

# NEWSLETTER

Volume 4 Issue 2

Fall 2011

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## Ski and Snowboard Injury Prevention Strategies



Ski and Snowboard season is quickly approaching! While that idea may be utterly displeasing to those warm weather aficionados, rest assured winter lovers: snow is on the way! For those of you who plan to hit the slopes this winter, it is important to keep in mind that safety is paramount! Thousands of people are injured each year while skiing and snowboarding.

Many of these injuries are knee and ACL related (more information about ACL injury prevention can be found on page 4). As proponents of safety, the ONS Foundation strives to educate the public about important safety strategies designed to help maintain your ability to enjoy these winter sports.



### To avoid injury, try these 10 helpful tips!

1. Always use properly fitted equipment. Be sure to have bindings and equipment checked annually at a ski shop.
2. Get in shape! "Skiing yourself into shape" leads to injuries.
3. Stretch!
4. Know your limits.
5. Always stay in control.
6. Maintain proper technique: hips above knees and arms in front of you. Don't be ashamed to take a lesson from a professional to review this correct posture.
7. When a fall is imminent, don't land on your hands. Instead, keep your arms up and away from your body.
8. After falling, don't get up if your skis are still moving.
9. Wrist guards and braces will help protect against snowboarders' injuries.
10. Wear a helmet. It may prevent neurological damage and save your life.

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## PRESIDENT'S MESSAGE

This year continues to be phenomenal for the Foundation. At every event, I can feel the energy increasing. The Board of Directors has moved forward in new directions and has exciting plans for the future. We continue to deliver what we have pledged and are having a great time doing it!

The 2011 medical conference was as successful as the previous two. A special memorial tribute was given to Rick Velaj, MD, neuroradiologist at Greenwich Hospital, close friend and respected colleague. We lost a great doctor and even better person. Scott Sullivan, MD delivered a wonderful lecture on the radiologic workup of spine injuries, a topic that interested Rick. To honor Rick and his contributions to medicine, we will have a Velaj Memorial Lecture each year that focuses on radiological problems. The nearly one hundred attendees at the medical conference uniformly rated the conference as good or excellent with the vast majority (>85%) rating it excellent.

The Bioskills Lab is well underway. Rich Granoff completed the architectural plans, Malkin Construction has been selected, and the permits have been filed with the town. As you read this, I hope the ground underneath me is rumbling from construction. To support the operation of the lab, Milton Sender, Founder and CEO of Daymon Worldwide, generously donated \$300,000 to be distributed over five years. It is amazing to be

so close to teaching our first surgical skills courses in our own lab.



Our contributions to research continue to be recognized. Recently, we finished a surgical video for the American Academy of Orthopedic Surgeons, the governing body for orthopedic surgeons in our country. The video, based on a technique that we developed to guide and direct treatment for certain elbow injuries will now be available to surgeons.

Finally, our summer interns had great experiences. One has started medical school and two have already indicated that they would like to return next summer - a great compliment.

Plans are underway for the 2012 Golf Outing at the Stanwich Club. We imagine that this year's event will once again provide a good time and be successful. I hope to see each one of you on Monday, June 11<sup>th</sup>.

Thank you all. It is your personal and continued support that allows us to blaze forward and reach for the stars.



## Save the Date!

# ONS Foundation 4th Annual Golf Outing

The Stanwich Club  
Greenwich, CT  
June 11, 2012

Brunch— Golf— Auction—Dinner

## 3rd Annual Medical Conference Recap: “Pediatric and Adolescent Sports Medicine Update”



L to R: Dr. Scott Sullivan, Nicole Velaj, Alex and Patricia Velaj and Dr. Paul Sethi.

