

ONSF Conference for Medical Professionals Focused on Caring for Athletes of All Ages

The **ONSF** 7th Annual Medical Education Conference, *Caring for Athletes of All Ages*, was held on Saturday, November 7th in the Noble Auditorium at Greenwich Hospital, 5 Perryridge Road in Greenwich. The program featured presentations in orthopedics, sports medicine, neurosurgery and radiology. **Tamar Kessel, MD and Mark Vitale, MD** co-chaired the event.

Dan Hicks, Emmy Award-winning NBC Sports anchor, was Keynote Speaker. Most know him



Dan Hicks, NBC Sports Anchor

as the voice of the PGA TOUR that includes THE PLAYERS and the coveted FedEx Cup Playoffs highlighted by The Tour Championship. Hicks is also the voice of Notre Dame Football for the network. His talk featured an amazing video that brought to life the competitive spirit of world class athletes and focused on perseverance and the ways that injuries affect careers.

Accredited by Greenwich Hospital Association, the one day seminar was designed to further enhance the education of physicians, nurses, physician assistants, physical and occupational therapists as well as athletic trainers and



Tim Greene, MD, Presenting on Hamstring Injuries

coaches. The **ONSF** Conference was offered to medical professionals at no charge, due to a generous contribution from an anonymous donor. Breakfast, lunch and program materials were included.

The objectives of the Conference included a review of common sports injuries sustained in athletes of all ages as well as a review of appropriate non-operative and



Tamar Kessel, MD and Mark Vitale, MD
Conference Co-chairs

operative management of joint, bone, soft-tissue or neurological injury. The understanding of treatment options and recovery processes were also covered.

FEATURED ARTICLES -

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Message from the President . . .

Dear Friends,

Happy Holidays and welcome to the latest edition of the ONSF newsletter. We have had another great year and have much to be thankful for. As the New Year approaches, I find myself reflecting on the highlights of the past year and at the same time thinking about new ONSF goals.

Throughout 2015, I have often spoken about achieving value in health care, and now, I would like to try to extrapolate this to the value I see in ONSF. Eight years ago, we created a mission statement that included three major goals: to generate high level research, to educate physicians and students and to educate our community through awareness seminars.

Each year, I have been thrilled as we accomplished our goals with increasing success. It is amazing to read this newsletter that highlights major annual ONSF events each bringing value and benefit to our community: the ONSF Golf Outing, the ONSF medical education conference, the ONSF 5K Run/Walk Expo, mini medical school, the intern program and the ONSF Clinical Education Seminars. In addition, numerous other seminars benefit a vast cross section of the community and address important issues including how to manage the risk of concussion in youth athletes, when is weight lifting safe in children, ski injury prevention, safe cycling and others.

ONSF research and medical contributions continue to be recognized at the national level, and we will have at least four medical textbook chapters published in 2016, along with the continued development of novel research projects. The mentorship experience has been further expanded adding two winter term college interns to the program.

Our organization is actively educating the community on injury prevention and educating local nurses, therapists, trainers and doctors. Finally, we are publishing nationally recognized and rewarded research. Each of these alone brings value; the synergy of the three defines ONSF.

I expect 2016 to bring ONSF even more value and success, and I thank each of you for your support in helping to accomplish this impressive collaboration of events.



Paul M. Sethi, MD

Save the Date. . .

8th Annual Golf Outing - The Stanwich Club, Monday, June 6, 2016

4th Annual 5K RUN/WALK EXPO - Eastern Greenwich Civic Center, Sunday, Sept. 18, 2016

8th Annual Medical Education Conference - Greenwich Hospital, Saturday, Nov. 5, 2016

ONSF Research Update

The **ONSF** Arthroscopy, Surgical Skill and Biomechanical Research Laboratory creates an ideal environment in which physicians maximally utilize their research skills and critically ask and answer musculoskeletal questions that affect all our lives.

