

NEWSLETTER

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In keeping with our mission, the ONS Foundation for Clinical Research and Education, Inc. proposes a Biomechanics Laboratory to enhance standards of excellence for the treatment of musculoskeletal disorders through clinical research. Through the generosity of Greenwich Hospital, an ONS Foundation Alliance, we are moving forward with this project. The lab, similar to the one shown above, will utilize the skills of orthopaedic surgeons and neurosurgeons along with biomechanical engineers to improve patient care and treatment.

2nd Annual Medical Education Conference

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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 goal is the same - obtain the best outcome with the shortest recovery time. For this reason, state-of-the-art diagnostic and surgical techniques are critical.

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The ONS Foundation Biomechanics Lab will include a cadaver laboratory, arthroscopy stations, product testing stations for knee and joint kinetics, in addition to areas for evaluating strength and performance. A computer network system will be in place, and a conference room will be available for evaluation and collaboration. Research studies will involve multi-joint movements, balance and equilibrium, as well as impact interaction. Research findings and conclusions will be presented at regional conferences and will be published in peer-reviewed medical and scientific journals. To complement the ONS Foundation's Education programs, intern and fellowship positions will be offered in fields of clinical research and physical therapy.

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PRESIDENT'S MESSAGE

Greetings from the ONS Foundation!

In 2010, we continue to accomplish our goals and create even more exciting projects. As you already know, our mission is threefold: **to educate, to reach out to the community and to generate high quality clinical research**. This edition of our Newsletter will show you how effective we have been in such a short time.

Education Conference Chairman, Frank Ennis, MD is putting the finishing touches on plans for the 2nd Annual ONS Foundation Medical Education Conference for nurses, physical therapists, occupational therapists, trainers and physicians. Since the last newsletter, we have held several local physician conferences with outstanding guest professors. For the physicians who attend, these conferences stimulate good discussions and keep them on the forefront of their subspecialties. We look forward to a collaborative conference between area neurosurgeons and non-surgical back doctors this year in addition to our regular physician conference and education schedule.



Community outreach is a critical and rewarding component of our mission. Katherine Vadasdi, MD and Michael Clain, MD presented an excellent injury prevention program at Greenwich Academy. Chalon LeFebvre, PT and Steven Hindman, MD ran a well-attended skiing injury prevention seminar, and Scott Simon, MD, MPH spearheaded a partnership with the ThinkFirst organization. The ONS Foundation has reached out to schools in the Greenwich and Stamford areas, helping students and coaches better understand and prevent traumatic brain and spinal cord injuries. In March, we held a baseball program at the OGRCC in Old Greenwich where coaches, trainers, youth athletes, parents and a few professional baseball players were coached on how to prevent throwing injuries in youth baseball.

Events are scheduled throughout the year and posted regularly on our website.

The Foundation's success on the clinical research front has been nothing short of amazing. Our work is being reviewed, presented and published on a national level. One study looking at how the triceps tendon attaches to the elbow passed through the rigorous peer review process with flying colors and was published in the American Journal of Sports Medicine this year. In addition, we published an expert review of biceps tendon injuries in the American Journal of Orthopedic Surgery. Five other projects are currently underway and we anticipate national level recognition for each of them. When our planned Biomechanics Laboratory is established, we will generate additional contributions to the field of musculoskeletal research.

This summer the Foundation will welcome three interns from area high schools and colleges who will be working on projects and gaining an early exposure to research, medicine and surgery.

Once again, thanks for your support. As a team, we are actively contributing to the cutting edge of medicine, working hard to prevent injuries and positively impacting the lives of those afflicted by musculoskeletal disorders. We also hope to see you at the 2nd Annual Golf Outing at Winged Foot on June 21st.

Warm Regards,

A handwritten signature in blue ink that reads "Paul Sethi".

Paul Sethi, MD
President

2ndAnnual Medical Education Conference

The ONS Foundation will hold its second annual professional medical conference chaired by Frank Ennis, MD on Saturday, October 16th in the Noble Conference Center at Greenwich Hospital. The theme for this year's conference will be "**The Aging Athlete**". Medical professionals including physicians, nurses, physician assistants, physical and occupational therapists, and trainers will be presented with the latest information on diagnosis, treatment and prevention of musculoskeletal conditions and injuries in the older athlete.

More information will be available on our website www.ons-foundation.org

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 for medical progress and innovation. Our research translates into changes and improvements in the way we treat our patients.