The ONS Foundation for Clinical Research and Education held its 3rd Annual Medical Education Conference on Saturday, October 15 in the Noble Auditorium of Greenwich Hospital. This year’s topic put the spotlight on Pediatric and Adolescent Sports Medicine Injuries and Updates. Physicians, physician assistants, nurses, physical therapists, occupational therapists, athletic trainers, coaches, and technicians from around the region gathered to hear the latest information and research on diagnosis and treatment for musculoskeletal conditions and injuries affecting young children through adolescence. Orthopedic, sports medicine and neurosurgery specialists from the ONS Foundation spoke on topics that included *Strength Training for the Young Athlete*, *Injuries of the Throwing Elbow*, *ACL Injuries*, *Growth Plate Injuries and Concussion Management and Prevention*. All lectures reviewed the pathophysiology of common musculoskeletal problems in the pediatric and adolescent athlete, as well as appropriate non-operative and operative management of musculoskeletal problems affecting this population.

“Children today have a unique set of physical challenges given the unprecedented level of sports participation,” said conference chairman and orthopedic surgeon Frank Ennis, MD. “This year’s conference brought together medical specialists to review the normal function of the musculoskeletal system in children and to hear about the most effective techniques to treat and manage conditions resulting from injuries related to sports activities.”

This year’s program included a special tribute to Rick Velaj, MD, a highly-regarded clinical radiologist and staff member at Greenwich Hospital. Rick died last year as a result of a tragic accident. Dr. Scott Sullivan, a colleague of Dr. Velaj, presented the first Rick Velaj Memorial Lecture and spoke to the audience about the diagnosis of spinal conditions in children.

The keynote address was presented by highly-acclaimed speaker and former NBA first round draft choice, Bob Bigelow. Bob is credited with conducting over 2,500 talks and clinics worldwide and has been recognized as being one of the “100 Most Influential Sports Educators” by the Institute for International Sports at the University of Rhode Island. He is also a co-author of the book *Just Let the Kids Play* that offers practical and useful strategies for creating sports programs that serve the physical and emotional needs of our youth.

Previous conferences presented by the ONS Foundation provided medical professionals throughout the region with up-to-date information on the best treatments for common musculoskeletal problems and on “*the aging athlete*.” Conference attendees earned CME or CEU credits from the Greenwich Hospital Associations.

As in the past, this year’s conference was underwritten by two very generous anonymous sponsors.



Above: Bob Bigelow, Keynote Speaker



# RESEARCH UPDATE

*Research provides a great deal of excitement for the Foundation. As perpetual students, we are all eager to learn. It is even more rewarding when we are able to help others learn or contribute to the fields in which we practice.*

Authoring high level, relevant peer reviewed research is one of the three pillars of the Foundation’s mission statement. We continue to push forward and ask ourselves progressively challenging questions. While we have numerous projects in various stages of development, I wanted to highlight just a few.

I was particularly excited when Abi Smith approached me with a great research idea about the association of plantar fascia abnormalities and hamstring tightness. Abi took it a step further when she articulated her idea into a written proposal and a IRB (Intuition Review Board) application. Converting an idea to an articulated plan is often the most significant hurdle in answering a research question. I am thrilled with Abi’s enthusiastic effort and even more excited about the infectious nature of our research projects. Our success with publications has stimulated the physical therapy department to develop their own ideas and projects.

Last year, we described our findings on a new technique to repair a torn triceps tendon. The American Academy of Orthopedic Surgeons asked us to write a chapter and create a teaching surgical video. This has been recently completed and reviewed with enthusiasm by the Academy’s Board and will be available on line to help educate surgeons all over the world. Again, we find the ONS Foundation contributing and being invited to contribute on a level that was once reserved for University professors.

I hope to report the results of our rotator cuff biopsy study in the next edition of the Newsletter, and this summer we are looking forward to finalizing the data interpretations from our lumbar spine stress fractures. Quality research projects often take two to three years to generate results, and I am very impressed with what we have been able to report in such a short time period.

