



Stuart A. Carpey, Esquire

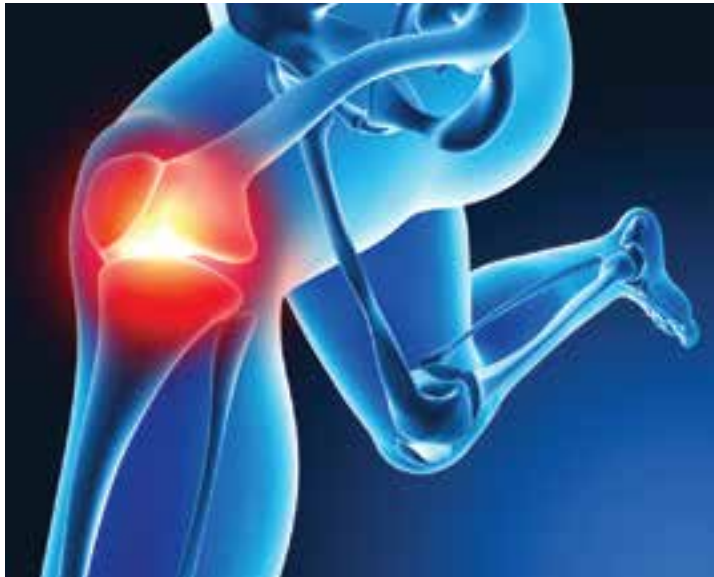
THE CARPEY CHRONICLE

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THE INFORMATION RESOURCE FOR ACCIDENT VICTIMS IN PENNSYLVANIA

Do You Really 'Knee'd' Surgery For A Meniscus Tear?



According to a recently published study, that question is open for debate!

You may have a neighbor or relative who felt a 'twinge' in their knee when they pivoted or went into a deep squat. The pain was enough to go to a physician and an MRI revealed a 'Meniscus tear'. What happens next, Physical Therapy (PT) or surgery? According to researchers in Finland, who studied two sets of patients - one group that received surgery and another that was led to believe that it had no significant differences in improvement between the groups were observed after one year.

In addition, a separate study published in the New England Journal of Medicine reports that arthroscopic surgery for a torn meniscus is the most common orthopedic

procedure performed in the U.S. The study showed that approximately \$4 billion is spent annually for an estimated 700,000 surgeries. The results from the Finland study indicate PT may help lower these costs and possibly avoid undue surgery. The meniscus is a crescent shaped pad of cartilage in the knee between the femur (thigh bone) and tibia (shin bone). The meniscus acts as a cushion and helps

disperse body weight, lessening friction that is caused through movement. When torn, a meniscus tear could become lodged between the femur and tibia limiting movement. That is definitely a reason to have surgery. But, many times there is only pain, no locking or catching. These are the patients who tend to do better with PT. So, is surgery necessary for a meniscus tear?

"Surgery did provide a slight advantage in certain areas early on, but the differences disappeared by the end of the 12 months." Physical Therapy addresses weaknesses by strengthening muscles, tightness by stretching joints and creates more efficient movement with functional exercises, which for some, can be enough to eliminate the need for surgery.

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If you are one of our many referring attorneys, remember we are here to answer any of your questions and those of your clients. If any questions or issues come up in the next month from any of your clients on any of the kinds of cases that we handle, and that you may not be comfortable handling, please feel free to call us, or have your clients call us directly. Make sure to have your client say that you made the referral, so we know who to thank! When speaking to clients that come to us from other attorneys, we always emphasize that it was your good judgment that allowed us to take part in the case.

You can call Stuart Carpey directly to discuss our firm's litigation and trial tactics, and how we handle cases, or email him at scarpey@carpeylaw.com



Disclaimer:

Any results I achieve on behalf of one client in one matter does not necessarily indicate similar results can be obtained for other clients in any other case. In addition, results in cases obtained by other law firms have no connection with cases I handle. I am a Pennsylvania personal injury and trial lawyer, not a miracle worker. I evaluate every case on its own merits. I only accept a limited number of new cases each year based upon my evaluation of the liability, damages, and other aspects of the case.

