



CONCORD ORTHOPAEDICS

Experience You Can Trust

Patient Newsletter



Book Your Own Appointments Online

*Specializing in Your Orthopaedic and
Musculoskeletal Care*

Welcome Message:

Neil T. Dion, MD

Dear Patients,

Happy New Year, and welcome to Concord Orthopaedics. As we begin 2026, I want to extend my best wishes to you and your families for a healthy, active, and fulfilling year ahead.

I am Neil T. Dion, MD and my specialty is total joint surgery, with a focus on hip and knee replacement procedures that help patients reduce pain, restore mobility, and return to the activities they enjoy most. The start of a new year is often a time when patients reflect on their health goals, and for many, improving joint function and quality of life is an important part of that journey.

As we move through the winter months, I would also like to emphasize the important of safety, particularly for those living with joint pain or recovering from joint replacement surgery. Snow and ice can increase the risk of slips and falls, which may place added stress on joints and implants. Simple precautions - such as wearing supportive footwear, using handrails, staying active indoors to maintain strength and balance, and taking extra care when walking outdoors - can help protect your joints during the colder season.

At Concord Orthopaedics, we are committed to providing expert care, thoughtful guidance, and a strong partnership with every patient we serve. Whether you are considering total joint replacement, preparing for surgery, or continuing your recovery, our team is here to support you throughout the year

Thank you for trusting us with your orthopaedic and musculoskeletal care! We look forward to helping you move comfortably, safely, and confidently in 2026 and beyond.

Neil T. Dion, MD
Specialty: Total Joint Surgery



603.224.3368

Self-Schedule
Appointment

Sports Injury Spotlight:

Ski and Snowboard Injury Prevention with Brendan T. Higgins, MD:

As we welcome in the New Year and another winter season here in New Hampshire, many families are heading to the slopes to enjoy one of our state's most cherished activities. Skiing and snowboarding are excellent ways to stay active, connect with nature, and spend time with loved ones - but they also come with real risks if you are not prepared.

As an orthopaedic sports medicine surgeon and US Ski Team Physician Pool member, I regularly care for patients whose ski and snowboard injuries could have been prevented with the right preparation and awareness. Simple steps such as proper equipment fitting, gradual conditioning, warming up before skiing, and knowing your limits on the mountain can go a long way toward protecting your joints and avoiding serious injury. Listening to your body - especially when fatigue sets in - is one of the most important safety tools you have.

At Concord Orthopaedics, we are proud to support our community with expert, comprehensive musculoskeletal care. Our team is dedicated to helping patients of all ages stay active, recover safely from injury, and return to the activities they love. Whether you're a competitive athlete, a weekend skier, or simply looking to maintain mobility and joint health as you age, you can trust Concord Orthopaedics to provide thoughtful, evidence-based care right here in New Hampshire.

Wishing you a healthy, active, and safe New Year. Enjoy the slopes, take care of your joints, and know that if you need us, Concord Orthopaedics is here for you.

** Dr. Higgins has been a US Ski Team Physician for the past 8 years and provided medical coverage during numerous world cup events. Below he is pictured with the US Women's Ski Team during summer training in Chile.*



Patient Spotlight: *Success Story*

Patient Spotlight: John S.

At Concord Orthopaedics, Anton M. Kurtz, MD, has a reputation that traveled faster than the clatter of crutches in a hallway. As a specialist in orthopaedic trauma and pediatric orthopaedics, he is known not only for steady hands in the operating room, but for a calm, reassuring presence that put families at ease during some of their most stressful moments.

One family came to know him especially well. Their daughter had an uncanny talent for finding the ground - three breaks to the same arm over the years, followed by a fractured wrist just when everyone thought the streak was over. Each visit could have felt frightening or overwhelming. Instead, Dr. Kurtz turned each appointment into a lesson, a conversation, and - most importantly - a moment of trust.

He explained X-rays in a way that made sense to both parents and their daughter, as well as always inviting questions. With kids, Dr. Kurtz and his team are exceptional: a gentle humor, patience for fear, and an ability to make casts feel like a badge of bravery. For parents, his clarity and confidence were a steady anchor.

"Dr. Kurtz has taken amazing care of my daughter; she's broken the same arm three times and then just broke her wrist. He's incredibly informative and fantastic with children! 10/10 would recommend him over and over again!" - John S.

