

Independent Orthopedic Care

Tadje Orthopaedics operates independently to provide personalized care for patients in Greater Boise and beyond.

For 14-year-old Jared Tadje, having surgery on his shoulder was life-changing. Not only was he able to go back to doing the things he loved, but he also recovered with a newfound goal to heal others. Today, he and his team at Tadje Orthopaedics provide that same empathetic care on shoulders, knees, and joints to bring new life to patients.

“Operating independently allows us to make medical decisions without being restrained by a hospital,” Dr. Tadje says. “We can provide personalized care to take care of the whole patient—not just their symptoms—according to their needs and preferences.”

Because they operate independently, Tadje Orthopaedics has the ability to cover treatments that some hospitals avoid for budgetary reasons. Biological treatments such as PRP (platelet-rich plasma) and stem cell therapies are two that Dr. Tadje advocates for certain patients with conditions such as arthritis and tendonitis in place of traditional surgical options.

“PRP involves taking a blood sample and using a centrifuge to remove the growth and healing factors,” says Dr. Tadje. “Once separated from the blood, we inject those factors into a tendon, joint, or ligament to naturally bring healing.”

Stem cell treatment involves taking cells from bone marrow, fat, an umbilical cord, or the amniotic



membrane. Unlike PRP’s growth and healing factors, these are living cells that can direct the tissue around them and become the building blocks for creating new tissue.

The two treatments are used for similar applications and, when possible, are best used together to create an optimal mix of cells and growth factors. For example, one of the experimental treatments for knee arthritis involves combining stem cells and PRP and injecting them into the knee to promote healing of the cartilage and the possible building of new cartilage.

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**TADJE
ORTHOPAEDICS**



2365 E. Gala Street, #1
Meridian, ID 83642
208-515-2654
tadjeortho.com

Beyond Boise

Dr. Tadje extends his knowledge and surgical talent throughout the world. “I get a lot of satisfaction out of doing humanitarian work with my family and colleagues,” he explains. “It’s a good time to come together and make a difference.”

During one trip to Myanmar, Dr. Tadje and his son, Jacob, worked with a team of medical specialists to train local medics in remote villages throughout the jungle. “Our team worked with a translator to train the medics in-depth in different areas that they commonly see injuries, such as orthopedics, abdominal pain, and infectious diseases,” Dr. Tadje says. “I led the module on orthopedic injuries and taught how to splint patients, what can be treated locally, and when patients need to go to a major hospital.”

While some humanitarian trips consist of doctors who swoop into a country, provide aid, and leave without a system of continued care in place, Dr. Tadje stresses the importance of leaving a more sustainable impact. “You have to be careful in humanitarian work that you don’t create a dependency on Americans or other wealthy countries,” Dr. Tadje explains. “You want to build up the countries you visit so that they can take care of themselves.”

