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# Big Care for Little Patients

## Across West Knox and Beyond

### • Tammy Cheek

tcheek@farragutpress.com

From flu shots to emergency care, the greater Knoxville area has a multitude of health providers to care for the children in one's life.

For example, Covenant Health provides a number of services to children in West Knox County.

For hospital care, Fort Sanders Regional Medical Center, 1901 Clinch Ave., "provides outpatient-based pediatric care in areas, such as imaging, lab testing, minor procedures, same-day surgery and emergency department care that does not require hospital inpatient admission," Covenant Health strategy marketing manager Jennifer Thompson said.

"Fort Sanders also has labor and delivery services with perinatal expertise that has a unique partnership with Dolly Parton Children's Hospital for neonatologist care," Thompson said.

Parkwest Medical Center, 9352 Park West Blvd, also provides "outpatient-based pediatric care in areas, such as imaging, lab testing, minor procedures, same day surgery and emergency department care that does not require hospital inpatient admission," Thompson said. "The hospital also provides childbirth maternity care and has a unique partnership with Dolly Parton Children's Hospital for neonatologist care."

While Tennova Healthcare's Turkey Creek Medical Center provides GI for Kids in the hospital, "they do limited pediatric GI cases outpatient at Tennova," said Rylee Sawyer, marketing coordinator at Tennova Healthcare.

Otherwise, she said, "Turkey Creek Medical Center does not provide inpatient hospital services for pediatric patients below 16."

Aside from hospital care, Covenant Health operates:



- Day care:  
Covenant Health Nanny's Edu-Care Center  
280 Fort Sanders West Blvd.  
Knoxville;  
Phone: 865-531-5279
- Fitness: Covenant Health Fitness Center (Youth Development & Childcare),  
270 Fort Sanders West Blvd., Building 5, Knoxville;  
Phone: 865-531-5000



- Primary care:  
FamilyCare Specialists & Walk-In  
(sees ages birth and up) at  
1300 Old Weisgarber Road,  
Knoxville;  
Phone: 865-584-2146
- Physical therapy and rehabilitation  
(ages 12 and up)  
Covenant Therapy Center –  
West at 200 Fort Sanders

West Blvd., Building 1, Suite 201,  
Knoxville;

Phone: 865-531-5710

- Covenant Health Therapy Center – downtown Knoxville at 2001 Laurel Ave., Suite 504, Knoxville; Phone: 865-331-1300
- Patricia Neal Outpatient Center (a department of Fort Sanders Regional) at 1901 Clinch Ave., Knoxville; Phone: 865-331-1605

- Urgent Care open daily from 8 a.m. to 8 p.m. for patients ages 1 and older:

- Covenant Health Urgent Care – Farragut at 105 Biddle Farms Blvd in Farragut; Phone: 865-378-6338

- Covenant Health Urgent Care – Northshore at 902 Osprey Point Lane, Knoxville; Phone: 865-686-9930

For more information on Covenant Health services, visit [CovenantHealth.com](http://CovenantHealth.com) or call its customer care center at 865-374-0411.

University of Tennessee Medical Center provides specialized pediatric services, “primarily featuring a Neonatal Intensive Care Unit with specialized therapy, including physical, occupational and speech-language pathology,” the center’s website stated. “They also offer specialized developmental follow-up for high-risk infants through the Bloom Clinic and, in conjunction with University Pediatric Urology, specialized pediatric urology services.”

Other services include physical, occupational and speech therapy services for infants and children, which is provided in the NICU and for developmental follow-up, according to the site.

The Bloom Clinic “offers developmental follow-up care for high-risk infants, often without cost to the family,” the website stated.

Pediatric urology “specialized care for urinary and genital conditions in children, provided by University Pediatric Urology, and pediatric surgery at Children’s West Surgery Center, is a “dedicated freestanding pediatric ambulatory surgery center in West Knoxville,” it stated.