Stories like this echo throughout Concord Orthopaedics - not because the same accidents kept happening, but because when they did, families knew exactly where to turn. For Dr. Kurtz, orthopaedic trauma is about precision and expertise. Pediatric Orthopaedics was about something more: helping children heal, helping parents breathe easier, and making sure that every setback ended with a confident step forward.



Specialty Spotlight: Foot & Ankle Surgery

Foot & Ankle Surgery:

Kristen L. Stupay, MD is a highly skilled foot and ankle surgeon at Concord Orthopaedics, known for combining advanced surgical expertise with genuine compassion for her patients.

With a deep understanding of the complex mechanics of the foot and ankle, Dr. Stupay treats a wide range of conditions, from sports injuries and fractures to chronic pain and degenerative disorders, helping patients return to the activities they love.

What truly sets Dr. Stupay apart is her patient-first approach. She takes the time to listen, educate, and tailor treatment plans that align with each patient's goals and lifestyle. Whether recommending conservative care or performing intricate surgical procedures, her focus is always on achieving the best possible outcome with clarity, confidence, and trust.

Colleagues and patients alike value Dr. Stupay for her precision, dedication, and commitment to excellence. At Concord Orthopaedics, she plays a vital role in delivering high-quality, comprehensive foot and ankle care - keeping patients moving forward, one step at a time.

"Best foot and ankle surgeon in NH! Dr. Stupay has done 2 of my surgeries and all have been minimally painful and the scars are barely visible. The problems were corrected to the level she said they be. She's upfront about the risks and possible complications and doesn't try to pressure you into a surgery decision. I highly recommend Dr. Stupay!" - Lisa M.



Self-Schedule
Appointment

Physician Associate: *Health Tips*

Tip of the Month - Winter Hand Care:

Winter weather can be tough on your hands and upper extremities. Cold temperatures reduce circulation, which can lead to stiffness, pain, and even injury. Protect your hands by wearing insulated gloves or mittens whenever you're outdoors. For activities like shoveling snow, ice scraping, or winter sports, consider using gloves that provide both warmth and grip to prevent slips or strains.

Dry air during the winter months can also cause your skin to crack, which can be painful and increase the risk of infection. Moisturize your hands frequently with a thick, fragrance-free cream or ointment, especially after washing your hands. Avoid very hot water, as it can further dry out your skin.

Stretching and gently hand exercises can help maintain flexibility and reduce stiffness in your fingers, wrists, and elbows. Simple movements like making a fist and then spreading your fingers wide, or rotating your wrists in circles, can be done several times a day.

Finally, listen to your body. If you experience persistent pain, numbness, tingling, or swelling in your hands, wrists, or elbows, don't ignore it - early evaluation can prevent more serious problems later.

Stay warm, stay active, and take care of your hands this winter!

Warm regards,

Kristi L. Bryson, PA-C
Specialty: Hand & Upper Extremity



603.224.3368

www.concordortho.com



Self-Schedule
Appointment

Meet Cheryl: (ASSORT)

Our New Virtual Scheduling Agent

Cheryl

Managing your appointments is now easier and more convenient - all over the phone.

No more waiting on hold:
Calls are answered immediately

**Schedule, reschedule, confirm,
or cancel appointments**

Secure & Private:
Your personal information is
protected with top-level security

Convenient, immediate response:
Our team can focus on providing
the best patient care

Managing appointments made easy. Anytime, anywhere.

Online Self-Scheduling: *Book Your Own Appointments*

For over 50 years, we have proudly served New Hampshire with expert orthopaedic and musculoskeletal care. We look forward to continuing to grow to meet your individual needs.

If you are interested in being seen by one of our providers, **book your appointment online**, it's hassle-free!

1. Either scan the QR code below or visit our website and select "**Book An Appointment**" on our homepage.



2. Next, select either **Existing Patient** or **New Patient** to continue booking your own appointment online.

Book your appointment online anytime from your phone or computer.

"Using the self-scheduling portal to book my appointment online was very easy! I could not believe how simple the entire process was and how quick I was seen. Thank you to the front staff and Dr. Kreulen for helping my visit go smooth." - Tina L.