## ACL Injury Prevention

The most popular winter sports, namely basketball, ice hockey, skiing and snowboarding all require significant use of the lower extremities - legs! Of the injuries endured during these sports and activities, ACL injuries are some of the most common and devastating injuries sustained by these athletes. An Anterior Cruciate Ligament (ACL) tear is a devastating knee injury that often results from high impact sporting activities. Recent studies indicate that an estimated 250,000 ACL injuries occur annually in the United States with approximately 175,000 resulting in reconstructions. Even though the ability to return to sports after reconstruction is between 80 and 95 percent, the long-term effects of an ACL injury can severely impact the patient’s quality of life.

By maintaining proper posture while skating, skiing and snowboarding, athletes can reduce their chances of sustaining an ACL injury. Likewise, basketball players and winter athletes who perform “jumps” and aerial “tricks” on snow need to know the proper way to takeoff and land in order to protect their knees from added stress, strain and injury. Some of the most beneficial strategies any athlete can use to prevent ACL injuries are to strengthen leg muscles and improve flexibility. Always remember to warm-up your muscles before participating in any sort of physical activity and when landing, don’t turn knees inward. If you feel injured, stop the activity and rest your knees. If pain persists, see a physician.

When the ONS Foundation introduced its ALC Prevention Initiative, it recognized the significant incidence of ACL tears in young athletes and the gender disparity in injury rates. Our goal was to introduce an ACL tear prevention program to our community, with the hope of reducing the physical and emotional effects from injury through prevention. This program is based on validated studies from Santa Monica and Cincinnati. Implementation of programs like this is a vital component to injury prevention in every community. See diagrams for stretches that will aid in preventing ACL injuries. Additional stretches can be found at [www.ons-foundation.org](http://www.ons-foundation.org) under the “Prevention” tab.

**EXERCISE 20: Heel Raises**



**EXERCISE 10: Walking Lunges**



## Meet our Board!

The ONS Foundation Board of Directors represents a broad spectrum of individuals that includes orthopedic surgeons, neurosurgeons, community leaders, philanthropists, business leaders and volunteers. Last fall we introduced a two distinguished members of the Board, volunteers who participate wholeheartedly in all Foundation programs. Below are two additional notable members, whose involvement continues to be very beneficial.



**Jeff Konigsberg**

Jeff is owner and director of Camp Takajo in Naples, Maine and Tripp Lake Camp in Poland, Maine. He is a board member of the American Camping Association, New England Section and a member of the Maine Youth Camping Association. In these roles, he actively promotes better

summer camping environments for the entire camping community. Jeffrey earned a Bachelor of Arts degree from Lehigh University in Bethlehem, Pennsylvania. He and his wife, Joan Lunden, invented and developed the Kinderkord Safety System, a safe way for parents or caregivers to stay connected with their children in public places. Jeffrey and Joan live in Greenwich, Connecticut with their four children.



**Frank Corvino**

Frank has been the President and CEO of Greenwich Hospital since 1991. While President, Greenwich Hospital has experienced unprecedented growth, including the opening of the Helmsley Medical Building (1999) and the Olive and Thomas J. Watson Pavilion (2005), and fund solicitation efforts that raised over

\$140 million from the community. Among Frank's numerous achievements are the St. John's University Alumni "Outstanding Achievement Medal" at the school's 17th annual Alumni Convocation, the "Citizen of the Year" by Greenwich Rotary Club, the "Malcolm T. MacEachern CEO Award" from the Health Academy of the Public Relations Society of America (PRSA) and an "Ellis Island Medal of Honor" by the National Ethnic Coalition of Organizations (NECO). He lives in Greenwich with his wife, Maura, and has children, Timothy and Aimee.

## Summer Interns Education-Program



**Gitansh Bhargava**

Gitansh recently graduated from Greenwich High School and is currently attending Hamilton College in Clinton, NY. At Hamilton, he is a member of the Ultimate Frisbee team and a member of many other intramural sports teams and clubs. While at

Hamilton, Gitansh will be pre-med in hopes of becoming an Orthopedic Surgeon. As an aspiring Orthopedic Surgeon, Gitansh stated, "Learning about surgical procedures that allow people to increase their mobility and live a better life was my favorite part of the internship. The ability to gain the experience working in a doctors office was a valuable experience."



