

NEWSLETTER

Volume 5 Issue 1

Spring 2012

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The ONS Foundation Arthroscopy, Surgical Skills and Biomechanical Research Laboratory– GRAND OPENING

Construction of the ONS Foundation Arthroscopy, Surgical Skills and Biomechanical Research Laboratory was completed on April 2, 2012.

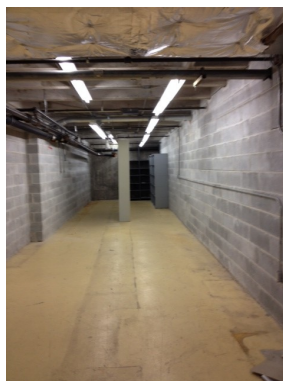
Generous supporters who participated in previous Golf Outings along with other philanthropic individuals and community leaders have made it possible for us to make our dream a reality. The lab represents the result of this truly cooperative effort. The state of the art lab is designed to educate on many levels allowing the Foundation to bring clinical research along with physician and student teaching to the next level.

After approximately two years of planning with Granoff Architects and Malkin Construction, we broke ground in February. The basement walls, that once held shelving for old office supplies, have been completely transformed into medical cabinetry for surgical tools and equipment storage. Medical-grade freezers and a dishwasher/sterilizer have been installed, along with a Fluoroscopy machine. Adjacent to the lab space is our conference room with state of the art audio-visual capabilities. The lab also features a changing room equipped with lockers and a separate bathroom.

Local high school and college students are already scheduled for visitation to the Lab this summer and fall. In addition, international orthopedic surgeons and fellows from Germany and China will visit the lab in May 2012. They will work alongside ONS physicians to improve surgical skills, develop new techniques and engage in clinical research studies. The results of these research projects will be published in peer-edited medical journals with the goal to improve patient care and outcome. This summer we plan to introduce our Physicians-in-Training Program to local high school students and college students who are considering careers in medicine.

For more information, email: contact@ons-foundation.org.

Before



During construction



After



PRESIDENT'S MESSAGE

Each time I sit down to write this column, I have the opportunity to reflect on the direction and motion of the Foundation. Marking progress isn't always easy when you are traveling on a bullet train...and this is amazing!

This is a transformational moment for the Foundation. The completion of the lab will change the level of sophistication in research and education that we can offer. Our first group of visiting surgeons will come to the Lab from Germany to learn surgical techniques from Foundation surgeons. Another group of surgeons will visit from China.



We strive to continually improve our community outreach and education programs by diligently reviewing evaluations from seminar and program attendees in order to incorporate their feedback into our programs whenever possible. In March, we held our annual baseball injury prevention program, where the interaction between doctors, therapists, coaches and parents demonstrated the value of teaching injury prevention. Dr. Tim Greene recently lectured about the science of sprinting in collaboration with the Bruce Museum, and we anticipate the growth of an ongoing community outreach effort between the Foundation and the Bruce.

College students show enormous interest in our internship program leading to our having more application requests this year than we can accommodate. Our carefully planned summer program will enable college students to observe surgery, attend medical conferences and work on research projects. Many of our former interns have gone on to attend medical school!

The Spring issue of the Newsletter includes a "What's New in Surgery" section that will become a rotating column covering a series of topics. This edition features Dr. Michael Clain and bunion surgery. In the future, we will feature what's new in spine surgery, joint replacement surgery and physical therapy. The goal is to keep our readers tuned in to the newest (and safest) medical trends. Our golf committee has organized another amazing Outing for this year. I hope to see all of you in June on the course or at the dinner banquet afterwards. It is always great fun, great food and great company.

I personally invite each and every one of you to come tour our new lab; it is truly impressive. Great things are happening here. Please know that you are an integral part of all of it, and you should feel rewarded by our successes.



4th Annual Golf Outing

JUNE 11, 2012
GOLF OUTING
THE STANWICH CLUB



A Quick Briefing about Bunions

Michael Clain, MD

Michael Clain, MD, is an Orthopedic Surgeon and Foot and Ankle Specialist for Orthopedic and Neurosurgeons, PC, in Greenwich, CT.



