

## ONSF Hosts Medical Student from Korea

For three weeks in January, **ONSF** hosted a winter break internship experience for a medical student from Korea. John Je Chan Lee, a former Cornell University student, is currently attending Eulji University School of Medicine in Korea. Dr. Paul Sethi, **ONSF** President and Cornell University Human Ecology alumnus, invited Lee to participate in the internship and served as his mentor.

The opportunity to shadow Dr. Sethi was unique for John because up until this visit, he had not participated in rotations. He was already interested in orthopedics, and Dr. Sethi offered him the chance to learn firsthand about the field of sports medicine.

John's routine was divided into 3 segments: observing patient-doctor interactions, observing surgical procedures and participating in a research project. John wrote... "I learned the most while observing how Dr. Sethi interacted with his patients. The way Dr. Sethi engaged in conversations making patients comfortable seemed like an important process in evaluating patient history. Furthermore, as there are data that show doctor-patient interaction is associated with the success of rehabilitation, I could recognize how much Dr. Sethi was putting his time into establishing rapport with his patients."



Paul Sethi, MD, and John Je Chan Lee

Because John was not authorized to take part in surgical procedures, his time in the operating room was limited. By observing Dr. Sethi and with the help of PA Erin Anderson, John gathered an understanding of surgical technique. "Some of the procedures that I was able to observe were ACL reconstruction, total shoulder replacement, reverse shoulder replacement, meniscus repair and rotator cuff repairs. In Korea, it is rare for students to observe a variety of procedures, thus I was very fortunate to be part of this experience."

Participating in a research project was another highlight of John's internship. He reported in detail about the experience. "Dr. Sethi and I worked on a small project on suprascapular and axillary

nerve block locations. Patients had different prognosis of pain post-surgery and by mapping the locations for the anesthetics, we sought to improve post-operative pain. While it is still an ongoing project, I was thrilled to be part of a more clinical-oriented research project that involved my interest." In addition, ONSF is pleased that John is working with Dr. Sethi on a chapter regarding rehabilitation strategies after shoulder arthroplasty.

ONSF takes great pride in its internship programs. Providing opportunities to pre-med and medical students enhances the Foundation's education and research goals.

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# Message from the President . . .

Dear Friends,

The Spring edition of the News Forum includes examples that represent all elements related to the ONSF three part strategy: clinical research, education and community outreach. We have experienced a surge in international visitors with European, Korean and a few Indian surgeons spending time with us. This is a two-way educational experience as it enhances our global understanding of health care and health care delivery.



Paul M. Sethi, MD

Dr. Mark Vitale continues to lead the hand surgery team and has instituted a monthly hand surgery teaching conference for surgeons, residents and therapists. His team including, Drs. David Wei and Matt Cantlon, were recently cited in *The Journal of Bone and Joint Surgery*. In addition, Mark will be the Co-Chairman at the Mayo Clinic Hand Surgery Course. This group of surgeons has really embraced the Foundation's core principles by acting as educators, researchers and community leaders.

Baseball season marked our little league outreach programs. While our youth baseball players learned how to avoid injury, former Chicago Cub Gary Scott gave us awesome insight into batting success in MLB. Next time I am up to bat, I will wait for my pitch.

We continue to fight against the opioid epidemic in this country by reeducating the medical community on the principals of pain management and actively encouraging doctors to re-think their prescribing routines. We are investigating better surgical techniques to reduce pain and finally employing the use of new medications that may reduce the amount of pain that a patient may experience. Our early data suggest that we can safely reduce the numbers of pills that we give patients, and the patients appreciate our frugality. We hope to develop pathways whereby youth athletes undergoing surgery may be able to entirely avoid post-operative pain pills, avoiding this risk of a first exposure.

This ninth year is more meaningful than the years past, and I believe that our contributions to medicine will be lasting. It is a fortunate and rewarding privilege to be in a position to contribute to and shape medical care. Your continued, generous support allows this to happen, and **ONSF** is grateful for this opportunity.