**Lane Roberts**

Lane is currently a sophomore at Union College in Schenectady, NY, with career aspirations to become a surgeon. She is a biology major who manages the school basketball team and also writes for the school newspaper. This past summer she worked closely with Dr. Sethi in the office and at

Holly Hill Surgical Center. During her experience, she attended meetings and studied MRIs and X-rays with the doctors to gain a better understanding of how they collaborate and use images in treatment. Lane states, "I am extraordinarily grateful to Dr. Sethi and the other doctors at ONS for being so willing (and eager) to teach me. It is an experience I will never forget and one that I certainly never thought I would be able to have at such a young age and so early on in my pre-medical career."



**Ellie Feeley**

Ellie is a senior at Greenwich Academy hoping to study pre-med next fall while in college. Her greatest passion is swimming and she is part of the Greenwich Dolphins and Greenwich Varsity Swim Team. Ellie stated

"Observing Dr. Katie Vadasdi was an inspiring part of this internship because I learned how much intelligence, work ethic and stamina it takes to work day after day, while also juggling being on call plus being a mother. I had always said that I wanted to be a doctor but this internship really inspired me to study pre-med when I start college."



**Ali Schulz**

Ali is a senior at Deerfield Academy in Massachusetts and part of the Girls' Varsity Soccer Team, captain of the Girls' Varsity Basketball team, editor of the school's political magazine, head of the Student Planning Committee and a head tour guide

for Deerfield Admissions. She states, "My experience with Dr. Vadasdi crystallized my hope to pursue a degree in medicine. Dr. Vadasdi leads the life that I wish to live someday. She is intelligent, personable, driven, and passionate. I feel so lucky to have been able to intern at ONS, and I hope others get the chance to have such a wonderful and motivating experience"

# EDUCATION AND COMMUNITY OUTREACH

## Public Programs

Since 2009, the ONS Foundation sponsored over twenty free seminars in the Greenwich-Stamford area. Fellowship-trained orthopedic surgeons, sports medicine physicians and neurosurgeons spoke to community groups on topics including youth and adult sports injury prevention, concussion injury awareness and minimally invasive spine surgery.

### September 20<sup>th</sup>— Dance Injury Prevention

Board certified sports medicine specialist Dr. Gloria Cohen, Dance Physical Therapist Samara DiMattia and Sports Psychologist Rebecca Gaines delivered an injury prevention program for athletes involved in dance, figure skating and gymnastics. They discussed proper training and stretching techniques, strength and conditioning exercises, and the importance of physical therapy for injuries.

### September 27<sup>th</sup>— Running Right!

Dr. Gloria Cohen, board certified sports medicine specialist and avid runner, spoke to seminar attendees about the biomechanics of running, common running injuries and injury prevention tips. ONS Physical therapist Abigail Ramsey discussed proper strength and conditioning exercises, safe training methods, physical therapy treatments for injuries and when it is safe to return to running after being injured. Additionally, Chris Goslin from Greenwich Running Co. also discussed the importance of proper footwear and presented guests with examples of different options to try.

### November 1<sup>st</sup>– Brain and Spine Injury Prevention for Seniors

Dr. Gloria Cohen, board certified sports medicine specialist and avid runner, spoke to seminar attendees about the biomechanics of running, common running injuries and injury prevention tips. ONS Physical therapist Abigail Ramsey discussed proper strength and conditioning exercises, safe training methods, physical therapy treatments for injuries and when it is safe to return to running after being injured. Additionally, Chris Goslin from Greenwich Running Co. also discussed the importance of proper footwear and presented guests with examples of different options to try.