Do you have a bunion?

A bunion is a deformity of the main big toe joint which usually develops over time. The most common symptoms are swelling and pain in the foot (big toe joint especially) and difficulty fitting shoes and/or walking. Patients often have other associated problems, such as hammertoes, neuromas and corns.

What causes bunions? Are they preventable?

Bunions are often hereditary but are frequently exacerbated by shoe wear. If one avoids shoes that are too narrow, they may be able to avoid surgery. There are instances; however, of many patients who develop bad bunions having never worn “bad” shoes.

When should you see a physician? How are bunions diagnosed?

Patients are advised to seek help from a doctor when pain persists and one’s individual lifestyle is interrupted. Despite the obvious appearance of the bone’s deformation, physicians often use x-rays to determine the change in anatomical structure of the foot and toes. Additionally, these x-rays can give physicians insight as to other factors contributing to the bunion’s development, such as arthritis. After viewing the extent of the deformation, physicians can assess the right treatment options for your particular case.

Who needs surgery?

I often say to patients that there is no clear demarcated line. If you are in an Emergency Room with a badly broken limb the decision for surgery is obvious. But with elective surgery (meaning you get to choose if and when), it is often a combination of factors that build up over time. Before electing surgical treatment, most people have tried shoe wear modification, inserts, orthotics and other local measures trying to make themselves more comfortable. I often see the patient when they have run out of patience and are looking for a permanent surgical solution.



To the left is a photograph of a patient who has had successful surgery of the left foot about 6 weeks ago (thus its still swollen) and is about to have the right foot corrected. Complete resolution of the swelling could take 4-6 months from surgery.

To the right are two x-rays of the same pair of feet. The top x-ray shows the bone structure before surgery, while the bottom is after the deformation was corrected.



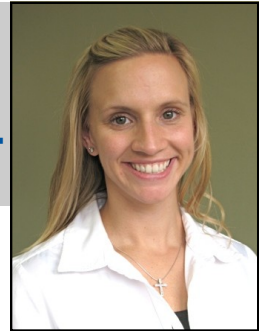
What is recovery like?

Upon electing to undergo surgery, patients should have realistic expectations and a clear understanding of what the recovery process will be. The best recommendations for recovery procedures are those suited to the patient’s individual foot and lifestyle. The surgeon must then execute the plan as flawlessly as possible. Post operatively, we make enormous effort to manage and minimize pain (that is mainly an issue for the first 2- 3 days). We then, want to get the patient back to normal as quickly as possible based on the expected timeline discussed preoperatively. Realistically, it does take several months to recover completely from the surgery. Most patients can use an elliptical exercise machine around six weeks or so, but tennis could take three to four months depending on the specifics. We are all busy people, and it is reasonable for patients to expect an honest assessment and time line of what is involved in recovery.

RESEARCH UPDATE

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

Correlation of Plantar Fasciitis with Hamstring Tightness, Body Mass Index and Equis of the Foot Abigail Smith, DPT



Abi Smith, DPT, is a Physical Therapist, certified in the Graston Technique, for Orthopedic and Neurosurgeons, PC, in Greenwich, CT. She is currently beginning a study on the Correlation of Plantar Fasciitis with Hamstring Tightness, Body Mass Index and Equis of the Foot. The Greenwich Hospital Institutional Review Board has approved this study.

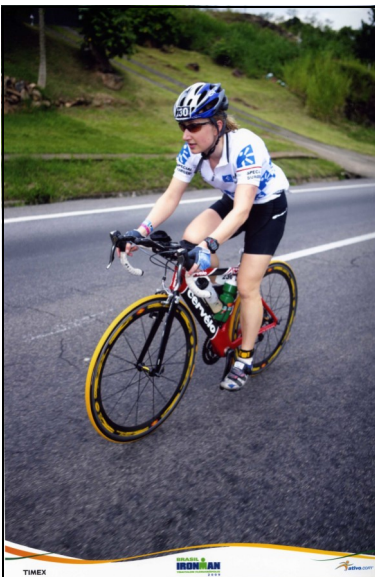
The most common forms of heel pain are plantar fasciitis and heel spurs. Plantar fasciitis is one of the most common and debilitating orthopedic complaints relating to the foot. Plantar fasciitis (PF) is defined as an overuse injury that presents as pain under the heel and arch that is worse with walking, running and in the morning. Approximately 2 million people are treated for plantar fasciitis per year. The causes of plantar fasciitis have been attributed to overuse, tightness of the plantar flexors muscles, arthritis of the foot, improper foot wear and poor mechanics of the foot. Plantar fasciitis is also commonly thought of as being caused by a heel spur; however, research has found that this is not the case. Typical treatment for plantar fasciitis includes decreasing inflammation of the plantar fascia, as well as stretching and strengthening the plantar flexors.