## Save the Date. . .

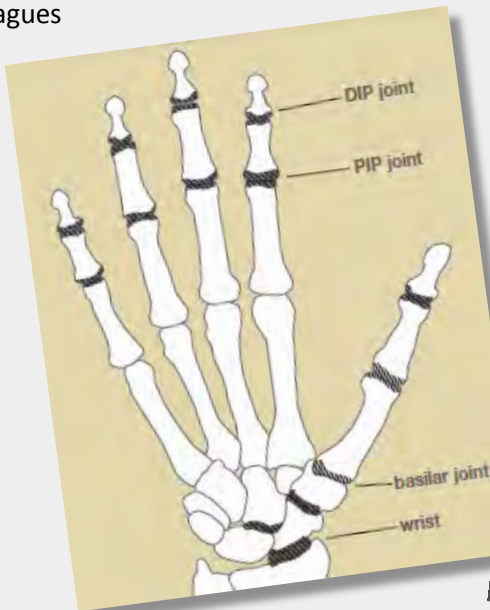
**5<sup>th</sup> Annual 5K RUN/WALK EXPO - Eastern Greenwich Civic Center, Sunday, Sept. 17, 2017**

**9<sup>th</sup> Annual Medical Education Conference - Greenwich Hospital, Saturday, Nov. 18, 2017**

# New Research in Hand and Wrist Surgery

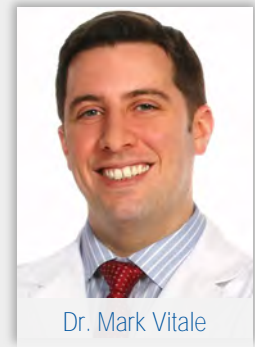
A notable research study by ONS hand and wrist surgeon Dr. Mark Vitale was highlighted in the March issue of the *Journal of Bone and Joint Surgery* as being one of the most important published research studies in the field of hand surgery over the past year. Dr. Sanjeev Kakar, Consultant Hand Surgeon at the Mayo Clinic in Rochester, MN, detailed in his paper, "What's New in Hand and Wrist Surgery," that surgical treatment of arthritis of the index finger proximal interphalangeal (PIP) joint has been controversial for years because of unique forces on the index finger during pinching activities.

The study by Dr. Vitale published in the *Journal of Hand Surgery* was completed to help answer this question. Dr. Vitale and colleagues



investigated 79 patients with index finger PIP joint arthritis treated with either joint fusion surgery or joint replacement surgery for severe, painful arthritis of the index finger. There was a mean of 67 months of follow-up time. Despite a loss of PIP joint motion seen within the patients undergoing joint fusion surgery, pain relief, satisfaction and function were improved in both groups without significant differences between the groups.

Patients undergoing joint replacement surgery did, however, have a higher complication rate compared to those undergoing joint fusion procedures. Dr. Vitale believes this is due to the high lateral and axial joint forces experienced in the index finger during pinch which are likely better withstood by a stable fusion procedure compared to joint replacement



Dr. Mark Vitale



## What's New in Hand and Wrist Surgery...

... when dealing with PIP joint arthritis should one proceed with joint replacement rather than arthrodesis?

procedures which can wear out over time when subject to repetitive, large forces.

In light of Dr. Vitale's findings, hand surgeons across the country now have good data to better counsel patients for the best treatment for severely painful arthritis of the index fingers.



## 9th Annual Golf Outing “Tee-off” Cocktail Party

On Thursday evening, April 27<sup>th</sup>, a large crowd gathered at the Miller Motorcars Ferrari Maserati Showroom in Greenwich. Cyndi and Richard Koppelman were on hand to welcome **ONSF** donors, golfers and friends who enjoyed the opportunity to view a spectacular collection of exquisite automobiles.

Horseneck Wines and Liquor provided a vast assortment of fine beverages as well as a wine tasting, and Watson’s Catering tempted guests with a superb array of hors d’oeuvres. Golf Outing Co-Chairs, Dr. Michael Clain, Rich Granoff and Vicki Leeds Tananbaum were joined by **ONSF** President Dr. Paul Sethi, Norman Roth, President of Greenwich Hospital, Jeff Mendell, Golf Captains Chair, Dr. Demitris Delos and his wife Janet, Barbara and Casey McKee, John and Leslie Cooper and many other Foundation friends.