Throughout 2015, ONSF physicians have moved forward on multiple research projects that have been recognized nationally for their quality and ultimate results. In April 2015, the [Journal of Shoulder and Elbow Surgery \(JSES\)](#) accepted for publication as its lead article Dr. Paul Sethi's manuscript, *Efficacy of Topical Benzoyl Peroxide on the Reduction of Propionibacterium Acnes (P.Acnes) during Shoulder Surgery*. It was first published online at www.jshoulderelbow.org and six months later published in the print version of the JSES. Also in January, 2015, an article on the safety of proximal biceps surgery and its relationship to certain nerves has been completed and published in the [Journal of Shoulder and Elbow Surgery](#).

Recently, **ONSF** has written a chapter for the upcoming Springer Verlag medical textbook entitled *The Unstable Elbow*. The chapter highlights **ONSF** as a nationally recognized expert regarding the throwing athlete. The chapter is completed and will be published in 2016. Additionally, **ONSF** has written two chapters for the following textbook currently in preparation but not yet published: [Minimally Invasive Surgery in Orthopedics \(2nd Edition\)](#), edited by Giles R. Scuderi and Alfred J. Tria. The chapters are entitled: *Minimally Invasive Treatment of Elbow*

Articular Cartilage Injury and Minimally Invasive Treatment of Valgus Extension Overload of the Elbow. An ONSF review article on shoulder fractures, specifically the surgical management of greater tuberosity fractures, will also be published in the [Journal of Techniques in Shoulder Surgery](#), 2016.



At times, **ONSF** works closely with other centers on orthopedic and neurological studies. These are called Multi-Center Studies. Currently, **ONSF** leads a study in the efficacy of revision of arthroscopic shoulder surgery. We are creating algorithms and predictable solutions that will be an important part of

improving long term value to patients.

In November, [The Open Journal of Sports Medicine](#) published the Multi-Center Study of the incidence of deep venous thrombosis after shoulder surgery. An evaluation of techniques on how to most accurately record and evaluate shoulder range of motion will be published after the centers have reported their results. Other Multi-Center Studies are examining the shape of shoulder bone spurs and the accuracy of surgeon description. This study is awaiting acceptance for presentation and publication. Finally, we are studying the different techniques for elbow tendon reconstruction.

This is an exciting time for the Arthroscopy, Surgical Skill and Biomechanical Research Laboratory and Dr. Sethi is proud to share these accomplishments with you. Your support and participation makes all of this a reality.

ONSF 7th Annual Golf Outing



Paul Sethi, MD, Phil Villhauer, Jon Weiner and Tim Hasselbeck

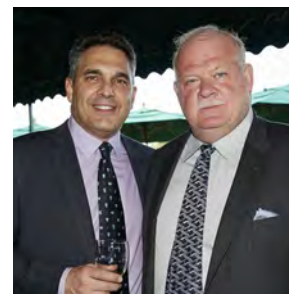
ONSF, in conjunction with Greenwich Hospital, held its 7th Annual Golf Outing on Monday, June 8th at The Stanwich Club. It was an ideal day for golf – sunny with a light breeze and the course played beautifully.

Following the tournament, the 96 golfers were joined by an additional 70 non-golfing friends and other supporters at a cocktail reception, auction and dinner. Proceeds from the event will expand **ONSF**'s ability to utilize its Arthroscopy, Surgical Skills and Biomechanical Research Laboratory in order to enhance future research projects.

The event was co-chaired by Michael Clain, MD, Rich Granoff and Vicki Leeds Tananbaum. On the course, **ONSF** President Dr. Paul Sethi was joined by Tim Hasselbeck, former NY Giant quarterback and ESPN analyst and Dan Hicks, NBC sportscaster.

Silent and live auctions were chaired by Amy Sethi and a talented committee including Lora Greene, Rebecca

Karson, Lauren Mazzullo, Amanda Miller and Katherine Peden. Neurosurgeon Dr. Paul Apostolides served as "charity" auctioneer and encouraged lively bidding on Live Auction lots that included an African Temptations Safari Adventure, an Old Course Golf Experience in St. Andrews, Scotland, a CHANEL watch from Betteridge, a party catered by Watson's with Horseneck Wines, a weekend drive in a Bentley from Miller Motorcars and a Hermitage Club one year membership.