A recent study identified hamstring tightness as a common presentation in patients that have been diagnosed with plantar fasciitis. As well, clinicians have also seen that patients with a diagnosis of plantar fasciitis have decreased ankle joint range of motion. Previous research has also suggested that elevated body mass index (height and weight ratio) is correlated with plantar fasciitis. During this study we will further examine the relationship of PF and hamstring tightness, decreased ankle range of motion and elevated body mass index. Clinically these findings may be utilized for improving treatment considerations for patients with Plantar Fasciitis.

The Sport of Triathlons Katie Vadasdi, MD



Katie Vadasdi, MD, is an Orthopedic Surgeon and Adolescent Sports Medicine Specialist for Orthopedic and Neurosurgeons, PC, in Greenwich, CT



Here in the Northeast, the 2012 triathlon season has begun. For many triathletes, their race schedule is already established, and they are busy ramping up their training. For others, the race calendar is wide open with options ranging from local sprint triathlons to international Ironman races. Regardless of your experience with past races or plans for the current season, this is an exciting time to reflect on previous achievements and aspire toward this season's goals.

The sport of triathlon started in 1974 with the Mission Bay triathlon in Southern California. The first Ironman was held in Hawaii in 1978 when three previously established events-The Waikiki Rough water 2.4mile swim, The Oahu 112 mile bike race and the Honolulu marathon- were combined. Since then, the world of triathlon has exploded. Triathlon clubs are popular throughout the country, and races are available throughout the world- from Thailand to Canada. Triathlons attract both beginner and veteran athletes with varying goals for the season. While some are working toward their first Ironman win, others are looking to cross the finish line of their first sprint distance.

Continued on next page

Left: Dr. Vadasdi during the Ironman in Brazil.

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 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.



Katie Vadasdi, MD

Katie Vadasdi, MD is an orthopedic surgeon who specializes in adolescent and adult sports medicine. She is fellowship-trained in the shoulder and elbow. Dr. Vadasdi graduated Dartmouth College and earned her medical degree at Dartmouth Medical School. She performed a residency in orthopedics at the Hospital for Special Surgery (HSS) in New York and completed fellowship training in shoulder, elbow and sports medicine at Columbia University Medical Center, Department of Orthopedics. While at Columbia, she was assistant team physician to Columbia University Athletics. Dr. Vadasdi's area of medical specialty reflects her personal interests. She is an accomplished triathlete, having completed Ironman competitions in 2007 and 2009. She lives in Riverside with her husband and two young children.



Seth Miller, MD

Shoulder surgeon Seth Miller, M.D. is a staff orthopedic physician at Greenwich Hospital and serves as Clinical Associate Professor of orthopedic surgery specializing in shoulder surgery at the Hospital for Joint Diseases at NYU Medical Center.

Additionally, he is Assistant Attending Physician in orthopedic surgery at New York-Presbyterian Hospital. Dr. Miller has been Orthopedic Consultant to the New York Mets for over eight years and attends spring training and regular Major League season games where he oversees the physical condition of players. Dr. Miller has performed over 1000 total shoulder and reverse shoulder replacements, the most significant breakthrough in shoulder replacement surgery in the last 30 years. He and his wife and three children live in Greenwich.

