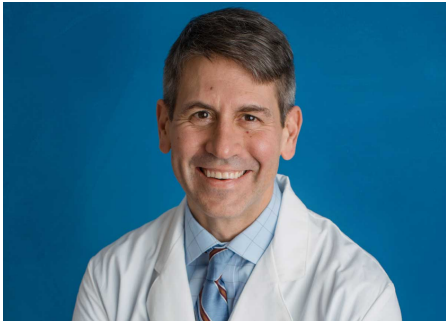


JULY 30, 2026

**Orthopaedic Associates
of MICHIGAN**


HELPING WEST MICHIGAN MOVE BETTER, FEEL BETTER, AND LIVE BETTER

BY: SARAH MARILYN

When an injury or chronic joint pain begins to interfere with everyday life, having access to coordinated, expert orthopedic care can make all the difference. Orthopaedic Associates of Michigan (OAM) has been serving West Michigan for decades, providing comprehensive musculoskeletal care that helps patients reduce pain, restore function, and get back to doing what they love.

According to Dr. Peter Theut, President of Orthopaedic Associates of Michigan and Sports Medicine physician, OAM's mission is simple: deliver exceptional, patient-centered orthopedic care through a collaborative team approach. "What makes OAM unique is the breadth of care available within one organization," said Dr. Theut.

INDUSTRY INNOVATION >


COMPREHENSIVE ORTHOPEDIC CARE UNDER ONE ROOF

OAM provides comprehensive orthopedic care for patients of all ages, offering expertise across a wide range of musculoskeletal conditions, including:

- Sports medicine
- Foot and ankle care
- Hand, wrist, elbow, and shoulder conditions
- Hip and knee care, including total joint replacement
- Spine care
- Trauma and fracture treatment
- Physical medicine and rehabilitation
- Nonoperative orthopedic care

In addition to specialty care, patients also have access to on-site physical and occupational therapy, orthopedic medical equipment, bone health services, and OAM Now, which offers convenient same-day evaluation for many acute orthopedic injuries.

"This coordinated approach allows us to treat the whole patient throughout their recovery—from the initial evaluation through rehabilitation and, when necessary, surgery," Dr. Theut said.

SUMMER BRINGS MORE THAN SUNSHINE

As outdoor activities increase during the warmer months, so do orthopedic injuries.

"During the summer we see more ankle sprains, fractures, tendon injuries, muscle strains, knee and shoulder pain, and hand or wrist injuries," Dr. Theut explained. "We also see flare-ups of chronic conditions like arthritis or back pain when people suddenly become more active after a less active winter." With the continued popularity of pickleball, cycling, running, and youth sports, OAM is also treating an increasing number of overuse injuries—particularly among adults returning to recreational athletics and young athletes participating in a single sport year-round.



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SURGERY ISN'T ALWAYS THE ANSWER

One of the biggest misconceptions about orthopedic care is that seeing a specialist automatically means surgery. Dr. Theut says that's rarely the case.

"Most orthopedic conditions are initially treated without surgery," he explained. "Treatment often includes physical or occupational therapy, activity modification, medications, bracing, injections, or guided home exercise programs."

In many cases, conservative treatment can successfully reduce pain, restore mobility, and help patients return to the activities they enjoy without the need for surgery. When surgery is the best option, OAM works closely with each patient to develop a personalized treatment plan focused on achieving the best possible outcome.

Dr. Theut also encourages patients not to wait until pain becomes severe.

"Early evaluation can often prevent an injury from worsening and help patients recover more quickly."

STAYING ACTIVE STARTS WITH PREVENTION

Whether you're training for a race, enjoying weekend pickleball, or simply spending more time outdoors, consistency is key.

Dr. Theut recommends:

- Stay active throughout the year rather than making sudden increases in activity.
- Warm up before exercise.
- Increase activity gradually.
- Wear appropriate footwear and protective equipment.
- Build strength and flexibility.
- Allow time for recovery.
- Don't ignore persistent pain.

"Pain is your body's way of telling you something isn't right. Listening early can help prevent more serious injuries later."



LOOKING AHEAD

Whether it's a new injury or ongoing joint pain, Dr. Theut encourages patients not to ignore persistent symptoms or wait until they become severe.

"Early evaluation can often prevent an injury from worsening and help patients recover more quickly," he said.

As OAM continues to grow—with a new Southwest location opening this September and expanded access to advanced technologies like robotic-assisted total joint replacement—the practice remains focused on delivering exceptional, patient-centered orthopedic care.

"We want every patient to feel heard, respected, and actively involved in their care," Dr.

Theut said. "Most importantly, we want them to leave understanding their condition and feeling confident about the path forward."

Whether helping patients recover from an injury, manage chronic pain, or return to the activities they love, the team at Orthopaedic Associates of Michigan is committed to providing expert care every step of the way.