Paul Apostolides, MD, Neurosurgeon and Charity Auctioneer; Norman Roth, President, Greenwich Hospital

Golf outing sponsors included Greenwich Hospital, Constitution Surgery Centers, Bershtein, Volpe & McKeon P.C., *Fairfield County Look*, Greentree Toyota Scion of Danbury who provided the "hole in one" car, RBL, Houlihan Lawrence, Granoff Architects, Watson's Catering, Tripp Lake Camp and Camp Takajo, Horseneck Wine and Liquor, Thomas Cleaners and many other generous businesses and individuals.

ONSF 3rd Annual 5K Run/Walk & Expo

A light breeze welcomed runners, joggers, walkers and families to the 3rd Annual **ONSF** PLAY Strong, PLAY Safe Family 5K Run/Walk Expo benefitting **ONSF** education and community outreach programs. Katie Vadasdi, MD, Adam Ercoli and Casey McKee co-chaired the event.



The race, a USATF certified 5K course, started in front of the Eastern Civic Center and continued through scenic residential streets, along Sound Beach Avenue and, after passing Binney Park, returned to the finish line at the Civic Center.

"The course was designed for all athletic abilities whether you are a serious runner or a power walker," said Dr. Vadasdi, an accomplished triathlete. Elite runners, corporate challenge teams, joggers, student

athletes, weekend warriors, power walkers and families participated.

In addition to the race, the event featured a Health Expo located at the Civic Center where participants and their families learned more about nutrition, training,

injury prevention and running equipment. One of the day's highlights was the Kids 0.5 mile Run/Walk organized by the Greenwich Track Club and Parks and Recreation Department.

The **ONSF** 5K Committee acknowledged the support of the many generous sponsors including Greenwich Hospital, CHASE, Houlihan Lawrence, Granoff Architects, Camps Takajo and Tripp Lake, City JEEP, Fairfield County Look, Greentree Toyota Danbury, Greenwich Running Company, Elite Health Services, Fleet Feet Stamford, Greenwich Office Park and others.

Thank you, Dr. John Crowe



IN 2007 WE MET, SHARED A VISION,
AND SHORTLY THEREAFTER
A DREAM CAME TRUE.

YOU HAVE PARTICIPATED
WHOLEHEARTEDLY
IN EVERY ASPECT OF ONSF —

INNOVATOR EDUCATOR LECTURER

AVID GOLFER WITH SANDY
5K PARTICIPANT WITH CHILDREN AND
GRANDCHILDREN IN TOW.

**WE WISH YOU ALL THE BEST
AND WILL MISS YOU!**



Internship Programs at ONSF

The **ONSF** strategic plan emphasized establishing an internship program for exceptional local students who demonstrate an interest in science, research and medicine. By exposing students to various aspects of the medical profession, we help them gain an appreciation of the commitment dedicated physicians make to their chosen fields and to their patients.

Each year several interns take part in the program. Not only do they benefit greatly from participating in their assigned projects, but the physicians and staff also benefit

from mentoring them. Projects are designed to complement the students' ages, level of education and experience.

... it was the single most influential experience that solidified my decision to pursue a medical career ...

Chrissy Conroy first interned at **ONSF** three summers ago and is currently completing her second year as an **ONSF** intern who will start medical school studies in September. Craig MacKen joined the program this year and has been working closely with Dr. Sethi and other physicians on

research projects. In a recent letter to Dr. Sethi, intern, Oskar Perskaas, summed up his experience. His voice speaks for all the interns who have been a part of the **ONSF** internship strategy.



Oskar Perskaas and Dr. Sethi working with H.A.R.T. machine

Dear Dr. Sethi,

I'll keep this short, but I was thinking today about how you've helped me and I realized that I didn't ever thank you properly. It was very generous of you to take me under your wing as you did, and I am very grateful for the experience. It was a privileged view into your working life, and it was the single most influential experience that solidified my decision to pursue a medical career (which I state in my apps!). You showed me the joys of helping people improve their quality of life, and I hope to one day be in a similar position, not only treating patients but also mentoring aspiring students, and helping advance medical knowledge through research. I admire you and your career. Thank you.