Interns Education-Program



Lukasz Kwapisz

Lukasz is a 4th year Medical Student at the University of Ottawa and intends to practice family medicine with a concentration in Sports Medicine. His experience visiting the Dominican Republic on a Medical Missionary trip with family doctors and nurses during his freshman year, showed him the difference health care can make in people's lives and inspired him to pursue medicine. Lukasz stated, "My time spent was wonderful. I had the opportunity to not only work in the ONS clinics, but spend some time at Columbia University with the varsity athletes as well as attend some Women's Basketball games. Dr. Cohen was a great teacher and above all I will take away how genuine and patient-oriented she was. I hope to one day take example and be able to provide the same care for my patients. Thank you to all the kind staff at ONS, from nurses, to secretaries, to techs, and the Physios next door. Everyone made me feel very welcomed; and I return back to Canada with very fond memories and the utmost respect for everyone I met. Thank you Dr. Cohen and everyone else at ONS!"

Triathlons (continued from previous page)

As an orthopedist, I see many injuries in triathletes as they increase training volume and intensity in the spring. New injuries may develop if one's training program progresses too rapidly. With such a mild winter, many of us were able to continue outdoor training right through from last Fall. This made for a more pleasant off-season with fewer trainer rides but probably meant less rest for many. Injuries may have carried over from last season or new ones may develop in the early season. We frequently treat shoulder injuries including rotator cuff tears and biceps tendonitis, knee injuries such as meniscal tears, and hip tendonitis. Injuries can also be the result of traumatic events resulting in a fracture of the collar bone or an acromioclavicular (AC joint) separation. If treated early, many of these injuries can be managed with activity modification and physical therapy. Other injuries, such as a fracture or rotator cuff tear, might require surgery. It is important to listen to your body- many coaches will say you cannot train a tired or injured body.

Triathletes require incredible discipline to balance multi sport training with the responsibilities of family and career. Training with a coach or a local triathlon club can help organize training sessions and ensure that each one is fun and efficient. Enjoy another great triathlon season!

EDUCATION AND COMMUNITY OUTREACH

Public Seminars

Since 2009, the ONS Foundation sponsored over twenty-five 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.

December 6– Ski Injury Prevention Seminar

This seminar was presented by ONS orthopedic surgeons, Steve Hindman, MD, and Tim Greene, MD. Together they focused on causes of common skiing injuries, how to avoid such injuries and also tips for safe skiing and information on the latest treatments for common injuries such as a ruptured ACL. ONS physical therapist Chalon Lefebvre explained and demonstrated ski conditioning and strengthening exercises. A representative from Hickory and Tweed Ski Shop in Armonk, NY discussed proper equipment sizing and the importance of having equipment properly checked and maintained.

March 28 – Preventing Throwing Injuries

Approximately 40 parents, athletes, coaches and athletic trainers joined 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. Topics of discussion included common overuse injuries, and how to play hard while remaining injury free. Alicia Hirscht discussed useful strength training and conditioning techniques. Mitch Hoffman, CEO and President of Bobby Valentine's Sports Academy in Stamford, CT, discussed the importance of video analysis to correct form and prevent injury.

April 24th – Golf Injury Prevention Seminar

Orthopedic surgeon James Cunningham, MD and Laura Liebesman, ONS Director of Physical Therapy, discussed common golf injuries and training strategies to help players enjoy their sport to the fullest. In addition, golf professional Mike Summa from The Stanwich Club in Greenwich discussed new trends in golf equipment and apparel.

UPCOMING EVENTS:

June 5th – The Impact of Sports

The Bruce Museum in Greenwich, CT will host an informative program on injury prevention by a panel of medical experts speaking on concussion and upper and lower extremity injuries in high school and college athletes. Panelists to include orthopedic surgeon Tim Greene, MD, primary care sports medicine physician Gloria Cohen, MD and neurosurgeon Scott Simon, MD. The program is free, but advance reservations are suggested. To register for this event, please call the Bruce Museum at 203-869-0376.

June 14th— Play it safe! Avoid Golf– and Tennis– Related Injuries in Women and Girls

Orthopedic surgeon and sports medicine specialist Katie Vadasdi, MD, will deliver a talk for women and young female athletes about common golf and tennis injuries. Women and girls have unique risks for sports injuries due to bio-mechanical and hormonal factors. Learn about potential injuries to shoulder, elbows and knees related to summer golf and tennis activities that are most commonly seen by doctors. Injury prevention strategies through proper sports-specific conditioning and strengthening will be the main focus of the talk. This talk will be held at Greenwich Hospital, 5 Perry Ridge Road in Greenwich, CT from 6:30-7:30pm.