The Knoxville area also has a

number of other primary care providers, which include Knoxville Pediatric Associates, which has a location in Farragut, as well as Clinch Avenue, Cross Park Drive and Weisgarber Road; Pediatric Clinic, which has locations in West Knoxville, Karns and Seymour; Schultz Pediatrics at 9142. S. Northshore Drive.

Additionally, Maltman Medical Center offers comprehensive pediatric services.

For urgent care needs, Children’s Hospital Urgent Care offers five locations, which include Knoxville, Sevierville, Alcoa and Oak Ridge, and AFC Urgent Care, which has a clinic at North Campbell Station Road, treats patients 6 months and older.

Children also are treated at

- Knox County Health Department Pediatric Clinic, 140 Dameron Ave.;

Hardin Valley Pediatrics, 10857 Hardin Valley Road; and Pediatric Clinic West at Huxley, 125 Huxley Road.

In Loudon County, Covenant Health also has a number of services in pediatric care.

For example, Fort Loudoun Medical Center, 550 Fort Loudoun Medical Center Drive, “provides outpatient-based pediatric care in areas such as imaging, lab testing and emergency department care, that does not require hospital inpatient admission,” Thompson said.

For primary care, she said Fort Loudoun Primary Care treats all ages at 423 Medical Park Drive, Suite 100, in Lenoir City. Phone: 865-271-6600;

Lakeside Primary Care treats ages 16 and up at 689 Medical Park Drive, Suite 204, Lenoir City. Phone: 865-

271-6670.

Also, Internal Medicine Associates treats ages 16 and up at 111 Clyde St., in Loudon. Phone: 865-458-1554.

Other services in Loudon County include:

- Orthopedics — Covenant Health Fort Loudoun Orthopedics, 401 Town Creek Road East, Suite 101, Lenoir City. Phone: 865-271-6160.

- Physical therapy and rehabilitation — Covenant Therapy Center – Lenoir City, which serves ages 12 and up, at 576 Fort Loudoun Medical Center Drive, Lenoir City. Phone: 865-271-6080.

- Urgent Care — Covenant Health Urgent Care – Lenoir City, which serves ages 1 and up, at 460 Medical Park Dr., Suite 103, Lenoir City. It is open daily from 8 a.m. to 8 p.m. Phone: 865-271-0038



# Laser-focused

## Atlantic Rehabilitation Center helps athletes with state-of-the-art technology

• **Jake Nichols**

[jnichols@farragutpress.com](mailto:jnichols@farragutpress.com)

At first glance, the entrance to Atlantic Rehabilitation Center is rather unassuming.

Its Knoxville location — the only one in Tennessee — sits in a shopping center at 9309 Kingston Pike near a Goodwill and a CrossFit center.

If not for a deeper look, one would never know the impressive work that goes on here or the man behind it all.

After enduring injuries in his own athletic career, Dr. Joe Caroccio has been driven to help others in their own healing processes.

A licensed physical therapist and certified athletic trainer for more than 25 years, he established four ARC locations in Florida and opened the one in Cedar Bluff in November 2024.

At this location and the ones in the Sunshine State, Caroccio has worked with professional athletes, such as NFL quarterback Teddy Bridgewater, local MLB favorite Todd Helton and members of the U.S. Olympic men's soccer team.

Pictures of famous athletes line the walls of Caroccio's Knoxville facility, but he also is quick to help anyone else who might walk through his doors with a nagging injury.

Each clinic provides physical, occupational and massage therapies, as well as athletic and sports performance training. They specialize in a number of areas, ranging from ACL and meniscus injuries to ankle sprains, back injuries, bursitis, tendonitis, herniated discs, hip pathologies, joint replacements, neck injuries, rotator cuff tears, sciatica,

scoliosis and various neurological conditions.

"We work with a lot of sports-related injuries," Caroccio summarized. "A lot of high schools and colleges send their athletes here, so we've been working with athletes that are at the NFL Combine. So, they use our clinic here and the ones in Florida. We also work with weekend warriors, so it can be kids playing youth sports and anything from tennis to pickleball to golf.