Neurosurgery—ONS Foundation Launches ThinkFirst Programs

ThinkFirst ONS Foundation

We continue to use minimally invasive approaches in the treatment of our patients in order to achieve the best outcomes. However, these minimally invasive techniques must be able to achieve at least the same results that we obtain through the traditional open techniques. With the help of the ONS Foundation, we continue to evaluate our outcomes so that we may constantly improve upon ourselves, publish our results and share our experience(s) with the greater neurosurgical community. In addition to several ongoing clinical studies focusing on maximizing optimal outcomes in patients, we are interested in educating the community on what the indications for surgery are and what techniques have a proven ability to achieve the desired result(s). With this in mind, we have held and will continue to hold seminars that explain the indications for minimally invasive spinal surgery to enable our patients be "educated health care consumers". The first of these seminars took place at Greenwich Hospital on March 31st, 2010 and similar talks are being planned.

Injury prevention is also a vital focus of the Foundation. This year, we have organized several well-attended seminars on concussions as well as other traumatic brain and spinal injuries in sports. Concussions are common occurrences in many high school sports, and these seminars function to educate children, parents and coaches. Understanding the etiology of sports-related traumatic brain and spinal cord injuries, recognizing when a concussion or a more serious traumatic brain/spinal injury occurs, and knowing how they are managed provide the tools necessary to better protect the young athlete in the community from serious impairment. The ONS Foundation has been instrumental in the implementation of the **ImPACT Concussion Management Program** at several local schools. 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 and helps to reduce the risk of further injury.

Finally, the ThinkFirst Chapter at the ONS Foundation has been and continues to be an active proponent of injury prevention in the community. ThinkFirst is a nationally recognized non-profit organization aimed at leading head and spinal injury prevention through education, research, and policy. Our programs: **ThinkFirst For Kids**, **ThinkFirst For Youth** and **ThinkFirst For Teens** are research-validated and designed based on developmental level to help young people develop lifelong safety habits to minimize the risk of sustaining brain, spinal cord or other traumatic injuries. Several seminars have already taken place in area schools. Please visit <http://blog.onsmd.com/orthopaedics/injury-prevention-orthopaedics/ons-foundation-rolls-out-thinkfirst-program-in-area-schools/> for details on featured programs and check out the calendar for upcoming events.



Dr. Simon speaking to 9th and 10th graders at Stamford High School on Traumatic Brain and Spinal Cord Injury Prevention— A ThinkFirst Injury Prevention Initiative.

Orthopaedics—Study Underway on Reverse Shoulder Replacement

For patients with severe arthritis of the shoulder who have not achieved pain relief from non-operative treatments or who have had a severe fracture, a total shoulder replacement is often an option. Damaged or arthritic joint surfaces are replaced with a highly-polished metal ball attached to a stem and a plastic socket. However, in severe cases where the rotator cuff tendons are degenerated or torn beyond repair and the patient has a drastic loss of mobility and severe pain, a **reverse total shoulder replacement** may be an option.

The procedure involves inserting a metal and plastic implant designed to work the opposite of a normal shoulder by placing the ball onto the shoulder blade and the socket onto the top of the upper arm bone. The reversed position of the ball and socket alters the mechanics of the shoulder. By changing the center of the shoulder's rotation, the strength needed to move the arm is shifted away from the damaged rotator cuff muscles allowing the deltoid muscle to take over.

ONS shoulder specialist Seth Miller, MD was one of the first surgeons in the New York Metro region to perform reverse shoulder replacements and has done over 50 in the past 4 years.

Through the ONS Foundation, patients who undergo reverse shoulder replacement are being enrolled in an ongoing study to closely monitor their surgical outcomes over time. The study will help physicians measure the effectiveness of the technique and potentially lead to technical modifications to improve the longevity of the implant and functional results.



MRI of a Shoulder that underwent Reverse Total Shoulder Replacement

ONS Foundation Physician Shares Experience At 2010 Winter Olympics

The motto for the 2010 Winter Olympic Games in Vancouver, Canada was "*with glowing hearts*." For all who participated in these successful games, this was a fitting phrase. I was very privileged to experience this international event first hand as a member of the host medical team for long track speed skating.

For a primary care sports medicine physician, the Olympics are the ultimate sports medicine practice experience. This includes not only the treatment of elite-level athletes, but also the supportive teamwork of sports medicine colleagues from many different countries of the world.

The Vancouver Olympics was my fourth Olympic Games and my first Winter Olympics. I was a member of the Canadian Olympic medical team for three Summer Olympics, Seoul 1988; Atlanta 1996; and Sydney 2000. Each Olympic Games presented different enriching experiences. Sports medicine continues to evolve, and the exchange of ideas among those fortunate to practice medicine in this international arena enrich each of our respective practices at home.

As a host team physician, I was part of a team that included paramedics, athletic trainers, and physical therapists, who were first responders at the field of play on the ice at the Richmond Olympic Oval venue. Even under the tremendous pressure to compete, the athletes' health is always the main concern. Each patient, regardless of athletic ability, strives to achieve their personal best, and it is my mission to treat them to the best of my abilities so that they may attain their goals.