The 9th Annual Golf Outing will be held on Monday, June 5th at The Stanwich Club. To register visit [www.onsf.org](http://www.onsf.org) or [www.501auctions.com/onsfgolf](http://www.501auctions.com/onsfgolf).



David Hirsch, ONSF Board Member, Lindsay Blake and Casey McKee, ONSF Board Member

## ONSF Hosts Norwalk Community College Students

For the fourth consecutive year, **ONSF** provided lab sessions consisting of hands-on dissection with clinical instruction for 18 Physical Therapy Assistant students from Norwalk Community College (NCC).



The course, entitled “Observation of Upper and Lower Extremity Dissection with Clinical Instruction,” consisted of four classes held on March 30th and 31st and April 20th & 21st. Dr. Paul Sethi, Orthopedic

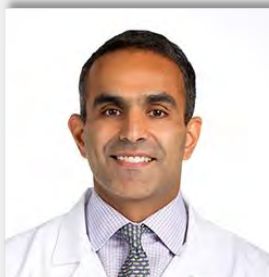
Surgeon and ONSF president, along with a team of surgeons, mentored the students.

Roger Silva, Academic Coordinator of Clinical Education, Physical Therapist Assistant Program, Norwalk Community College wrote:

*I would like to say how grateful I am for your contribution in helping me educate our Physical Therapist Assistant students from Norwalk Community College. ... the students enjoyed every minute of the lab experience and will remember it for the rest of their lives... Thank you for making this experience so seamless and for working with us every year. You are all truly AWESOME individuals!*

Education is an integral component of the ONSF mission. The NCC students were provided a unique learning experience, at no cost, to which they otherwise would not have access.

# ONSF Board Members in the News



Paul Sethi, MD

Congratulations to the 2017 AOSS Achievement Award Winner!

**Dr. Paul Sethi received the Achievement Award from the American Association of Orthopaedic Surgery (AAOS)** for his contributions to orthopedics through teaching, research and advocacy. Since

2005, this prestigious award has recognized volunteer involvement as the heart of AAOS activities. The AAOS Board of Directors established the Achievement Award Program to encourage and enhance individual growth of Academy members and to thank them for their many contributions in orthopaedics.

In the spirit of recognition, three categories of service were designed - teaching, publications and research and service and advocacy. Dr. Sethi is active and successful as a teacher. He has given his time to chairing instructional

courses, served as moderator on numerous panels, led lab discussion for students and doctors and shared scientific research studies as a presenter at medical centers and universities.

His award-winning research has been published in text books, presented at many conferences and recognized nationally and internationally. In addition, Dr. Sethi has participated in peer-reviewed orthopedic journals as an unpaid editor, author and reviewer.

As Co-Founder and President of **ONSF**, Dr. Sethi has volunteered his time and expertise to all aspects of research conducted in our Lab. He has served on event committees, has educated medical professionals, pre-med, college and high school students and surgeons from the United States and around the world. The ONSF intern research program has produced scholars who have been published and are now in medical school.

Without a doubt, Dr. Sethi epitomizes the qualities of an AOSS Achievement Award recipient.

**ONSF Board Member, Dr. Mark Vitale, served as course Vice-Chair, and along with Dr. Alexander Shin, co-chaired the 2017 2nd Annual Mayo Clinic Hand Surgery Conference** May 11-13 in Rochester, MN. This prestigious event was a 2.5-day course offered to hand surgeons, therapists, nurse practitioners and physician assistants. Mayo Clinic hand surgery faculty were joined by Drs. Peter Stern and Ed Athanasian.

The course featured labs, live cadaver dissection, panels and symposiums on various topics and problems in hand surgery and rehabilitation. Attendees had the opportunity to learn what's new in hand surgery and to present research papers, cases or topics affecting their practice.

Dr. Vitale has co-chaired the **ONSF** Medical Education Conference and is an avid participant in all sponsored events.



Mark Vitale, MD



Katie Vadasdi, MD

Congratulations to **ONSF** Board Member, **Dr. Katie Vadasdi, orthopedic surgeon and sports medicine specialist, who recently received a 2017 Fairfield Doctors of Distinction Female Trailblazer Award.**

The Committee recognized Dr. Vadasdi, not only for her accomplishments as an orthopedic surgeon but also for

being a positive role model for female medical students interested in her field of medicine. In addition, the

Trailblazer Award highlights female doctors who make great strides in empowering other women to advocate for themselves and be aware of their specific medical needs.