"We have a lot of athletes here that play baseball, football, soccer and volleyball," he added. "A lot of clubs will send their athletes here. We see a lot of knee and ankle injuries in soccer and volleyball, then more shoulder and knee injuries in baseball and football."

During a consultation, Caroccio may conduct a video analysis to examine the problem and evaluate where any issues may begin or extend.

"Let's say you're coming in, and you're having some knee issues," he said. "We'll look at how you walk and see where the stress points are and what you might be doing wrong, what your arch looks like. We basically link the kinetic chain up your leg to see how your hip can be affected, too. So if you're having a knee issue, we'll see how it's affecting the rest of your body, too."

"And it's the same thing with an overhead injury," he added. "If you have a shoulder injury and someone, like a baseball pitcher or volleyball player, is throwing or hitting a ball over their head, we look at their mechanics and look at their release point and angles.

"So, we see if there's a joint integrity issue, an imbalance in the muscles or something else. Basically, we spend a lot of time trying to figure out what's wrong with you then create a thorough program for you to follow here."

That program can involve a number of remedies. More often than not, though, a client may find him- or herself lying on one of the tables



**Top photo**  
by Jake Nichols /  
**Left photo submitted**

**Top:** A Class IV laser zeroes in on the left leg of farragutpress writer Jake Nichols during an impromptu treatment at Atlantic Rehabilitation Center in Knoxville on Wednesday, March 4.

**Left:** Physical therapist assistant Lauren Grace treats a patient using shockwave therapy.

for Class IV laser or shockwave therapy.

The latter was established in the early 1980s while the former gained

prominence in the early 2000s after receiving FDA clearance in 2003.

**See LASER on Page 8**

**DR. JOEL ASH**

Doctor of Chiropractic



865-671-1000  
ashchiropracticknox.com



After experiencing a car accident in college, Dr. Joel Ash realized his dream of helping others through personalized chiropractic care.

"I felt a lot better after going to the chiropractor," explained Dr. Joel, who graduated from the University of Tennessee with a finance degree in 2020. "Because of my great experience, I wanted to provide that help to other people."

Dr. Joel swiftly enrolled in chiropractic school in 2021, receiving his Doctorate of Chiropractic from Life University in 2024. He then opened his own chiropractic office, Ash Chiropractic and Wellness, later that year.

"Helping people is why I chose chiropractic," said Dr. Joel, emphasizing that Ash Chiropractic focuses on overall wellness. "In conjunction with chiropractic care, we also help with diet and exercise and believe that patients see better results when these areas of their health journey are addressed."

After all, ensuring positive outcomes is what Dr. Joel's job is all about.

"My favorite part is seeing my patients' results," he said.

For more information about Ash Chiropractic and Wellness, 12752 Kingston Pike, Suite 103, ashchiropracticknox.com.

**DR. JOE CAROCCIO**

DPT, ATC  
Owner



865-240-3550  
www.atlanticrehabcenter.com



Dr. Joe Caroccio, owner of Atlantic Rehab Center, is a highly respected physical therapist and athletic trainer with more than 25 years of experience. Known for his work with professional athletes, he has earned a national reputation in sports performance and rehabilitation with facilities in multiple states.

A lifelong athlete, Dr. Joe competed in multiple sports throughout high school and college, inspiring him to pursue physical therapy. He earned his degrees from Nova Southeastern University, building a strong foundation in sports medicine.

Dr. Joe has trained and treated elite collegiate athletes preparing for the NFL Combine, as well as the MLB, NHL, and MLS drafts. He also spent several years as a Major League Soccer referee, officiating U.S. Open Cup matches and World Cup qualifiers, and later served as a Fitness Instructor for FIFA and CONCACAF.

