



# TODD LAW TIMES

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# Introducing “The Doctor’s Corner”

After nearly 43 years handling serious injury cases all over the state of Georgia, we have seen a lot of our clients undergo treatment from some of the best doctors in the South. Each month (Or should we say, “Every so often,”) in the Todd Law Times, we will share helpful information from some of our area’s best physicians, to give our readers insight on what to expect if they are facing similar injuries.

**This month we welcome D. Hodari Brooks, MD of Ortho Sport & Spine, as he shares with us some of the most common orthopedic injuries he encounters after car accidents.**

As an orthopedic surgeon, I see literally thousands of patients a year who have been the victim of some type of trauma. While some are more common than others, the most frequent injuries occur after a motor vehicle accident.

**Shoulder Injuries** - the most common shoulder injury I see involves the rotator cuff; a group of four muscles that help elevate the arm overhead. Fortunately, most of the injuries to the rotator cuff are sprains that don’t require surgery. However, when the rotator cuff is torn, surgery is often necessary. Nonsurgical treatment involves physical therapy, medication, and occasional injections.

**Knee injuries** - the knees are particularly vulnerable in car accidents because they often strike the dashboard with a fair amount of force. Common injuries include ligament and tendon sprains and majority of the injuries can be treated with bracing, physical therapy, and anti-inflammatory medications. Cortisone (steroid) injections can be helpful as well. If the meniscus (cartilage in the knee) is torn, surgery is almost always required, but to help diagnose this injury an MRI scan is needed. Luckily, the recovery time from a meniscal surgery is relatively short.

**Ankle injuries** - the impact of a car accident on the ankle is relatively high as the ankles are in a vulnerable position. In addition to ligament and tendon tears, I often will see fractures, and depending on the type and magnitude of the break, treatment can range from bracing, to casting, to surgery. What makes ankle injuries particularly tough is that their treatment often involves little to no weight bearing and when the right ankle is injured, patients often cannot drive for 4-6 weeks.



*D. Hodari Brooks, MD*

**Neck (Cervical) injuries** - the neck area is typically injured secondary to a whiplash type mechanism where the head is thrust forward then backward suddenly. Symptoms include neck pain, stiffness, and headaches. Fortunately, most of these symptoms will resolve within 6-12 weeks, although in some instances, herniated disks can occur. The disks sit between the bones in the spine, and when injured, can press on the nerves as they leave the spine, resulting in neck pain that radiates down either or both upper extremities. These disk herniations can usually be treated with oral medication or with epidural cortisone injections. Less frequently, surgery is required to treat herniated disks.

**Back Pain** - perhaps the most common injuries I see after a car accident occur in the lower back. The overwhelming majority of these injuries are muscle strains that do not need surgery and will also resolve after 6-12 weeks. These injuries can often be very painful initially, making it difficult to even walk, in which case a back brace is helpful. Physical therapy, electrical stimulation, and medication can also be very helpful.

The most important thing to remember is that if you are in an accident and have pain, make sure you are examined by a physician. All too often I see patients delay their initial evaluations, which can limit the treatment options available.

*For more information on any type of orthopedic injury, D. Hodari Brooks, MD can be contacted at (678)-273-3330 or by visiting his website, [www.orthosportandspine.com](http://www.orthosportandspine.com).*



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## Honorable Judge Margaret Spencer Receives Excellence In Bar Leadership Award



*Judge Margaret Spencer & her family*

Congratulations are in order for Judge Margaret Spencer who was recently awarded the Clayton County Bar Association Award for Excellence in Bar Leadership. The award recognized her lifetime commitment to the legal profession and justice system in Georgia through her dedication to the local and state bar associations. The award came on the coattails of Judge Spencer receiving her 10-year pin of service to the Clayton County State Court. Congratulations, Judge Spencer!



