

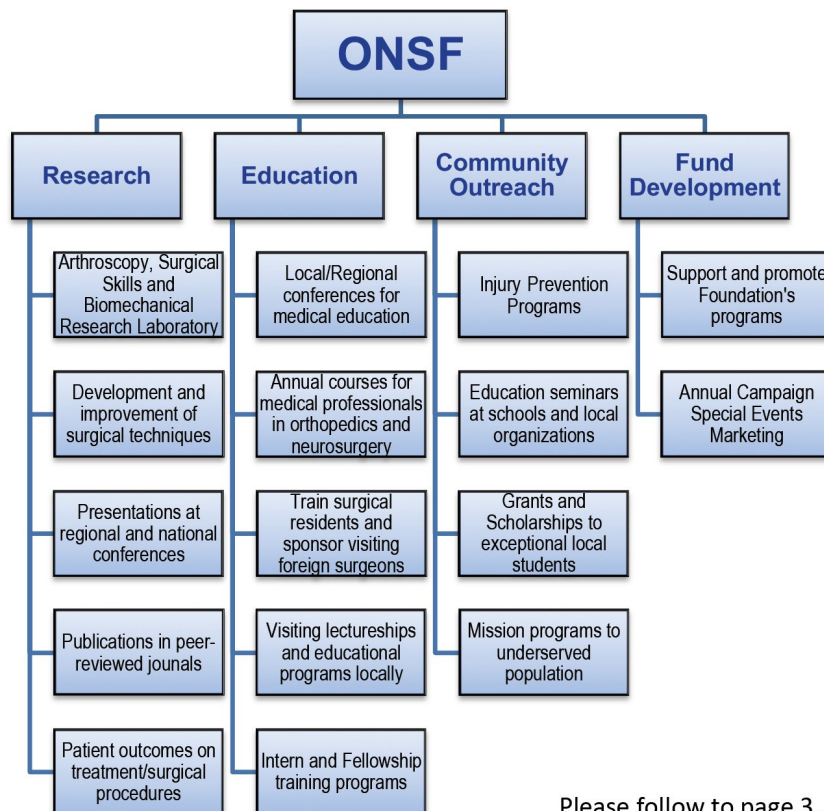
## 10 Years in Review

**JUST 10 YEARS AGO**, Dr. Paul Sethi and Vicki Leeds Tananbaum founded **ONSF** and presented a mission statement based on a three-part strategy – clinical research, education and community outreach - embracing a distinct goal to improve the care and treatment of musculoskeletal disorders. A Board of Directors representing a cross section of community, business, professional and corporate leaders, along with other concerned individuals, saw the need and joined in this cooperative effort. With the guidance of Frank Corvino, former President and CEO of Greenwich Hospital, an Alliance was formed that continues today.

The **ONSF** independent Arthroscopy, Surgical Skills and Biomechanical Research Laboratory in collaboration with Greenwich Hospital continues to attain recognition at the most prestigious orthopedic conferences in the United States and abroad. Year after year, participants in the annual Medical Education Conference and

other education initiatives praise these programs. The quality of our Community Outreach seminars inspires children, student athletes, weekend warriors and seniors to achieve healthy, active lives.

Each year, through the generosity and commitment of our supporters and enthusiastic event participants, we have reached and surpassed our goals.



Please follow to page 3...

### FEATURED ARTICLES -

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# Message from the President . . .

Dear Friends,

As we prepare this edition of the News Forum marking the 10<sup>th</sup> Anniversary of **ONSF**, I am feeling a combination of pride and excitement. I am proud of the research and education goals the Foundation has met and exceeded, and I am excited about future possibilities. Since the beginning of this year, we have seen growth and success. Our dedicated and committed Board has set the standards for medical care and clinical research that affects our community and patients across the globe.



Paul M. Sethi, MD

I was thrilled to see that our original research article examining the microscopic features of tendon disease was selected as the lead article in the March 2018 edition of the *American Journal of Sports Medicine*. Accomplishments like this underscore the international relevance of the work that we are doing at **ONSF**. It is rewarding to execute high level research; even more rewarding to have it published in the premier journals, but when our local work is recognized as the most exciting by this Journal...well, that's just cool.