He served as Head Athletic Trainer for the Fort Lauderdale Strikers and Miami FC. Now based in Knoxville, Tennessee, Dr. Joe works with athletes of all levels, children and active adults trying to return to their activities of daily living.

**DR. DALTON COUSIN**

PT, DPT, ATC, CSCS



Cousin Physical Therapy, PLLC  
865-309-4055  
cousinpt.com



Dr. Dalton Cousin is a highly experienced physical therapist specializing in athletes and active adults, focusing on injury prevention and rehabilitation in a holistic manner. His career began as a college basketball athlete and a head athletic trainer for local high schools, which ignited his passion for athlete care. He went on to gain a deeper understanding on how the body responds to stress, obtaining a master's in exercise physiology and then his Doctorate in Physical Therapy from The Ohio State University. This led to various roles with the OSU athletics and the Pittsburgh Pirates gaining cutting-edge, evidence-based skills in rehabilitation.

Now back in Knoxville, he has opened Cousin Physical Therapy, offering comprehensive services to athletes of all ages, specializing in baseball athletes. Cousin Physical Therapy's mission is to empower each individual to stay healthy, enhance performance, and recover safely, equipping them for success on and off the field.

**DR. JEFFREY J. EBERTING**

DMD, MS



TENNESSEE  
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www.tennesseeorthostudios.com



Dr. Eberting has been a dentist for over 30 years with more than 25 of those years in orthodontics. He chose dentistry, and then the orthodontic specialty, following a great experience with his own orthodontist. The positive changes in his life, as a result of treatment, inspired him to help others achieve the same lasting improvement in their self-esteem.

Receiving his Bachelor of Arts in History, Duke University, Doctorate of Dental Medicine (DMD), Kornberg School of Dentistry at Temple University, Advanced Education in General Dentistry (AEGD) Residency, U.S. Navy Dental Corps, Master of Science (MS) in Oral Biology and Certificate in Orthodontics, Kornberg School of Dentistry at Temple University, Dr. Eberting is also a Board-Certified Orthodontist and a Diplomate of the American Board of Orthodontics.

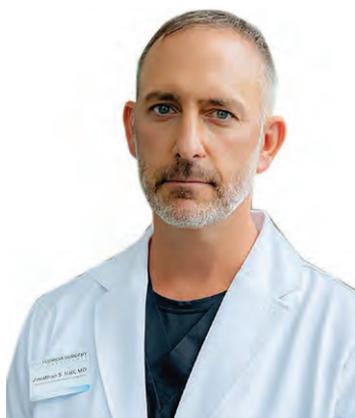
Since completing his Orthodontics residency and training, Dr. Eberting has constantly sought to further his knowledge of the specialty. In broadening the services he offers to patients, he ensures each receives the high-quality experience and results they deserve.

**DR. JONATHAN HALL**

Board Certified Neurosurgeon



855-486-7746  
tnspinespecialists.com



Dr. Jonathan Hall is a board-certified neurosurgeon specializing in the diagnosis and treatment of neck and back pain. Recognized as one of Tennessee's top spine surgeons, he offers a comprehensive range of care, from conservative management to advanced surgical intervention. Dr. Hall is highly skilled in minimally invasive spine surgery as well as complex spinal procedures, delivering precise, patient-centered outcomes. He also performs a variety of in-office treatments, including epidural steroid injections, spinal stimulator trials, medial branch blocks, and SI joint injections. Many of his surgical procedures are completed in an outpatient facility in Knoxville, Tennessee, providing patients with greater convenience and efficiency.

Dr. Hall earned his M.D. from Columbia University College of Physicians and Surgeons, where he received academic honors across multiple disciplines. He holds a B.S. in Chemistry, magna cum laude, from Emory University, where he was awarded the Merck Award for excellence.

**MICHAEL MURPHY**

Board-Certified Hearing Instrument Specialist



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Board-Certified Hearing Instrument Specialist, Michael Murphy, has been practicing for over 20 years. Beltone offers FREE Hearing Test and Consultations. Mike has attained a Master and Advanced Master Practitioner's certificate. He has devoted his life to caring for the hearing impaired public.

