

# NEWSLETTER

Volume 1 Issue 1

Fall 2009

## BOARD OF DIRECTORS

**Paul Sethi, MD**  
President

**Vicki Leeds Tananbaum**  
Vice President

**Seth Miller, MD**  
Secretary

**David Hirsch**  
Treasurer

### Directors:

**Nathaniel Barnum**

**Mark Camel, MD**

**Lauren Corrigan**

**Frank Corvino**

**Amory Fiore, MD**

## President's Message



The excitement and support surrounding the ONS Foundation has been overwhelming. Patients, therapists and physicians have reached out and let us know how pleased they are about our mission. When we first envisioned the Foundation, we established a set of goals. We are no longer striving to meet many of these goals, but are achieving them on a daily basis.

The Foundation's summer buzz kicked off with a stellar golf tournament co-chaired by Dr. Michael Clain and Vicki Leeds Tananbaum. We had the only sunny day in June and an outstanding day for all.

This past July, at the American Association for Sports Medicine, the premier meeting for sports medicine surgery, biomechanical research from the ONS Foundation was presented by Yale University Orthopaedic Chief Resident, Dr. Peter Yeh. The paper, which focused on novel techniques of triceps tendon repair, was one of twenty papers chosen from a worldwide pool for presentation based on the quality of the study.

The summer excitement continued with the participation of the Foundation interns and the final preparation of the rotator cuff study and neurosurgical case reports.

Finally, the first ONS Foundation Medical Education Conference was held on October third to educate internists, physical therapists, trainers and coaches about the newest technology in musculoskeletal care.

None of these would have been possible without your generous support, so please read on and enjoy being part of the cutting edge...

Warm Regards,

Paul Sethi, MD, President

### INSIDE THIS ISSUE:

<b>President's Statement</b>	<b>1</b>
<b>Research Update</b>	<b>2-3</b>
<b>Education and Community Outreach</b>	<b>4</b>
<b>1<sup>st</sup> Annual Medical Education Conference</b>	<b>4</b>
<b>Fund Development</b>	<b>5</b>
<b>1<sup>st</sup> Annual Golf Outing</b>	<b>5</b>

*"The ONS Foundation for Clinical Research and Education, Inc.—made possible through an alliance with Greenwich Hospital—underscores the hospital's commitment to establish community partnerships that advance patient care. This collaboration ensures that patients with musculoskeletal disorders receive the highest standard of care.*

*Medical research and community education play a critical role in our efforts to bring state-of-the-art diagnostic, surgical and rehabilitation techniques to area residents. These measures provide patients with the latest treatment protocols which lead to better patient outcomes, shorter recoveries and enhanced quality of life."*

- Frank A. Corvino  
President, Greenwich Hospital

## RESEARCH UPDATE

Orthopaedic and neurosurgical research are the key elements of the ONS Foundation's mission. Research falls into two broad categories: basic science and clinical. Both are vital to achieve medical progress and innovation. We are continuously starting new studies and asking ourselves critical questions at the Foundation. Our research actually translates into changes and improvements in the way we treat our patients. Doctors all over the world have expressed a keen interest in our work.

### Orthopaedics

Our most recent basic science study examined the triceps tendon, the tendon in the back of the arm that allows athletes to do dips and helps older people stand up from a chair. The triceps study examined the anatomy and biomechanical features of our novel triceps tendon repair when compared to the currently used techniques for repair. We were able to identify and better describe the anatomy of the triceps tendon. We then described a novel technique for repairing the tendon. This repair and data, when tested in the laboratory setting, outperformed the existing technique and has been very well received by the orthopaedic community. Dr. Jim Bradley, the Pittsburgh Steelers' team physician, felt that this repair should be the method used in high end athletes, particularly in the NFL where he has treated this injury numerous times. The study was accepted as a presentation at the Eastern Orthopaedic Society Meeting this year. Furthermore, this study was one of twenty studies selected from the entire country to be presented at the American Orthopaedic Society for Sports Medicine (AOSSM) meeting in Colorado this past July and will be published in the American Journal of Sports Medicine. Both the AOSSM and the American Journal of Sports Medicine are the top tier of peer reviewed sports medicine organization and journal respectively.