For the past two years, I have written about our plan to reduce opiates and create post-operative pain protocols. I am proud to share that not only have we written these protocols, but they are being instituted, and in certain procedures, we have been able to reduce opiate consumption by 66%. We are using fewer opiates this year than the years before, and our promise has become our reality. It is relevant, important and rewarding that we can reduce opiate exposures in our community. The next step is to generalize these efforts and prove that our results are repeatable. Our objective is to educate surgeons and other medical professionals about the need to reduce the number of pills prescribed and therefore, reduce the incidence of addiction.

I hope you enjoy reading this edition of our News Forum. **ONSF** activities, research and events are highlighted throughout. We are all looking forward to seeing you at The Stanwich Club, June 11<sup>th</sup>. Your continued participation and support are greatly appreciated.

## Save the Date . . .

**10<sup>th</sup> Annual ONSF Golf Outing - The Stanwich Club, Monday, June 11, 2018**

**Race to Stop the Opioid Epidemic— 6<sup>th</sup> Annual ONSF 5K RUN/WALK EXPO**  
**Eastern Greenwich Civic Center, Sunday, Sept. 16, 2018**

**10<sup>th</sup> Annual ONSF Medical Education Conference— Saturday, Nov. 10, 2018**  
**Greenwich Hospital, Noble Auditorium**

## 2008

- ONSF founded as a 501(c)(3)
- Three Part Strategy presented – Clinical Research, Education and Community Outreach

## 2010

- Board of Trustees expanded
- Annual Golf Outing
- Funds Raised for Future Clinical Research Laboratory
- Annual Medical Education Conference

## 2012

- ONSF Arthroscopy, Surgical Skills and Biomechanical Research Laboratory opens April
- Annual Outing, Annual Conference

## 2014

- H.A.R.T. machine – gift of Lowenstein Foundation
- 20+ peer-reviewed research articles published
- Landmark Study: Preventing Infections in Shoulder Surgery
- Annual Outing and Conference
- Annual 5K Run/Walk/Expo
- C-Arm – gift of Greenwich Hospital
- Annual Medical Education Conference

## 2016

- Arthritis after wrist surgery published study – receives prestigious Linscheid-Dobyns Excellence in Wrist Surgery award
- Research continues in sports injuries of the wrist
- Annual Outing and Conference
- Annual 5K Run/Walk/Expo

## 2018

- Minimizing Nerve Problems after Tommy John Surgery
- Complex Rotator Cuff Tears – injecting stem cells and PRP underneath patch
- Triceps Tendon Repair in the Elbow – accolades from American Sports Medicine Society
- Opiate Minimization research continues with great success
- Annual Outing and Conference
- Annual 5K Run/Walk/Expo planned

2008

2009

2010

2011

2012

2013

2014

2015

2016

2017

2018

## 2009

- 1st Annual Golf Outing
- Major Fund Development Plans organized
- 1st Annual Medical Education Conference

## 2011

- Construction of Lab begins at 6 Greenwich Office Park
- Annual Golf Outing
- Annual Medical Education Conference

## 2013

- Fluoroscopy X-Ray Machine – gift of Greenwich Hospital
- International Fellow Program developed
- Research Interns and Mini Med School launched
- Annual Outing and Conference
- 1st Annual Run/Walk/Expo

## 2015

- Joint Replacement in the Hand
- Intraoperative Criterion to improve safety in shoulder surgery
- Nationally recognized research Preventing Infections in Shoulder Surgery receives major award
- Annual Outing and Conference
- Annual Run/Walk/Expo

## 2017

- Research Project: Unraveling the Opioid Epidemic vetted and approved by Greenwich Hospital IRB
- Research conducted – Total Wrist Fusion for severe arthritis
- Research – Joint Replacement in the Hand
- Examination of biceps tendon repairs in elbow
- Annual Outing and Conference
- Annual 5K Run/Walk/Expo

# Safe Conditioning and Injury Prevention for the Golfer

by Matthew Dunning, DPT

Now that the winter has finally ended and warmer weather has arrived, the golf season can begin. Golfers should all be mindful of the increased twisting, bending, reaching and walking involved with multiple rounds. The sport demands a lot from our bodies, and we should take time to stretch and train before a round.