Patient Portal: *Registration*

(NEW) Patient Portal:
Powered by athenahealth

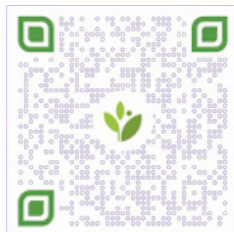


athenahealth

Download the app

AthenaPatient app

Scan here



As of September, 16th, 2025: COPA implemented a new Electronic Medical Record (EMR) system powered by athena.

WHAT THIS MEANS FOR PATIENTS: You can securely access your health information and manage your care anytime, anywhere.

ENHANCED PATIENT PORTAL: Convenient access to manage health. You can:

- View your medical records and visit summaries
- Request medication refills
- Message your care team
- Request and manage your appointments
- Access and fill our forms electronically
- Make payments to your account

IMPROVED ACCESS & SECURITY: Your health information is stored securely and accessible by our clinical teams ensuring a seamless and coordinated care experience.

ENHANCED SELF CHECK-IN:

- Complete your health history and other health questionnaires before your scheduled appointment electronically and at your convenience.
- Review your demographic and insurance information to make sure all information is accurate.
- **After completing the enhanced self check-in remember to let your Patient Service Representatives know you are here so the provider can be notified you have arrived.**

Acute Injury Clinic (AIC): *Walk-Ins Welcome*



Acute Injury Clinic - Concord

North Entrance
264 Pleasant Street, Concord, NH

M-F: 9:00am - 6:00pm

Sat: 8:00am - 1:00pm

** Last patient accepted weekdays at 5:45pm*



Acute Injury Clinic - Londonderry

50 Michels Way, Suite 206
Londonderry, NH

M-F: 8:00am - 5:00pm

** Last patient accepted at 4:45pm*

NO APPOINTMENTS NEEDED

- Immediate Access
- Same Day Appointments
- Cost Effective Treatments
- X-Ray, Bracing, & Casting
 - Shorter Wait Times

603.224.3368

www.concordortho.com



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Office Locations

Office Locations: All sites offer X-ray services

166 South River Road, Suite 125
Bedford, NH 03110

264 Pleasant Street
Concord, NH 03301

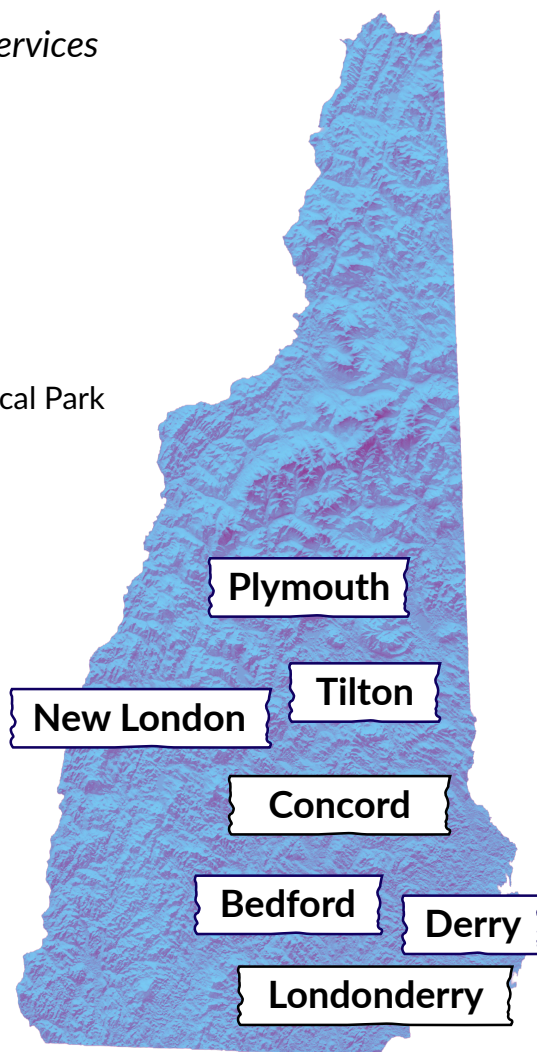
6 Tsienneto Road, Suite 200 Overlook Medical Park
Derry, NH 03038

50 Michels Way, Suite 206
Londonderry, NH 03053

247 Newport Road, Suite 101
New London, NH 03257

103 Boulder Point Drive
Plymouth, NH 03264

614 Laconia Road
Tilton, NH 03276



Best Surgeons in New Hampshire



- 29 Physicians
- 24 Physician Associates/Nurse Practitioners
- MRI at Concord location only

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