Stuart Carpey

LAURA CARPEY'S RECIPE OF THE MONTH

Chocolate Zucchini Bread

Servings: one 8 1/2 x 4 1/2-inch loaf

Total Time: 1 hour 20 minutes

INGREDIENTS

- 1 stick (1/2 cup) unsalted butter
- 1 C light brown sugar, packed
- 2 large eggs
- 1 tsp vanilla extract
- 1 2/3 C all purpose flour, spooned into measuring cup and leveled off with a knife
- 1/3 C Dutch-process cocoa powder (OK to substitute natural cocoa powder)
- 3/4 tsp salt
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp espresso powder or instant coffee (optional)
- 2 C shredded zucchini (from 1-2 zucchini) gently packed
- 1 C semi-sweet chocolate chips

INSTRUCTIONS

1. Preheat the oven to 350 degrees and grease an 8 1/2" x 4 1/2" loaf pan with nonstick cooking spray.

2. Place the butter in a large microwave-safe mixing bowl and microwave for one minute, or until just melted. Stir in the brown sugar until completely smooth. Add the eggs and vanilla and stir until incorporated. (Be sure to add the eggs after the brown sugar is mixed in, as the hot butter alone could cook the eggs.)

3. Whisk together the flour, cocoa powder, salt, baking powder, baking soda and instant coffee (if using) in a medium bowl. Add to the butter mixture and stir until well combined. It will be very thick.

4. Stir in the shredded zucchini and chocolate chips. (It will still be thick - that's okay)

5. Spoon the batter into the prepared loaf pan and spread evenly. Bake for 60-65 minutes, or until a toothpick or cake tester inserted into the center comes out clean (save for perhaps a smear from the melted chocolate chips). Let the loaf cool on a rack for about 10 minutes before turning out onto a rack to cool completely.





Why We Utilize A Mock Jury In Our Clients' Cases

At Carpey Law, we utilize a mock jury to test case theories of your case in a controlled environment in order to fashion arguments to prepare your case accordingly. In this way, we can analyze the attitudes and biases of the jurors towards your case. For instance, the mock jury (also known as a focus group):

- *Allows for the gathering of a wide range of information about your case.*
- *Generates new ideas to manage your witnesses, exhibits and case themes.*
- *Allows us to observe how people attribute meaning to our trial themes.*
- *Acts as a preliminary tool at any stage of your case.*
- *Allows you to develop and strengthen settlement strategies.*
- *Allows us to clearly define trial (and settlement) themes.*
- *Prevents superficial judgments about your case that will otherwise lead you off course.*
- *Allows us to develop case themes we otherwise would not have considered.*
- *Enables your case to be tried at an entirely new level.*
- *Enables you to see points of view not necessary previously anticipated.*

The benefit of using focus groups to test your case, case themes, witnesses, etc., is that it allows us to learn the attitudes, values, experiences and individual beliefs held by the community (your jurors) and how that will be brought into the courtroom and applied to your case. Which case theories resonate and which don't? What defenses to arguments did we initially not anticipate or did not cause you much concern about your specific case?

Focus groups are simulations of an actual jury. Obviously they are not your actual jury. They nonetheless allow us to test questions and themes and elicit actual emotional responses of the public to your case, witnesses and exhibits.

Reminder About Our Firm's Communication Policy

About us: We perform very high quality legal work. We are highly competent and we have a highly competent support staff, but we are not perfect. We can make mistakes. We will correct a mistake if we find it or if you point it out.

It is our policy to return phone calls in the order they are received and based on the priority of the situation. If you leave a message, your call will be returned usually within 24 hours. Some clients feel that calling multiple times in a day will get their call answered faster, but that is not the case. Email is the quickest way to get a response from anyone in the office.

We work by appointment only. Without an appointment, it is unlikely Mr. Carpey would be able to meet with you.

Please utilize our support staff to answer your questions and to give you status reports. Our legal assistants and paralegals are very experienced and will often be able to respond to your requests.



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