## Congratulations, Graduates!

While this photo is definitely a throw back to when Attorney Jillian Todd graduated from law school years ago, we hope it gives our area's recent grads a reminder that time flies by so fast! Cherish every moment now that you are out in the world, work hard, chase your dreams, and be yourself. Life will definitely throw you some curveballs but hang tight to the belief that all will be great with perseverance! **Congratulations!**



*Jillian Todd (center) with her sisters and father, Joe Todd*

## RECIPE OF THE MONTH

# Southwest Corn Pudding

*The perfect way to make use of sweet summer corn, this dish is a perfect side for chicken, fish, or steak.*

### INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 medium onion, halved and thinly sliced
- 3 ears fresh corn, kernels removed
- ½ cup chopped red sweet pepper
- ½ teaspoon ground cumin
- ¼ cup cornmeal
- 2 tablespoons all-purpose flour
- ½ teaspoon salt
- 1 – 14.5oz can cream-style corn
- 4 eggs, lightly beaten
- 4oz can diced green chiles, undrained
- 1 cup shredded sharp cheddar cheese (4 ounces)
- 1 tablespoon butter

### DIRECTIONS

1. Heat oil and 1 tablespoon butter in a 9- or 10-inch cast-iron skillet over medium-high heat. Add onions, cook for 5 minutes or until onion is soft and beginning to brown. Add corn kernels, sweet pepper, and cumin. Cook and stir for 3 minutes more. Remove skillet from heat to cool slightly.
2. In a medium bowl, combine cornmeal, flour, and salt. Add cream-style corn, eggs, undrained chiles, and cheese; stir just until combined.
3. Fold onion mixture into cornmeal mixture. Return skillet to medium heat and add 1 tablespoon butter. When butter is melted, tilt skillet to coat bottom with butter. Pour batter into skillet.
4. Transfer skillet to a 350°F oven and bake for 30 to 35 minutes or until a knife inserted near the center comes out clean. Serve warm.



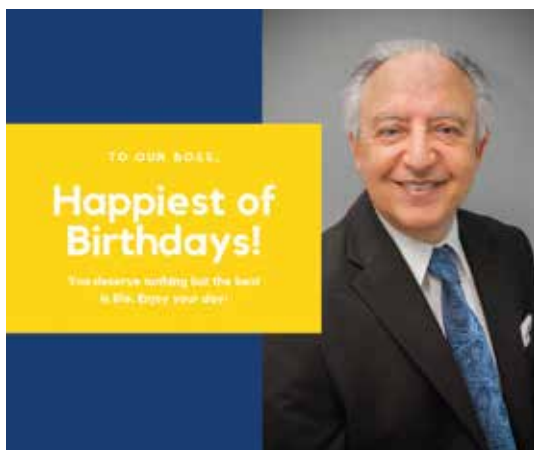
## Todd Law Kicks Off Bikes for Kids Atlanta to Provide 10 Bicycles to Deserving Kids

As a way to promote bicycle safety and regular helmet use, Joseph M. Todd, PC is launching Atlanta's very first Bikes for Kids program. We are asking parents, teachers, caregivers, and loved ones to recognize a child who has made a difference in the life of someone else by nominating them to receive a free bicycle, compliments of Todd Law. While there are no specific guidelines on what makes a nominee deserving of a new bike, we encourage nominators to think about any kind actions that the child has done for others, or how the child has positively impacted his or her family, friends, community, or classroom. To nominate a child in your life, visit [www.bikesforkidsatlanta.com](http://www.bikesforkidsatlanta.com) and we will choose one winner each week of summer to win a free bicycle and helmet.

Questions about Bikes for Kids program can be directed to Anneke by emailing [anneke@josephmtodd.com](mailto:anneke@josephmtodd.com) or by calling 770-477-7878.

## Happy Birthday, Joe!

Our fearless leader deserves nothing but the best after his May 10th birthday! We hope you have a great year, Joe!