A torn rotator cuff.

Clinical research at the Foundation has also been noteworthy. We directly measure the results of our cutting edge treatments and surgery; then objectively compare these results against the published normative values. This way, we guide patients toward making choices on different treatment options. One of the highlights of the orthopaedic clinical research efforts is our rotator cuff study. This study is the result of three years of data collection and has just been submitted for peer review.



Traditional arthroscopic repair using a single row of stitches to repair the tendon.

The rotator cuff study demonstrated an exceptionally high rate of healing for large rotator cuff tears. This study involved over forty patients who underwent a suture bridge repair. The rate of healing for multiple tendon tears was 83 percent. A recent New York study had only



Suture bridge repair, which uses two rows of stitches and creates a lattice or a bridge repair which more accurately restores the anatomy.

a 50 percent healing rate for similar size tears; and other reported studies cite up to a 90 percent failure rate. This procedure and relevant data represent a significant advantage to patients. Phyllis Jacob said, "My rotator cuff surgery was successful because the ONS Foundation research is so advanced. I know that my procedure was directly related to your work, and I am grateful..." These breakthroughs stimulate and encourage the advancement of medicine.

### Neurosurgery

We are using minimally invasive approaches in the treatment of our patients in order to achieve the best outcomes. However, we are also committed to evaluating our outcomes so that we may constantly improve upon ourselves and publish our results in order to share our experience with the greater neurosurgical community. We have several ongoing clinical studies focusing on the outcomes after lumbar fusion to achieve these goals. The objective of a lumbar fusion is to achieve bony union between two or more facet joints. This operation is done in order to re-establish stability in a spinal segment that has developed instability due to trauma, degenerative disease, or tumor. One such study involves

## Neurosurgery (continued)

evaluating the fusion rate in patients who have undergone traditional open lumbar fusions, those who have undergone minimally invasive lumbar fusions, and to further compare the use of traditional cadaveric allograft with the use of recombinant bone morphogenetic protein. Recombinant bone morphogenetic protein (rBMP) is a growth factor that induces bone formation and is used as a fusion “super-charger.” This study hopes to answer the questions regarding who would most likely benefit from minimally invasive surgery, as well as when and when not to use rBMP.

The neuro-oncology program continues to expand with respect to the treatment of tumors involving the brain, spine, and peripheral nerves. Once again, we are able to bring minimally invasive techniques to bear in the treatment of such entities, as well as using completely non-invasive radiosurgery delivered via the advanced *Cyberknife* system. Based on several successful treatments, the ONS Foundation is in the process of writing case reports for publication in peer-reviewed medical journals. We also have a significant interest in the care of traumatic brain and spinal injuries. We have partnered with Stamford Hospital, a level-2 trauma center, in order to evaluate the effects anti-platelet agents, such as Aspirin and Plavix have on the outcome of acute brain injury. This retrospective analysis of over 300 patients will be submitted for publication and will aim to help guide the treatment of future patients.

In addition to research, our other vital focus is on injury prevention. This involves our affiliation with the ThinkFirst National Injury Prevention Foundation. ThinkFirst is a nationally recognized program aimed at leading head and spinal injury prevention through education, research, and policy. As neurosurgeons/physicians, we often tend to focus on the management of anatomic problems, but we realize that our greatest contribution to healthcare is in the area of injury prevention. Therefore, the efforts by the ONS Foundation and ThinkFirst towards trauma and injury prevention will be beneficial through increased quality of life and overall decrease in healthcare cost. Some of our prevention efforts include the **ImPACT Concussion Management Program** at Greenwich High School, Brunswick School and Iona Preparatory School. The ImPACT test is a simple 20 minute-long web-based neurocognitive battery developed by the University of Pittsburgh that measures memory recall and reaction times. It allows trained medical personnel to determine when an athlete should continue athletic participation after suffering a concussion or head injury as well as reduce the risk of further injury.

## Platelet Rich Plasma (PRP) injections for treatment of Soft Tissue Injuries

In the world of sports, when a player is injured and unable to play, championships may be lost. One treatment that has been used in recent years to get players back to their sport is called Platelet Rich Plasma (PRP) injections. Athletes such as Hines Ward of the Pittsburgh Steelers and Chris Canty of the New York Giants have been given this treatment to accelerate healing and return to play faster.