## FUTURE EVENTS:

### December 6<sup>th</sup>– Ski Injury Prevention Seminar

This seminar will be presented by Dr. Steven Hindman and Dr. Tim Greene. The focus will be on the causes of common skiing injuries and how they may be avoided and will include tips on safe skiing and information on the latest treatments for common injuries such as a ruptured ACL. ONS physical therapist Chalon Lefebvre will explain and demonstrate ski conditioning and strengthening exercises. A representative from Hickory and Tweed Ski Shop in Armonk, NY will discuss proper equipment sizing and the importance of having equipment properly checked and maintained.

\*Additional Events are held at local ski clubs. Check your club's calendar or contact the ONS Foundation for Clinical Research and Education at (203) 869-3131 to coordinate a time when this important and informative lecture can be scheduled for your group.

### March TBD – Preventing Throwing Injuries

Parents, children, coaches and athletic trainers are invited to join sports medicine and shoulder specialist Dr. Paul Sethi and ONS Doctor of Physical Therapy, Alicia Hirscht, for a seminar on preventing arm injuries associated with throwing sports. Come learn “what can be done to keep young athletes on the playing field and out of the operating room.”

## FUND DEVELOPMENT:

### ONS Foundation Receives \$300,000 Donation to Support Arthroscopy, Surgical Skills and Biomechanical Research Laboratory



The ONS Foundation for Clinical Research and Education has announced the pledge of \$300,000 from Milton Sender of Stamford, CT and Middleburg, VA. The funds will be distributed over five years and will support operations of the ONS Foundation Laboratory for arthroscopy, surgical skills and biomechanics that is under development and expected to open in January 2012.

Currently, research projects using outside labs include a comparison study of open and minimally invasive spinal fusion procedures, a comparative outcome and cost analysis for treatment of unstable odontoid fractures in the elderly, an evaluation of intra-articular rotator cuff repair and an examination of the pathogenesis of rotator cuff tears.

Milton Sender is a co-founder and former-CEO of Daymon Worldwide, a marketing company of private-brand products. He became interested in the Foundation after being treated by physicians at ONS who are also involved with the ONS Foundation. "I met (Drs.) Mark Camel and Seth Miller when I needed surgery on my neck and shoulder after a fall from a horse. I was very impressed with the competence of the doctors at ONS. I heard about the Foundation, and I wanted to do something to help people in my own community who have helped me so much. The Foundation was a natural choice. I believe that if you are good at what you do, you shouldn't have a ceiling over your head. I hope my gift will help stimulate others to support the Foundation, so it may continue to advance research on treatments for bone and joint conditions into the future." Mr. Sender added that his own experiences with injuries and treatments have made him acutely aware of the potential for orthopedics and neurosurgery to have a major impact on peoples' lives.

"It is an honor to have Milton's support," said Vicki Leeds Tananbaum, Vice President to the Board of Directors of the Foundation. "To be recognized by someone of Milton's stature and reputation is a real complement to the Foundation. We look forward to working closely with him."



In keeping with the ONS Foundation mission, the Arthroscopy, Surgical Skills and Biomechanical Laboratory will enhance standards of excellence for the treatment of musculoskeletal disorders through clinical research and will utilize the skills of orthopedic surgeons, neurosurgeons and biomedical engineers to improve patient care and treatment.

**If you would like additional information or to make a donation to the lab please, contact the Foundation:**

**[contact@ons-foundation.org](mailto:contact@ons-foundation.org) or call (203) 869-313.**

## Updates

The ONS Foundation continues to receive contributions in the form of grants and gifts from generous donors and sponsors who understand the importance of our mission and want to make a difference in the care, treatment and prevention of musculoskeletal disorders. These contributions enable us to enhance our Education and Community Outreach programs and to disseminate vital information to physicians, medical professionals, educators, athletes, students, parents and coaches. In addition, the plans for establishing the ONS Foundation Biomechanics Laboratory continue to move forward and it is our goal to complete this project by year's end. You may donate at [www.ons-foundation.org](http://www.ons-foundation.org) or complete the attached form.

**Your support, interest and generosity are greatly appreciated.**



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**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.

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*Thank you for your generous support!*