## FAMILY LEGACY HONORED ON RECENT PODCAST FEATURING ATTORNEY JILLIAN TODD

If we are lucky, most of us speak with our parents a couple times a week. But for Attorney Jillian Todd, she gets the chance to work side-by-side with her father, the man who started Joseph M. Todd, PC nearly 43 years ago. This interesting dynamic caught the attention of The Growth Goal, a podcast created by Attorney Alycia Kinchloe that is dedicated to helping entrepreneurs. In Jillian's episode, Jillian and Alycia discuss how she effectively collaborates with her dad to create the ideal workspace, as well as the many advantages of being in her unique situation, including having the opportunity to help shape what will eventually become her own business once Joe retires. To listen to the podcast episode, visit iTunes or GooglePlay and search "The Growth Goal Podcast" or visit [www.thegrowthgoal.com](http://www.thegrowthgoal.com).

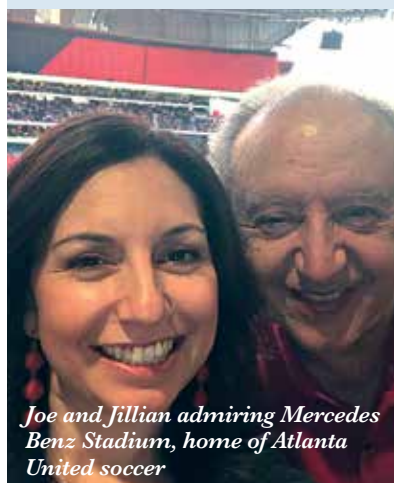


## What is Your Favorite Atlanta Pastime to Enjoy with Family? Share it With Us & We'll Send You!

Whether it is celebrating Law Day by listening to speakers discuss free speech, press, and society; taking in an Atlanta United game; or enjoying the Braves play baseball, our family loves to soak in all that Atlanta has to offer. We have no doubt that our readers do, too, which is why we want to send your family to your favorite spot in the ATL! Visit our Facebook page, tell us what you love to do, and tag that place in the post and you could win a \$50 Visa gift card to put toward the fun! We'll randomly select a winner and be sure to share the contest with the people you would take along, to increase your family's chance of winning!



Joe & Jillian celebrating Law Day 2019 in Clayton County



Joe and Jillian admiring Mercedes-Benz Stadium, home of Atlanta United soccer



Jillian with her husband, Daniel, taking in a Braves game



Daniel, Jillian, Joe, and grandson Charlie



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*Joe and  
Jillian*

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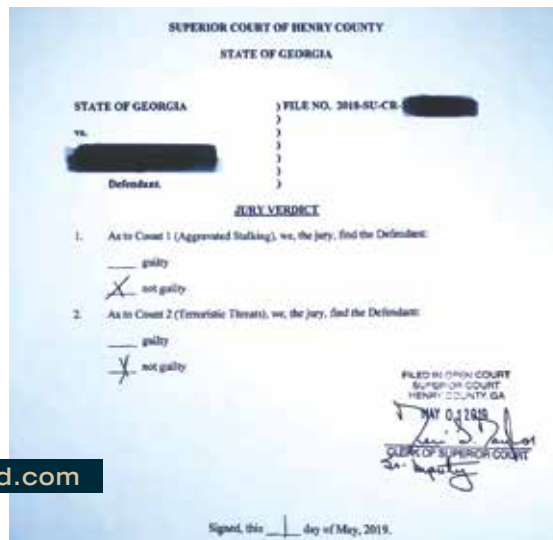
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## CASE OF INTEREST

When someone is wrongfully accused of a crime he or she did not commit, the stress and uncertainty can be unbearable. Attorney Joe Todd fought tooth and nail for our client and was able to secure not one, but two Not Guilty verdicts in Henry County after our client was charged with Aggravated Stalking and Terroristic Threats. The client was extremely relieved and also very humbled by the fact that justice was served.



## Raving Fan of the Month

"I had a wonderful experience working with Todd Law. Knowing that anything can happen in the court room in front of a judge or jury isn't the best of situations to be looking for. What made my day was when Joseph Todd was quick to find out that they had no case to pursue. Studying the law is not the same as knowing the law. Thanks for a job well done."

- **Ronald Brockington**