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**Laser**

From page 6

In the Class IV laser therapy, the laser works by activating stem cells, thus speeding up the healing process.

“The laser has been really good for healing and getting athletes back on the field a lot faster, and the same thing with weekend warriors and people just trying to get over injuries,” Caroccio said. “We’ve had people coming in with tendinitis, bursitis, golfer’s elbow and tennis elbow, plantar fasciitis and things like that. We put the laser on it, and that activates the stem cells. So it goes down about 4 inches deep, and it’s a lot more efficient and effective for treating.”

“All the prior modalities, like hot packs and e-stim and ultrasound, those didn’t do a whole lot,” he added. “We could get a centimeter, but when the injuries are deeper, it’s better with something like this. You can modify the range and the depth

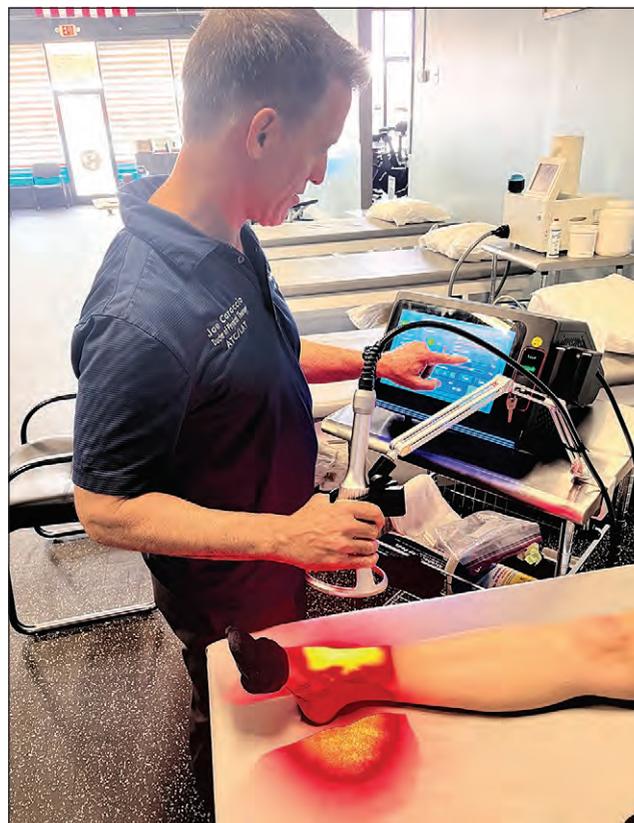
that you want to go, whether you work with someone with a minor injury or something a little more severe.”

Meanwhile, the focus shock wave “is really good for people who have issues with carpal tunnel (syndrome), lateral epicondylitis (tennis elbow) and lopathy. It also helps with trigger points,” Caroccio said earlier.

“It also helps with trigger points,” he continued. “This actually helps create new blood flow and cellular pathways,” as he noted that the shockwave therapy can pinpoint specific injury locations.

Both treatments are non-invasive and take 30 minutes or less.

“It’s non-invasive, so you can do other treatments, like PRP or stem cell injection, and those will cost you thousands of dollars,” Caroccio said. “Here, it’s a fraction of the cost, and people have had great success with it.”



Dr. Joe Caroccio operates a Class IV laser on a patient’s foot at Atlantic Rehabilitation Center in Knoxville on Wednesday, March 4. The laser is one of multiple treatments offered at Caroccio’s Knoxville facility, which is one of five in the Southeast.

Photo by  
Jake Nichols

# Dolly Parton Children's Hospital

ETCH enters  
new era in  
pediatric care  
with rebranding



## • Tammy Cheek

tcheek@farragutpress.com

KNOXVILLE — A new era of pediatric healthcare recently transpired when East Tennessee Children's Hospital officially became Dolly Parton Children's Hospital.

