@OptimOrthopedics.com

*Optim Orthopedics is part of the Optim Health System network which is a collaboration between Optim Orthopedics, Optim Pain Management, Optim Surgery Center, Optim Medical Center-Screven, and the physician-owned Optim Medical Center-Tattnall.