The procedure is fairly simple and quick. A syringe of the patient’s own blood is spun in a centrifuge, and the part of the blood where the platelets are is withdrawn. The platelets are rich in the body’s own growth factors. When injected back into the patient, these growth factors may help to accelerate healing and can be useful in repairing soft tissue injuries that would otherwise take longer to heal. While it is a new treatment and considered experimental and not FDA approved, it is a very low risk procedure. In addition, it has been used for a few years with good anecdotal success and very few downsides.



The ONS Foundation is currently studying the use of PRP injections in various soft tissue problems such as: tennis elbow, hamstring strains, MCL strains and patellar tendonitis. Monitoring each patient who receives PRP will help identify which conditions will benefit most from the treatment. Since the injection comes from the patient’s own body, there are no side effects from the material injected. It carries none of the risks of weakening the surrounding tissues or increasing blood sugars that steroid injections have. Eric Joyner, Varsity Football player at King School said “... after my knee injury, the coach and I thought I was out for the whole season. Thanks to Dr. Heftler and the PRP treatment I received, I was back playing an entire game in 2½ weeks. Go docs!”

# EDUCATION AND COMMUNITY OUTREACH

## Internships

“As a direct result of Dr. Sethi’s mentorship and leadership, I have presented our research at two different Orthopaedic conferences, been considered for a prestigious award (Herodicus Award) by the AOSSM and received a resident travel grant from EOA...”

-Peter Yeh, MD  
Orthopaedic Chief Resident,  
Yale University

An important element of the ONS Foundation’s *three part strategy* is education. Mentorships and scholarships are awarded to local high school and college students, and a fellowship training program is available to surgeons, physical therapists and medical students. After reviewing applications, we select interns and/or fellows based on their level of interest, education and goals. This year, we welcomed some outstanding participants.



“...you have stimulated my interest not only in orthopaedics, but in medicine in general. I am extremely appreciative of your multifaceted approach to my internship this summer, providing both clinical and research experience...”

- Evan Shreck, Cornell University, Sophomore



“...The experience of working with Dr. Sethi and the staff at ONS was interesting, educational and extremely worthwhile...I learned a great deal about rotator cuff tears and patient-surgeon interaction...”

- Daniel Cohen, Duke University, Sophomore

## 1<sup>st</sup> Annual Medical Education Conference



Attendees in the Noble Conference Center

The Foundation held its first professional medical conference on Saturday, October 3<sup>rd</sup> in the Noble Conference Center at Greenwich Hospital. Over 110 medical professionals including physicians, nurses, physician assistants, physical and occupational therapists, and trainers came to learn about the latest information on diagnosis, treatments and prevention of musculoskeletal conditions and injuries.

Following a warm welcome by Program Chairman, Dr. Frank Ennis and President of Greenwich Hospital, Mr. Frank Corvino, the doctors’ presentations were presented, covering a wide range of topics related to the latest innovations in orthopaedic and neurosurgical medicine. Doctors talked about platelet-rich plasma, the latest materials and alignment techniques in joint replacement, the importance of listening closely to patient, and new treatments that enhance human biology. In particular, doctors focused on advances in minimally invasive surgeries, that have dramatically impacted surgical outcomes in recent years.



L-R: Frank Ennis, MD, Frank Corvino, and Paul Sethi, MD



Michael Sokolove

Noted *New York Times Magazine* contributing writer and author, Michael Sokolove was the conference keynote speaker. In his book, Warrior Girls: Protecting Our Daughters Against the Injury Epidemic in Women’s Sports, he seeks to understand why this is happening to girls. “...Boys get bigger and stronger as they mature, even if they aren’t athletic. Girls don’t get appreciably stronger during adolescence due to increasing levels of estrogen...” Another risk factor Sokolove explains is that girls are tougher than boys. “Not pain tougher- something different.” Trainers have also told him, it’s harder to get girls who’ve been injured, off the field than boys. “...Many girls who begin playing sports at eight are hurting all the time by the time they are twelve...”

Dr. Ennis said the conference would be the first of many educational events to be presented by the Foundation.