The hospital, which began as East Tennessee Crippled Children's Hospital in 1937, was renamed ETCH in December 1955. In February, Grammy Award-winning country music superstar Dolly Parton lent her name and shared a "gift" to advance pediatric care in her home state.

This marked "a powerful new collaboration designed to elevate children's healthcare across East Tennessee and beyond," a press release stated.

"Being fortunate to have grown up in the mountains of East Tennessee, I learned early on what it means to take care of one another," Parton said. "Every child deserves world-class care, wrapped in kindness and love.

"I'm so honored to stand alongside this hospital and do my part to help bring more hope, more comfort and more healing to children and families," she said.

The hospital's mission is to "improve the health of children through exceptional, comprehensive, family-centered care, wellness and education."

"To the patients and families we serve, Dolly Parton's name embodies someone who has lived a life of giving back to the community with genuine care," Dolly Parton Children's Hospital president/CEO Matt Schaefer said. "She symbolizes hope, joy and the notion that every child matters — values that align perfectly with our mission statement. Since our first day in 1937, we have had an 'open-door' policy that no child will be denied care because of race, religion or their parents' ability to pay their child's medical bill," he said. "This generational commitment strengthens our ability to uphold that promise for years to come."

Parton's gift to the hospital "encourages us to continue to support our mission" to provide the care the community expects, Adam Cook, the hospital's public affairs officer, said.

With the change, "we are being very thoughtful about this transition and will continue to communicate clearly with our patients, families and team members at every step," Schaefer said. "This collaboration elevates our mission; it does not change who we are or how we care."

Parton's philanthropic impact already was experienced across the state with her Imagination Library initiative to send 3 million free books to children every month. Additionally, she donated \$1 million to Vanderbilt University Medical Center for research in producing the Moderna's COVID-19 vaccine. Her charitable foundation also provides college scholarships and offers disaster relief.

For nearly 90 years, East Tennessee Children's Hospital has delivered transformative and expert pediatric care, according to the press release.

"In a region where neighbors show up for one another and roots run deep, Dolly Parton is reinforcing a longstanding commitment to children and families in a bold new era for the hospital — one centered on compassion, innovation and access," the release continued. "Driven by excellence and grounded in its commitment to families, Dolly Parton Children's Hospital will continue advancing its mission to improve the health and well-being of children through exceptional, comprehensive, family-centered care — deepening its impact of pediatric excellence across the region."

"This is more than a name change," Schaefer said. "With Dolly's support, we are strengthening our mission to deliver world-class pediatric care to families, ensuring every child who walks through our doors receives the treatment they deserve."

"Everyone is invited to be part of this historic moment by contributing to the future of pediatric care at Dolly Parton Children's Hospital," the press

See **DOLLY** on Page 10

Ambassadors, from left, Everett, Imani, Noah and Ivy, represent the many children treated at what was rebranded in February as Dolly Parton Children's Hospital.

Photos submitted



## Dolly

From page 9

release stated.

To learn more or get involved, visit [DollyChildrens.org](http://DollyChildrens.org).

Dolly Parton Children's Hospital, located at 2018 Clinch Ave., is a free-standing, independent, not-for-profit pediatric healthcare system serving East Tennessee and surrounding ar-

reas since 1937, according to a DPCH fact sheet.

"As the region's primary provider of pediatric care, the hospital offers unique, specialized services to meet the needs of infants, children and teens," it stated.

"It has operated as a 501(c)(3) organization since 1952, providing exceptional, family-centered care to children regardless of their race, religion

or ability to pay.

"Dolly Parton Children's Hospital is one of only 31 children's hospitals in the country not associated with an adult hospital and one of only four state-designated Comprehensive Regional Pediatric Centers in Tennessee," the fact sheet added.