My previous Games and international sports experience were extremely helpful. Things can happen quickly at the Olympics and at critical moments, so having an understanding of protocols is critical. Each of the Games has contributed to my bank of knowledge and my experiences. I carry away not only fond memories but also new ideas for treatment of my patients at home. All of these experiences can be shared as the ONS Foundation works towards achieving its goals.

We have since been advised that the IOC was very impressed with the medical services rendered at the Polyclinics (mini hospitals set up in the Olympic village) and at the Venues and has stated that these were the best medical services delivered at any Games.

- Gloria C. Cohen, MD



Dr. Cohen at the 2010 Winter Olympics

Dr. Cohen serves as an advisor to and speaker for the ONS Foundation. She lectures regularly to community groups about The Female Athlete and how to prevent sports-related injuries in women and girls. She is a primary care sports medicine physician and a team physician for Columbia University.

EDUCATION AND COMMUNITY OUTREACH

Public Programs

Since December 2009, the ONS Foundation sponsored several free seminars in the Greenwich-Stamford area. Fellowship-trained orthopaedic 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.

January 26th - Ski Injury Prevention

Skiers gathered to hear how to avoid skiing-related injuries. Orthopaedic surgeons Dr. Steven Hindman and Dr. R. Timothy Greene, as well as Physical Therapist Chalon Lefebvre discussed injury prevention techniques.

January 28th - Prevention of Injuries to the Lower Leg, Knee, Shin and Ankle

Greenwich Academy students and parents attended a seminar on injuries of the lower extremities, often associated with "sports" in young female athletes. Orthopaedic surgeons Dr. Katherine Vadasdi and Dr. Michael Clain of the ONS Foundation addressed training and conditioning techniques.

March 9th - Preventing Throwing Injuries

Parents, children, coaches and athletic trainers came to the Old Greenwich/Riverside Community Center for a seminar on arm injuries often associated with throwing sports and learned "what can be done to keep young athletes on the playing field and out of the operating room." Sports medicine and shoulder specialist, Dr. Paul Sethi of the ONS Foundation, was joined by professional pitching coaches Mitch Hoffman and Frank Ramppen of Bobby Valentine Sports Academy.

March 18th - Sports Concussion: Know the Facts!

Concussions are the hot topic in the NFL and on high school and college campuses across the country, raising awareness about the brain health of players in contact sports. With this in mind, the ONS Foundation held a program to educate Greenwich High School athletes, coaches, and parents about the signs and symptoms of concussions. Neurosurgeon Dr. Scott Simon and Athletic Trainer Pete Falla provided the latest information on concussion management guidelines and ImPACT testing.

March 31st - Why Minimally Invasive Spine Surgery (MISS) is Better Than Open Surgery

New technologies and treatments are helping patients recover from painful conditions of the spine. Surgeons now perform spinal surgeries through tiny incisions that were once only done through "open surgery". Neurosurgeon Dr. Scott Simon conducted a seminar at Greenwich Hospital and explained how MISS is being used to treat disc herniations, spinal stenosis, osteoporotic compression fractures, degenerative disc disease and spinal instability.

April 27th - Golf Injury Prevention Seminar: How to Stay in The Game and Out of the Doctor's Office

PGA Professional Tom Henderson from Round Hill Club, Physiatrist Dr. Halina Snowball and orthopaedic surgeon Dr. James Cunningham, gave lively and engaging talks to over 50 enthusiastic golfers on a broad range of issues related to playing golf and staying injury-free.

April 9th & 30th - ThinkFirst For Kids, Youth and Teens Injury Prevention in Area Schools

Chapter Director of the ThinkFirst ONS Foundation Dr. Scott Simon, along with *Voices of Injury Prevention* (VIPs) advocates Diana Silanova and Jazmyne Lester addressed high school students at Stamford High School and The Academy of Information Technology & Engineering in Stamford, CT. Students and teachers at West Hill High School, Stamford, CT and North Street Elementary School, Greenwich, CT will be addressed in May.

Future Events:

May 20th - The Female Athlete: Preventing Sports Injuries in Women.

Dr. Gloria Cohen and Dr. Katherine Vadasdi will present a seminar at the Rye Free Reading Room on *The Female Athlete*. They will discuss why some injuries are unique to women and the role female biomechanics and nutritional needs play in preventing injuries. Topics will also cover injury danger signs and symptoms, overuse injuries, ACL injuries, the "female athlete triad," and the risk factors of different sports.