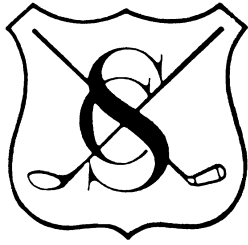
TBD – Triathlon and Cycling Injury Prevention Seminar

Orthopedic surgeon and sports medicine specialist Katie Vadasdi, MD, primary-care sports medicine specialist Gloria Cohen, MD, and ONS physical therapist Abigail Ramsey, DPT, will present a seminar to help athletes prepare for the summer and fall race season. Participants will learn about the common causes of injuries in cyclists and triathletes, the biomechanical issues of combined training, proper stretching and strengthening techniques, training methods for returning to racing post injury and treatments for injuries. Check our website for updated date and location.

To register for any of our events or if you have questions contact us:

email: contact@ons-foundation.org phone: (203) 869-3131

FUND DEVELOPMENT UPDATES:



ONS FOUNDATION 4th Annual Golf Outing THE STANWICH CLUB Greenwich, Connecticut June 11, 2012



The ONS Foundation for Clinical Research and Education in conjunction with Greenwich Hospital is proud to announce that the 4th Annual Golf Outing will take place at The Stanwich Club in Greenwich on Monday, June 11th. This partnership provides a most exciting golf experience and, at the same time, benefits the ONS Foundation and strengthens its alliance with Greenwich Hospital. This year, Dr. Michael Clain, Brian Matthews and Vicki Leeds Tananbaum will co-chair the event.

Proceeds from the event will go directly toward furthering the clinical research in orthopedics and neurosurgery being conducted in the just completed **Arthroscopy, Surgical Skills and Biomechanics Research Laboratory**.

After registration and practice, golfers will enjoy a buffet lunch before golf on the magnificent championship course of The Stanwich Club. Players will then be joined by non-golfers for cocktails, auction and dinner. Auction Co-Chairs, Sandra Hart and Robert Klein have organized an exciting list of items that include an Old Course Experience trip to St. Andrews, Scotland with guaranteed tee times on the Old Course, Carnoustie and Kingsbarns; an Aston Martin *Rapide* for a weekend; an Eli Manning autographed *Sports Illustrated* cover from his first Super Bowl win; a catered dinner party for 8 in your home with guest of honor author, Norb Vonnegut plus the chance to be a character in a future novel; a TAG Heuer watch from Betteridge Jewelers; a fly fishing trip to Yellowstone Park's fabulous NE corner; rounds of golf at some of the area's most prestigious private clubs; tickets to major sporting events and much more.

For information or to register on line visit www.ons-foundation.org.

Updates

This fund development update not only will present the latest news but also express gratitude. The **ONS Foundation Arthroscopy, Surgical Skills and Biomechanical Research Laboratory** is a state of the art facility that officially opened this month. This major event allowed us to reflect not only on this accomplishment but also on the impact it will have on the care and treatment of musculoskeletal disorders. We gratefully acknowledge the support of individuals and organizations whose generous contributions helped build the ONS Foundation Lab.

Annual Funding for Lab operations 2011 - 2016 is made possible by Foundation friend, **Milton Sender**. The **Fluoroscopy Suite** housing a C-Arm portable x-ray image intensifier used to guide surgeons during procedures and enhance clinical research is a generous gift from **Greenwich Hospital**. In addition, the **Lab Conference Room** designed to provide a setting where doctors, medical engineers and technicians will conduct advanced discussions based on clinical research has been donated by the **Leon Lowenstein Foundation, Inc. in behalf of Joanna B. and Ken Schulman**.

Our success is a result of your philanthropy and commitment to our mission and goals. Your support, interest and generosity are greatly appreciated.

If you are interested in making a gift, you may donate at www.ons-foundation.org or complete the attached form.



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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.

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!