The hospital offers more than 35 pediatric subspecialties. Its services include a 152-bed hospital in downtown

Knoxville, five urgent care centers, six rehabilitation centers, 12 primary care offices, a surgery center, a sleep medicine center accredited by the American Academy of Sleep Medicine and the region's only pediatric home health agency. Dolly Parton Children's Hospital also provides pediatric clinical training to more than 70 hospitals, universities and institutions.

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# Strengthening pediatric services

## Summit Medical Group announces partnership with Knoxville Pediatric Associates

• **Tammy Cheek**

tcheek@farragutpress.com

KNOXVILLE — Summit Medical Group recently announced Knoxville Pediatric Associates will officially join the organization on May 1, continuing to strengthen Summit’s pediatric services and expanding its reach across the region.

“For more than 30 years, KPA has provided high-quality pediatric care to families across five locations in two counties,” said Matt Miller, marketing and communications manager with Summit Medical Group. “The practice is known for its compassion, clinical expertise and long standing commitment to the communities it serves.

“With KPA becoming a part of Summit, we will jointly be able to serve more children and families in the Knoxville and Blount County area,” Miller said. “Summit regularly shares best practices among its affiliates, and we’re excited to expand our network of pediatric clinicians to include KPA.”

With the partnership, Miller said KPA will keep its name and remain Knoxville Pediatrics Associates. Also, KPA “will be joining SMG as an affiliate, so it doesn’t directly affect other Summit locations.”

Through this partnership, “KPA will gain access to Summit Medical Group’s shared resources, operational support and clinical infrastructure,” he said. “At the same time, SMG will enhance its pediatric platform and broaden its regional footprint.

“By bringing our teams together, we are better positioned to deliver exceptional, family-centered care,” SMG CEO Ed Curtis said. “We’re excited to welcome KPA and look forward to the positive impact we will make together for our patients and communities.”

“With the healthcare landscape constantly changing, KPA has been looking for partners to help us continue providing high-quality medical care to our patients,” Dr. Logan Williams of KPA said. “We believe joining Summit will help us in doing this efficiently and effectively and allow us to remain focused on the health needs of our patients and their families.”

“Summit Medical Group and Knoxville Pediatric Associates will work closely over the coming months to ensure a smooth transition for families and staff,” Miller said. “Current KPA families can expect to receive more information about the transition in the coming weeks.

For more information about SMG, its members and services, visit [www.summitmedical.com](http://www.summitmedical.com).

# NO MATTER HOW IT HAPPENED

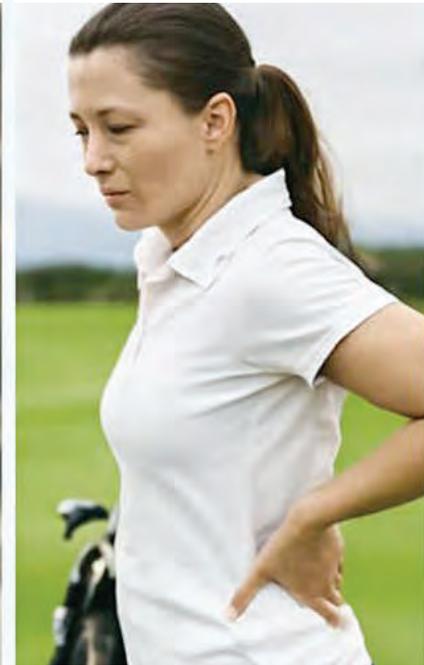
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### **Jonathan Hall, MD** Board Certified Neurosurgeon, *Neurosurgical Pain Solutions*

Dr. Jonathan Hall is a board-certified neurosurgeon with over 20 years expertise in complex spine surgery. He completed his medical degree at the Columbia University College of Physicians and Surgeons and his neurosurgical residency at the Emory University, where he was trained by leading experts in minimally invasive spine surgeries.

As a top Neurosurgeon, Dr. Hall is dedicated to providing patient-centered care with a focus on personalized treatment plans that address the unique needs of each patient. His advanced skills and minimally invasive techniques help patients recover faster, experience less pain, and achieve optimal outcomes.