# FUND DEVELOPMENT

Today, with people of all ages leading increasingly active lives, musculoskeletal problems will affect every individual in some way. Whether the result of physical activity or debilitating injury, for each patient the hope is the same: obtain the best outcome with the shortest recovery time. State-of-the-art diagnostic, surgical and rehabilitation techniques are critical but are not always available.

As a way to bring cutting edge research to doctors and patients on a broader scale, Orthopaedic and Neurosurgical Specialists, P.C. (ONS), in an alliance with Greenwich Hospital, established **The ONS Foundation for Clinical Research and Education, Inc.**, a tax-exempt organization. The Foundation strives to improve patient care on local, national and global levels by researching, evaluating and communicating the most advanced surgical and non-surgical techniques and clinical outcomes in orthopaedics and neurosurgery. With this in mind, the Board of Directors embarked on an initial fund raising Charter Donor Campaign encouraging individuals, local businesses, private foundations and corporations to support this effort. The Campaign not only raised substantial funds but also educated the community and beyond about the importance of our mission.

The first annual golf outing and future events will further advance our fundraising capabilities. In addition, a wide range of giving opportunities exist for those donors who would like to be recognized through naming opportunities that focus on research studies, support programs, a planned on-site biomechanical laboratory and education outreach seminars.

## 1<sup>st</sup> Annual Golf Outing At Winged Foot Golf Club

On June 8<sup>th</sup>, the ONS Foundation for Clinical Research and Education held its first annual golf outing at Winged Foot Golf Club in Mamaroneck, NY. Foundation Vice President, Vicki Leeds Tananbaum, and orthopaedic surgeon, Dr. Michael Clain co-chaired the event. Twenty-three foursomes participated in the outing to raise funds for the ONS Foundation injury prevention and clinical research initiatives.

The day began with a buffet lunch on the clubhouse terrace. Following a round of golf on the challenging Championship West Course, a dinner was held for 150 guests who also had the opportunity to bid on an array of auction items assembled by auction chair, Susan Curtin. Lots included two golf trips to Scotland donated by The Old Course Experience, a Long Island Sound dinner cruise on the *Ticonderoga*, a Tag Heuer golf watch from Betteridge Jewelers, a Lobster Bake, Bobby Valentine Baseball Clinic and other unique items. NY Mets first baseman, Carlos Delgado, attended the party and spoke to supporters about the importance of the Foundation's mission.

Event sponsors who donated various products included ZAGWEAR (favors) and Tiffany & Co (prizes). Lexus of Greenwich/Lexus of Mt. Kisco provided the Hole-in-One car. Other major sponsors included The Armin and Ethel Schaper Charitable Foundation; and Dana and Paul Gaston.

Proceeds from the outing will benefit the Foundation's education initiative, which provides community outreach programs on injury prevention as well as training opportunities for visiting surgeons to learn advanced procedures being developed by Greenwich orthopaedic and neurological surgeons. Plans for the 2010 ONS Foundation Golf Outing are underway. Watch for important updates at [www.ons-foundation.org](http://www.ons-foundation.org).



Brad Gilden, DPT and Friends at Golf Outing



Robert Klein and Friends at Golf Outing



L-R: Paul Sethi, MD, Vicki Leeds Tananbaum (co-chairman), Carlos Delgado, Michael Clain, MD (co-chairman), and Debra Clain, MD



6 Greenwich Office Park, Suite 100  
10 Valley Drive  
Greenwich, CT 06831

Phone: 203.869.3131  
Fax: 203.485.8705  
Email: [contact@ons-foundation.org](mailto:contact@ons-foundation.org)  
Web: [www.ons-foundation.org](http://www.ons-foundation.org)



**WE SAW THE NEED, PLEASE HELP US MEET IT...**

To donate online, visit [www.ons-foundation.org](http://www.ons-foundation.org) or complete the attached form. We look forward to keeping you informed about our progress, successes and exciting future events.

Enclosed is my tax deductible donation in the amount of:

\$100     \$150     \$250     \$500     Other \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I am enclosing a check made out to the **ONS Foundation for Clinical Research and Education, Inc.**

Please charge my     Visa     Mastercard     American Express

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

*Thank you for your generous support!*