-Oskar Perskaas

Where are the **ONSF** interns today ?

Michelle Duong — will start medical school in September, 2016

Jackie Fox — attending her 1st year at Columbia University College of Physicians and Surgeons

Richie Fuld — attending his 1st year at the University of Colorado School of Medicine

Jared Gelbs— is a 3rd year medical student at the University of Connecticut

Gaurav Majmudar — finishing up at Boston College; will do one more year MPH before applying to med school

Chirag Sheth— is a 2nd year medical student at the University of Connecticut

Samantha Stuek — completing her 2nd year at New York Medical College

Total Elbow Replacement

David Wei, MD, MS

Hand and Upper Extremity Specialist



Who may benefit?

- Having a mobile, painless elbow joint is *critical* for our daily function. Patients with a stiff, painful elbow may be candidates for total elbow replacement.
- Historically, patients with rheumatoid arthritis, a destructive inflammatory type of arthritis involving the synovial tissue in the joint, have benefited greatly from this procedure. **Today, as our understanding of the elbow joint has developed and our implant designs have improved, so have our indications for elbow replacement expanded.**
- Common elbow conditions that may be treated with elbow replacement include, osteoarthritis, post-traumatic arthritis, severe elbow fractures, and chronic instability.
- When considering a total elbow replacement, patients should have a thorough discussion with their surgeon before proceeding, as each scenario is unique.

How does it work?

- The elbow joint is composed of three separate joints: (1) radiohumeral, (2) ulnohumeral, (3) proximal radioulnar joint. Despite having three joints, the **elbow acts strictly as a hinge joint**, so the primary goal is to replace the *ulnohumeral* joint.

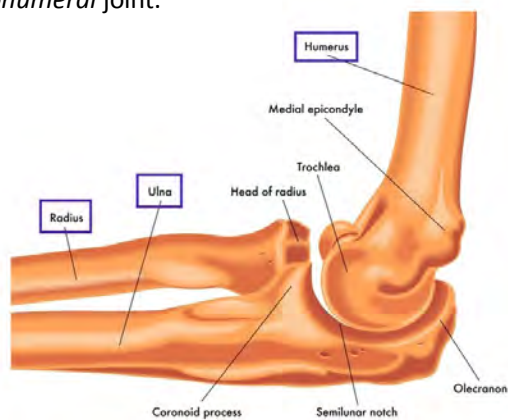


Figure 1. Bony Anatomy of the Elbow

What are the components?

- There are many different manufacturers and variations of implants, but there are generally two main components of the modern total elbow replacement: the humeral stem and the ulnar stem (Figure 2).
- Both components are made of a metal alloy, and the two stems meet in the center of the elbow where they are connected with a hinge-type mechanism.
- Most commonly, the connecting mechanism relies on a low-friction articulation made of a high-molecular weight polymer (i.e. specially manufactured plastic).
- The implants are secured in the bone by first preparing the humeral and ulnar shafts using a variety of instruments, and then using bone cement to create a stable interface between the metal implant and the bone.

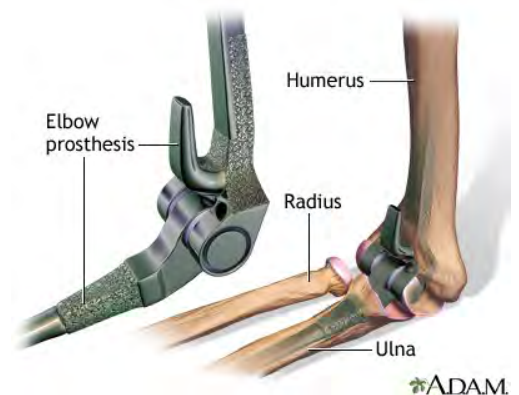


Figure 2. Total Elbow Replacement Implants

What can I expect after surgery?

- Most patients after total elbow replacement demonstrate improved function, decreased pain, and thus improved quality of life.
- Patients can expect to accomplish tasks of daily living, such as basic hygiene, getting dressed, cooking food, lifting a gallon of milk, etc. As each scenario is unique, other limitations or restrictions will be discussed in the office.

ONSF

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