A tri-athlete and avid sportswoman, Dr. Vadasdi founded the **ONSF 5K Walk/Run** now in its 5th year. She serves as co-chair of the event that will be held on Sunday, September 17th in Old Greenwich. In addition, Dr. Vadasdi has participated as a presenting doctor in the **ONSF** Annual Medical Education Conferences emphasizing injury prevention and techniques for female athletes.

# Community Outreach Events

On Thursday, March 31st, **ONSF** sponsored a "Play Ball Play Safe Baseball - Injury Prevention Clinic" for the Ardsley Little League.

Held at the Concord Elementary School in Ardsley, NY parents, coaches, and young athletes attended the clinic which featured presentations by orthopedic surgeon and Sports Medicine Specialist Marc Kowalsky, MD and Sports Physical Therapist Alicia Hirscht, DPT.

Attendees also had an opportunity to participate in interactive work stations where safe conditioning and strengthening exercises were demonstrated.

Will, a parent of two participants said, *I found this clinic very informative and I am happy I came. I will take home what I learned this evening and visit the websites given to us for additional information.*



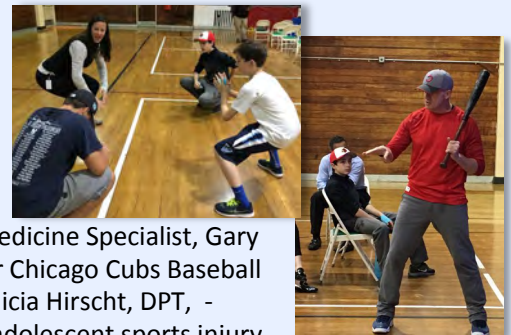
Eastern Greenwich Civic Center, Old Greenwich, CT, was the venue for the Greenwich Junior Babe Ruth League's (GJBRL) annual "Specialization with Success in Baseball—A Conditioning Clinic" which took place on Monday, May 1st.

As a sponsor of GJBRL, ONSF is proud to provide this program for the 3rd consecutive year. Attendees learned injury prevention tips for pitching, hitting and throwing.

Presenters included Dr. Paul Sethi - Orthopedic Surgeon

and Sports Medicine Specialist, Gary Scott - former Chicago Cubs Baseball Player, and Alicia Hirscht, DPT, - specialist in adolescent sports injury prevention. Interactive work stations provided demonstrations on safe conditioning, strengthening and hitting techniques.

One attendee wrote to Tom Pastore, GJBRL president: *That was a tremendous event - I even got some good examples of shoulder stretches out of it. Thanks again for all the time and energy you put into the league — Nik*



# Unraveling the Opioid Epidemic Research Project

**Doctor: New protocol can reduce opioid use**

By Margaret Pinnell

GREENWICH — Dr. Paul Sethi, an orthopedic surgeon at ONSF, says that his new protocol can reduce opioid use in teens and athletes. He found a way to help his patients by using a new protocol that reduces the risk of opioid addiction following surgery by reducing the number of pills patients need.

Sethi has a couple of these pills lying around from an old surgery that was very legitimate, but then they gave them to a friend or were found by a friend. He says, "You have to be a little bit of a hero to get these." Sethi is a board-certified orthopedic surgeon who has been an orthopedic surgeon for 15 years and is the team physician for Greenwich High School and the Greenwich High School and the Greenwich High School.

For the past eight months, Sethi and his team have been working on a new protocol. "I put it into the operating room, and the first time I did it, the drug was gone. The drug was gone, and the patient was happy. The patient was happy, and the patient was happy." Sethi says, "I put it into the operating room, and the first time I did it, the drug was gone. The drug was gone, and the patient was happy. The patient was happy, and the patient was happy."

Sethi is a board-certified orthopedic surgeon at ONSF. He is a member of the American Orthopedic Association and the American Association of Orthopedic Surgeons. He is also a member of the American Association of Orthopedic Surgeons and the American Association of Orthopedic Surgeons.