The golf swing is a transfer of energy from the ground into the feet, through the legs, up the spine, down the arms to the club and eventually the ball. Physical issues and pain can arise due to problems at any point along that kinetic chain. A good golf training program must include muscle stretching, leg and core strengthening, as well as upper body work.



Simple muscle stretches can be an important part of a golfer's regular conditioning routine. Flexibility of

the calves, hamstrings, piriformis, wrist flexors/extensors and upper trapezius muscles are vital to having a sound golf swing and avoiding injury. Stretching at home before leaving for the course is a great way to save time and ensure proper performance. Each stretch should be held in a comfortable position for 15-20 seconds.

A workout can also target specific motions to improve strength and stability. Single leg stance balance training will enhance ankle, knee and hip stability. Adding rotation to mimic a swing will further challenge static balance. Thera-

band resisted exercise for scapular stability, rotator cuff strength and stabilization can aid in improving your backswing and downswing control. Common exercises such as planks, side planks and single leg bridges will target trunk stability and core strength. Increased pelvic mobility and control, along with the strengthening of these core stabilizers, will provide power to the golf swing. A daily program including any of the above-mentioned exercises can greatly reduce the risk of golf related injuries and improve your game. Golf related exercises can be found at [www.onsf.org](http://www.onsf.org) under Prevention on the homepage. Scroll to Sports Injury Prevention Exercises.

To stay healthy during your round, do some quick stretches with a club right on the tee box. If you are using a cart, give yourself more opportunities to walk by stopping the cart further from the ball. This will keep muscles loose and maintain increased circulation. When you finish your round, use ice on joints, like your elbows, shoulders, and knees, to reduce the potential for increased inflammation.

Golf is a full body exercise for 3-4 hours. Various injuries can arise from playing golf regularly. Daily stretching and exercise will reduce the risk of repetitive motion injuries. Stretching and staying mobile during a round of golf helps you maintain flexibility and ensures getting through each round safely and hopefully happily.



Matthew Dunning, DPT

## Exercising in Hot Weather - Avoid Heat Injuries <sup>1</sup>

### Remain Hydrated -

The amount of water you need to consume correlates to how long and strenuous your workout is going to be. If your activity excels your heart rate and body temperature, drink more than your normal daily recommend amount.

### Wear Appropriate Clothes -

Dry-fit materials and climate-controlled clothing are usually better for hot, humid weather. Heavy clothing and fabrics trap in heat and can make the body fatigue more quickly or even promote heat exhaustion (heat stroke).

### Timing is Important -

Time workouts to avoid the midday sun and gradually get

acclimated to the weather. When you know in advance that you're going to be training in hot climates, it's essential that you get your body used to the heat by easing your way into your workout.

### Warm Up/Cool Down

Include a warm up and cool down period that is done in the same atmosphere as your workout. Doing a warm up or cool down in a cooler space can shock your body and cause you to get sick, which can result in injury.

### Listen to Your Body

Stop exercising immediately if you feel dizzy, faint or nauseous.

<sup>1</sup> [www.wellbridge.com](http://www.wellbridge.com)

# NCC & ONSF Partnership Continues...

On March 22 & 23 and again April 19 & 20, **ONSF** provided Norwalk Community College (NCC) Physical Therapy Assistant students with lab sessions in a course entitled "Observation of Upper and Lower Extremity Dissection with Clinical Instruction." This was the fifth consecutive year that more than 18 students benefitted from the hands-on experience. 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:

*"...Thank you **ONSF** for once again organizing this amazing learning experience for NCC... Your efforts are instrumental to the Physical Therapy Assistant program... The students truly enjoyed learning from all the doctors and felt the time spent in the ONSF lab was extremely valuable to their PT education."*



## 10th Anniversary Golf Outing Tee-off Party

In celebration of its 10<sup>th</sup> Anniversary, **ONSF** in conjunction with **Greenwich Hospital** held a pre Golf Outing "Tee-Off" cocktail party on Thursday evening, April 26<sup>th</sup>, for golfers, donors and sponsors.

