



Stuart A. Carpey, Esquire

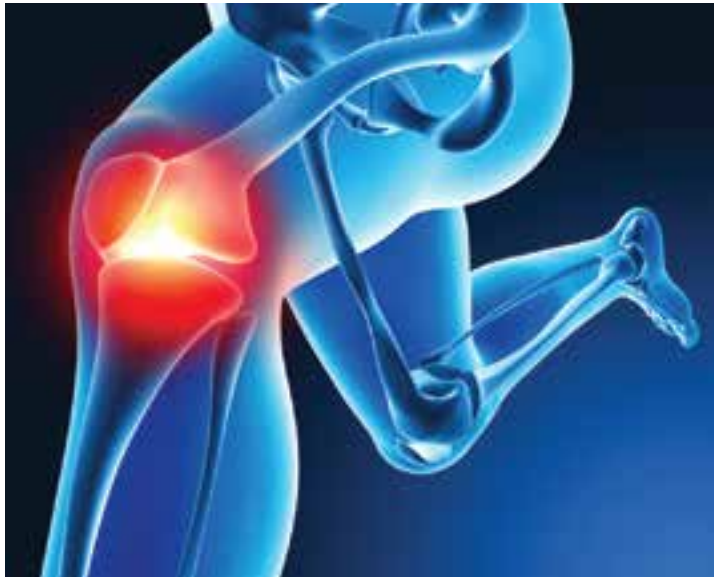
THE CARPEY CHRONICLE

THE INFORMATION RESOURCE FOR ACCIDENT VICTIMS IN PENNSYLVANIA

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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.

WE ARE COMMITTED

To providing exceptional legal services to each and every one of our clients.

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1500 Walnut Street
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The Client Experience

For more than 36 years, the client experience at Carpey Law has been a key part of providing the best possible experience and service for our clients.

A great client experience does not happen by accident. Keeping in mind that for many of our clients, when they come to us, this is the first time they have been involved in the legal process. They may not have any idea of what to expect. Part of what we do at Carpey Law is set realistic expectations and provide clear timelines for what will happen in each client's case.

We also have processes in place to provide excellent communication and support, which is essential to ensure that every client receives the best legal advice from Carpey Law.

We explain that there are specific steps and rules that must be followed in order to successfully move the case forward. Typically, there is no rapid method to resolve any personal injury case, but rather, cases take time. Each case is different. However, one of our goals is keeping our clients informed and confident as their case proceeds.

HAVE YOU HEARD?

Stuart loves speaking to groups across the state. It's a chance to share his knowledge and expertise, while educating the public about their rights.

If your group needs a speaker, reach out to our office. Stuart is available to address your club, group or meeting about injury law and your rights. Email

scarpey@carpeylaw.com for more information.

Recent Client Victories

3 Our client was struck by a tractor trailer while driving a school bus. After nearly a year of treatment for her serious injuries, and right before trial, we were able to settle her case for a very large sum. She was extremely happy with the result and very excited to be able to pay one year's worth of rent up front to her landlord, and at a discount!

2 We were able to track down a hit-and-run driver who struck our client as she was crossing a road in Philadelphia in the crosswalk and who was carrying her young daughter at the time. Luckily, her daughter was not badly injured. Our client was not as lucky. After obtaining the hit-and-run driver's insurance information through our investigation, we were able to settle for policy limits quite quickly in addition to getting all of our client's medical bills reduced or eliminated.

1 Our client was injured in a car accident when another driver rear-ended him in Philadelphia and forced our client onto the car in front. We were able to get the full policy limits from the at-fault driver's insurance company AND policy limits for the underinsured motorist coverage on your client's own policy.

Laura Carpey's Recipe of the Month

Apple Coffee Cake

INGREDIENTS

Streusel Topping

- 2/3 cup Bisquick mix
- 2/3 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 6 Tablespoons cold butter or margarine

Coffee Cake

- 2 cups Bisquick mix
- 3/4 cup milk, or a little more if batter seems thick
- 3 tablespoons granulated sugar
- 1 egg

- 2 medium cooking apples, quartered, peeled and sliced
- 1/4 cup chopped nuts

Glaze

- 1/2 cup powdered sugar
- 2 to 3 teaspoons milk

INSTRUCTIONS

1. Heat oven to 400°F. Spray an 8 or 9-inch square pan with cooking spray. In small bowl, mix 2/3 cup Bisquick mix, brown sugar, cinnamon and nutmeg. Cut in butter, using pastry blender (or pulling 2 knives through ingredients in opposite directions), until crumbly; set aside.
2. In medium bowl, stir together 2 cups Bisquick mix, 2/3 cup milk, the granulated sugar and egg; beat vigorously 30 seconds with spoon. Spread half of batter in pan. Arrange apple slices on batter; sprinkle with half of streusel topping. Spread with remaining batter;

sprinkle with remaining topping. Sprinkle with nuts.

3. Bake about 25 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack 20 minutes. In small bowl, stir glaze ingredients until smooth enough to drizzle. Drizzle glaze over warm coffee cake.



FEBRUARY DATES TO REMEMBER

Groundhogs Day: February 2, 2024



Valentine's Day: February 14, 2024



President's Day: February 19, 2024



YOUR TURN TO ASK QUESTIONS!

Any thoughts, ideas, or questions come to mind while reading our newsletter? We want to hear them! Email Stuart directly at scarpey@carpeylaw.com



WELCOME!

We would like to welcome our new clients this past month.

We sincerely appreciate the confidence you have placed in us.



Without You, We'd Be Lost At Sea!

Your referrals continue to be one of the best ways for clients to find our firm. We are honored to assist your friends and family with their legal problems caused by an accident.

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.



CARPEY LAW

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Our 2 loyal Eagles fans, Maverick and Gigi Carpey. Well, there's always next year!

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REAL PRETTY TO LOOK AT!**

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They'll thank you for it,
and so will I.**

Stuart Carpey