EDUCATION AND COMMUNITY OUTREACH

Public Programs (continued)

June 15th - Tennis Injury Prevention Seminar

Orthopaedic surgeon and sports medicine specialist Dr. Paul Sethi, Physical Therapist Tatyana Kalyuzhny of the ONS Foundation, and Tennis Professional Patrick Hirscht will discuss how to prevent injuries associated with tennis. More information will soon be available on the Foundation's website.

June 7th-11th and 14th-18th - Partner with Greenwich Red Cross' Safety Town Program

The physicians of the ThinkFirst ONS Foundation will collaborate with the Greenwich Red Cross *Safety Town Program* this summer in reaching out to and teaching young children about basic traffic laws and safety procedures. This is among the numerous programs offered through our ThinkFirst injury prevention initiative in the community.

Injury Prevention in Overhead Athletes

Now that spring is finally here, many people will return to the tennis court, baseball field, golf course and swimming pool. All of these activities have one thing in common - the high risk of sustaining an overuse injury to the shoulder or elbow. One of the most exciting concepts in rehabilitation is the practice of ***injury prevention***. In recent years, technology has provided sports medicine professionals with the tools to study athletic activities like throwing a baseball with greater detail. These studies have led to a more keen understanding of the biomechanical stress that overhead activities place on an athlete's shoulder. For example, we now know that the follow through of a throwing motion causes ***forces up to 1.5 times your body weight***, straining the rotator cuff and surrounding tissues in your shoulder. By studying both injured and non-injured athletes across all levels of competition, sports medicine professionals are better able to identify muscle imbalances and improper techniques that can lead to shoulder injuries and pain. In order to bring the most sophisticated technology to our community, we have been using ***Functional Movement Screen© (FMS©)***, a recently published screening program that has been used to predict injuries in the National Football League, the United States Military, the Secret Service, and the Orange County (CA) Fire Department.

These are five ONS Foundation tips used to decrease the risk of injury to your shoulder:

1. Prior to engaging in overhead sports (including golf), we recommend an appropriate stretch and warm up program.
2. Pay attention to your body and its signals. Playing through some soreness is a normal part of sports activity, but pain and stiffness are signals that tell you to have your shoulder checked by a medical professional.
3. Maintain a regular shoulder muscle maintenance program to keep the shoulder girdle as strong as possible.
4. Try to include cross training and avoid high volume repetitive stress to one body part.
5. Don't forget about rest. Even professional pitchers take a day off.



Courtesy: ONS Physical Therapy

FUND DEVELOPMENT

3-on-3 Basketball Tournament Benefits ONS Foundation

After researching orthopaedic surgery and injury prevention online for a Senior Project, Ryan Thomas, a Seneca Valley Pennsylvania High School senior, contacted the ONS Foundation about his plans to hold a **3-on-3 Basketball Tournament** to benefit the Foundation's programs. Ryan wrote that “...the most significant experience that has shaped my life and made me the person I am today has been tearing the ... ACL in my knees two times.”



Ryan Thomas, high school senior by his poster board during the tournament at Seneca Valley High School, PA

Ryan learned from first hand experience about the rigors of surgery, physical therapy and recovery. He developed a plan or “vision” as he calls it, to someday become a doctor and conduct research. His goal, like that of the Foundation, is to create cutting-edge techniques for repairing ACL tears.

On April 11th, Ryan held a very successful fundraising event and presented \$450 in donations to the ONS Foundation. This extraordinary young man sets an example for high school students everywhere.

Congratulations, Ryan! We are grateful for your interest and support and look forward to hearing great things about you in the future.

2nd Annual Golf Outing At Winged Foot Golf Club

The ONS Foundation for Clinical Research and Education will hold its 2nd Annual Golf Outing at Winged Foot Golf Club in Mamaroneck, NY on June 21st. Orthopaedic surgeon Dr. Michael Clain, and Foundation Vice President Vicki Leeds Tananbaum, will co-chair the event. In keeping with the Foundation's mission, proceeds from the 2010 Golf Outing will be designated toward establishing the ONS Foundation Biomechanics Research Laboratory. The lab will enable orthopaedic surgeons, neurosurgeons, and biomechanical engineers to make significant advances in patient treatment and care.

Golfers will meet at Winged Foot for registration and practice. They will enjoy a buffet lunch before golf on the Championship West Course. Cocktails, silent auction and dinner will follow. Auction Chair, Susan Curtin, has put together an outstanding array of items that include a golf trip to St. Andrews, Scotland donated by The Old Course Experience, a weekend at the Three Stallions Inn, a trip to Curtain Bluff, Antigua, a Tiffany necklace, a summer Lobster Bake, unique golf items and sought-after rounds of golf. Many more lots will be available for bidding.

For additional information or to register, call 203-869-3131 or visit www.ons-foundation.org





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

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

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Thank you for your generous support!