The spectacular Miller Motorcars Ferrari and Maserati showroom was the perfect venue for the 90 guests who socialized while admiring the automobiles. Horseneck Wines provided a wine tasting and other beverage selections. Golf Outing Co-Chairs, Dr. Michael



Paul Sethi, MD, ONSF President

Clain, Adam Ercoli, Rich Granoff and Vicki Leeds Tananbaum were joined by Cyndi and Richard Koppelman, **ONSF** President Dr. Paul Sethi and his wife, Amy, Norman Roth, President and CEO of Greenwich Hospital, Noel Appel, Vice President of the Greenwich Hospital Foundation, Casey and Barb McKee, John Gibbons, Board members Jeff Mendell, Joanna Schulman among others.

On June 11<sup>th</sup>, the **ONSF 10<sup>th</sup> Anniversary** event will take place at the Stanwich Club and provide an exceptional golf

experience to benefit clinical research and medical education.

Just 10 years ago, the founders of **ONSF** presented a mission statement based on a three-part strategy – clinical research, education and community outreach - embracing a distinct goal to improve the care and treatment of musculoskeletal disorders.



Jill Talbot, Amy Sethi, Auction Chair, and Lisa Boots



Norman Roth, CEO, Greenwich Hospital, Sue Plant, ONSF Director, Paul Sethi, MD, Vicki Tananbaum, ONSF VP

At the Outing, Frank Corvino, **ONSF** Board Member Emeritus, former CEO and President of Greenwich Hospital and CEO

of Corvino & Corvino Consulting will be honored for his dedication to enhancing patient care and health services at Greenwich Hospital and for endorsing the goals of **ONSF**.

# Reaching Out to the Community

**ONSF** has partnered with the Round Hill Club of Greenwich to present Safe Conditioning and Injury Prevention Programs. The Wellness and Fitness Series, directed by Ralf Hennig, Fitness Director at the Round Hill Club, consists of five workshops that take place at the Round Hill Club over the course of the year.



The first talk entitled **Preventing Falls – Proper Conditioning for Bone Health and Good Balance** was held on Wednesday, January 24<sup>th</sup>. Dr. Steven Hindman, Orthopedic Surgeon and Tanya Kalyuzhny, DPT, addressed approximately 40 members and their guests. Understanding the causes, prevention and treatment of osteoporosis was discussed as well as fracture prevention exercises to promote strong bones.

**Injury Prevention and Proper Conditioning for the Golf Enthusiast** was presented on Thursday, April 5<sup>th</sup>

to an audience of approximately 35 Round Hill Club members. The seminar, presented by Dr. James Cunningham, Orthopedic Surgeon, and Matt Dunning, DPT, offered practical tips on how to stay in the game and out of the doctor's office. Information on best techniques for treating related injuries and suggested goals for pre-golf physical conditioning to optimize strength and flexibility were addressed.

Future programs include the following topics: **Is it a Concussion? Important Facts you need to Know; Skiing/Snowboarding – Avoid Injury with Safe Conditioning, and ACL Injury Prevention and Treatment.**

On January 10<sup>th</sup> Greenwich Library was the venue for **ThinkFirst for Teens – Use Your Mind to Protect Your Body** - presented by Dr. Scott Simon, Neurosurgeon



and Director of the ThinkFirst **ONSF** program. For middle and high school students, the talk addressed injury prevention focusing on recognizing concussion, treatment and underlying behaviors that lead to injury.

## ONSF Winter Internships

For students who are unable to attend our Summer Internship program, **ONSF** extends an invitation to participate in a Winter Internship experience taking place during winter break.

The interns are afforded the same opportunities as the summer program. They shadow doctors, observe in the OR, attend Grand Rounds live streamed from Yale, participate in labs and work on research projects.

