



“Thanks to Dr. Elizondo,  
my shoulder feels like new!”

— Karen Cox —

Whenever Karen Cox (right) tried to raise her right arm, the pain in her shoulder was excruciating. “It was difficult to lift anything,” remembers Karen, “I couldn’t even brush my hair.”

Karen was suffering from a bone spur growing on the tip of her right shoulder, causing her pain.

Karen went to see Dr. Philip Elizondo (left), an orthopedic surgeon on the physician staff at White County Community Hospital, who performed minimally invasive arthroscopic surgery. After making three tiny ½ inch incisions, Dr. Elizondo used a small camera and miniaturized instruments to remove the bone spur. The entire outpatient procedure took less than 45 minutes, and no physical therapy was required.

“We are now performing hip and knee replacement surgery here,” says Dr. Elizondo. “In fact, just about any orthopedic surgery that can be done in Cookeville is now available in Sparta.”

