



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.

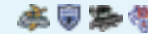


PROMPT EVALUATION AND TREATMENT

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

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**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**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**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

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)

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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)
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www.OptimOrthopedics.com/greg-kolovich-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)

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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)

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BLUFFTON (BEAUFORT) POOLER (CHATHAM)

www.OptimOrthopedics.com/christopher-nicholson-md



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)

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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)

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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)

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HINESVILLE (LIBERTY) SAVANNAH (CHATHAM)

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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)

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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)

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CLAXTON (EVANS)

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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



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SAVANNAH, GA 31405

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60 Exchange St., Ste. B1, Richmond Hill, GA 31324
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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 ***
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- VIDALIA OPTIM ORTHOPEDICS**
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- WAYCROSS**
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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

*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.