Winter intern Elizabeth Vann writes, *"I had a terrific experience with Dr. Sethi and the **ONSF** internship! The internship was a great mix of shadowing in office, observing surgery, and participating in research. I got to see, do, learn and think all about the clinical experience with an expert physician. I was also able to observe and*

*participate in some clinical research, and see real-time what it would be like to be an orthopedic surgeon."*

Jonathan Stern, who also participated in the 2017-2018 winter program, shared with us, *"My time as a winter intern at **ONSF** was exceptional. The program gave me experiences in the medical field that I didn't think I would have until I reached medical school. Spending time in both the office and operating room with different doctors of different specialties provided a special environment to learn. It allowed me to see behind the scenes of the work ethic needed to work in the medical field and has further fueled my desire to pursue medicine."*

An **ONSF** internship is a pivotal experience for those students who are considering a career in medicine and would like to observe medical practices first hand.

# Minimizing Nerve Problems after Tommy John Surgery

## Mark Vitale, MD

Overhead athletes – including football quarterbacks, javelin throwers, tennis players, water polo players, wrestlers and especially baseball pitchers – are subject to extremely high forces on the ligaments of the inside of the elbow. Over time the repetitive stress on this may predispose these athletes to stretching or tearing these ligaments, creating a potentially career-ending injury. Now, a well-known injury in the elbow called an Ulnar Collateral Ligament (UCL) tear, this injury can be successfully treated with a surgery pioneered by former Los Angeles Dodgers team physician Dr. Frank Jobe called “Tommy John surgery.” This surgery, also known as UCL reconstruction, was first performed on injured Dodgers pitcher Tommy John in 1974. The surgery involved replacing the torn ligament on the elbow of his pitching arm with a tendon from his right forearm. While it seemed like John would never pitch again after his



devastating elbow injury, he went on to pitch another 13 years, having one of the most storied careers in baseball history.

Today, baseball is the second most popular

youth sport in the United States, and it is estimated that over 5 million children participate in organized baseball each year, with 5% of youth baseball pitchers sustaining injuries severe enough to require surgery or retirement from the sport. The fierce competitive nature of youth baseball has led to earlier participation in sports, higher pitch counts, and increasing emphasis on pitch velocity, causing an overall increase in the incidence of UCL ligament tear. As a result, there has been a 50% increase in incidence of Tommy John surgery in adolescent athletes in recent years. In Major League Baseball, as many as 10% of all active pitchers have undergone Tommy John surgery.

While there is a public perception of the high success of this surgery, with the possibility of return to equal or

higher level of performance than prior to surgery, a recent impactful study by **ONSF** has scrutinized this topic in hopes of improving patient care outcomes. The study conducted and published in 2018 in the *American Journal of Sports Medicine* examined 1,518 cases of Tommy John surgery performed by some of the most prolific sports medicine surgeons in the country between 1974 and 2016, with an aim to specifically look at the risk for nerve injuries and ways to minimize nerve injuries caused by this surgery.



Mark Vitale, MD

Surprisingly, **ONSF** research found that approximately 12% of patients across the United States sustained injury to the ulnar nerve after this procedure was performed, a previously underreported injury. Some of these athletes required future reoperations and lengthy recoveries to address these complications. The ulnar nerve is a nerve on the inside of the elbow near the ulnar collateral ligament, and it is this nerve that is important for feeling in the hand and strength of muscles in the forearm and fingers.

The study identified ways to minimize the risk for nerve injury. Perhaps most importantly, the **ONSF** authors found that avoiding repositioning the ulnar nerve to the front of the elbow, a technique called anterior nerve transposition, as part of the original technique described by Dr. Jobe was the method that had the biggest likelihood of reducing risk of nerve complications.

The results of this eye-opening study are gaining a great deal of attention as we now realize that this surgery may not be as benign as once reported with regards to nerve problems. These results will be crucial in educating surgeons around the country on how to minimize the risks of nerve complications in patients after this increasingly commonly performed procedure.

# ONSF

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