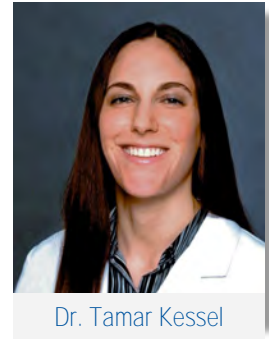
In January, **ONSF** announced its most current research project, *Unraveling the Opioid Epidemic in Teens and Athletes*. As you know, this problem has invaded all aspects of life and has harmed many, many people of all ages along the way.

Dr. Sethi will devote his time and expertise toward this effort. Within the realm of its research capability, **ONSF** will utilize its skills and its Arthroscopy, Surgical Skills and Biomechanical Research Laboratory to unravel some of this country's opioid epidemic with specific emphasis on reducing and eventually eliminating the use of narcotics post-operatively in teens and athletes. The Institutional Review Board at Greenwich Hospital has vetted and approved this project.



# Regenerative Medicine — PRP

by Tamar Kessel, MD



Dr. Tamar Kessel

## WHAT IS REGENERATIVE MEDICINE?

Musculoskeletal disorders are a common cause of morbidity in our healthcare system today. The field of regenerative medicine has become an emerging treatment option in the musculoskeletal rehabilitation practice. Examples of regenerative interventions include platelet rich plasma, hyaluronic acid, and mesenchymal stem cells.

## WHAT IS PLATELET RICH PLASMA (PRP)?

PRP is produced from a person's own blood. It is a concentration of one type of cell, known as platelets, which circulate through the blood and are critical for blood clotting.

Platelets and the liquid plasma portion of the blood contain many factors that are essential for the cell recruitment, multiplication and specialization that are required for healing.



After a blood sample is obtained from a patient, the blood is put into a centrifuge, which is a tool that separates the blood into its many components. Platelet rich plasma can then be collected and treated before it is delivered to an injured area of bone or soft tissue, such as a tendon or ligament.

## HOW IS PRP ADMINISTERED?

PRP is given to patients through an injection, and ultrasound guidance can assist in the precise placement of PRP. After the injection, a patient must avoid exercise for a short period of time before beginning a rehabilitation exercise program.

## IS PRP TREATMENT EFFECTIVE?

Several basic science studies in animal models suggest that PRP treatment can improve healing in soft tissue and bone. For example, increased numbers of cells and improved tendon strength have been noted in Achilles tendon injuries, and improved muscle regeneration has been shown in gastrocnemius (calf) muscle injuries. These favorable findings in animal models have led to the

widespread use of PRP treatment for a variety of conditions, including acute and chronic tendon problems, as well as injuries to ligaments and muscles. Some early-stage clinical studies in humans have been promising, but are limited by their study design and few patients. The most promising early results have been seen when PRP treatment is used for chronic tendon conditions, such as lateral epicondylitis (tennis elbow) and Achilles tendinosis, which impacts the Achilles tendon.

In a small study involving knee osteoarthritis, PRP treatment was shown to be more effective than hyaluronic acid treatment. PRP has also resulted in positive or similar results when used in the treatment of rotator cuff tears and medial collateral ligament (MCL) injuries in the knee.

## WHAT ARE SOME CONCERNS INVOLVING PRP TREATMENT?

Because PRP is given in the hopes of optimizing the initial inflammatory response of healing, anti-inflammatory medications should likely be stopped at the time of PRP treatment. Also, PRP does contain endogenous growth factors, so some agencies consider it to be a performance-enhancing substance. For instance, the World Anti-Doping Agency and the United States Anti-Doping Agency forbid the injection of PRP within muscles because of the possibility that the growth factors could enhance a person's performance. However, there are currently no data to suggest that PRP is actually a performance-enhancing substance. Major professional sports leagues have not yet addressed the topic of PRP.

## WHAT ARE THE KEY POINTS TO REMEMBER?

- Platelet Rich Plasma (PRP) comes from a patient's own blood.
- PRP is a concentrated source of growth factors and cellular signaling factors that play a significant role in the biology of healing.
- Basic science studies show that PRP treatment may improve healing in many tissues.
- Anti-inflammatory medicines should be stopped before and after PRP treatment is given.



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