



Research...Educate...Regenerate



The Orthopaedic Foundation: A Context for Conversation

Established in 2002 with the vision of being a leader in the field of orthopaedics and sports medicine, the Orthopaedic Foundation is committed to advancing orthopaedic and musculoskeletal research, promoting medical education and championing community outreach. Our goal is to keep our local and global community healthy, active, and pain free. Orthopaedic injury and musculoskeletal disease can affect us all in different stages of our lives; whether we are elite athletes or simply wish to lead an active lifestyle, it is vital that our physical bodies are able to keep up with our goals and spirit. Our commitment to medical discovery and the sharing of information will enable each unique individual to reach their full potential and

Stay in the Game...for Life.



Our Mission

The Orthopaedic Foundation is a not-for-profit organization that improves quality of life through cutting-edge research and education for the prevention and treatment of musculoskeletal diseases, with a focus on orthopaedic and sports injuries.

The Foundation

The Orthopaedic Foundation is a registered 501(c)3 organization. As a non-profit, our success relies heavily on the investment of time and talent donated by our Board of Directors. This leadership team, all of whom have received treatment and care at our facility, demonstrates a collection of visionaries and supporters dedicated to growing the Foundation through their outreach efforts and philanthropic commitment.

Board Members

Kenneth M. Wisdom, Acting Chairman

George Lewis Jr., PhD

Mark Magnusen

Robert Plancher

Kevin Rocco

Mary Ellen Yacura

Janine D. Bahar, Executive Director

Kevin D. Plancher, MD, MPH, Founder

Our History

Several years into his career as a successful orthopaedic specialist, our founder, Dr. Kevin D. Plancher, recognized the importance of exercising his passion and knowledge in a philanthropic way to give back to the community. He was motivated to instill an understanding of the importance of orthopaedic and musculoskeletal health, while promoting an active lifestyle. In order to achieve this goal, Dr. Plancher envisioned a comprehensive orthopaedic infrastructure capable of pursuing cutting-edge research and clinical trials, providing specialists and patients alike with innovative treatments for a vast spectrum of injury and illness, and amassing an impressive repository of data and information. Created in 2002, the Orthopaedic Foundation embodies these goals as a center of discovery, service, and education.

Since our inception, the Orthopaedic Foundation has become a leader in orthopaedic research and education, while prioritizing community outreach. However, there is still an immense amount of potential for growth as our world faces an ever-changing healthcare environment. Our success is a direct result of the patronage of our generous community members. Motivated by this support, we are excited for the future and the prospect of innovative development as we continue to benefit our community. As we push forward on all fronts, we hope to motivate our loyal supporters to stay devoted to our cause as well as inspire new benefactors to join our ranks.



Our Focus

Built on the following tenets, the Orthopaedic Foundation has prioritized innovation in the field of musculoskeletal health for nearly two decades:

- To engage in cutting-edge research in the fields of orthopaedics and sports medicine, setting the standard for advancing the prevention and treatment of musculoskeletal injury and disease.
- To disseminate the wealth of orthopaedic data, providing physicians and patients alike with knowledge of advancements in musculoskeletal care, health, and well-being.
- To become the premier orthopaedic research center with our state-of-the-art Orthopaedic Foundation BioSkills Lab in New York City, setting the standard for training sites across the nation.

The principles on which our vision rests are medical research, medical education, and community outreach. Our actions within each of these areas are vital for the achievement of our goals.

1. Medical Research focusing on advancing cutting-edge treatments in anterior cruciate ligament reconstruction, shoulder instability, rotator cuff repair, knee replacement, and stem cell therapies.



2. Medical Education including hands-on skills training, workshops, and seminars, specifically at our annual conference which provides continuing medical education credits for healthcare professionals.



3. Community Outreach for all ages - “Doctor for a Day” and pre-medical anatomy workshops for students with an early interest in medicine and orthopaedics; “How to Prevent Sports Injuries” and “Weekend Warrior” seminars to promote a healthy and active lifestyle.



Medical Research

Medical Research is vital to our mission. Our programs in medical education and community outreach rely on our curiosity and discovery. Our Department of Research promotes an active lifestyle and focuses on translational research for advancements in minimally invasive procedures. Scientific input is derived from three main areas:

1. Clinical Trials place our research at the forefront of orthopaedic advancements as these trials investigate the effectiveness of cutting-edge interventions, medications, or medical devices. Operating under strict research protocols, these trials are often conducted in collaboration with large university hospitals. We are currently involved in several ongoing clinical trials focused on treatment of knee articular cartilage defects. Cartilage lesions of the knee affect a wide range of individuals and can result in instability, pain, and motion limitation, all of which may limit quality of life.

2. Outcomes Research assesses patients on the subjective and objective level with the purpose of fully understanding the impact of musculoskeletal injury, disease, and recovery from surgical intervention. This information elevates patient care, identifies areas of growth in practice, and elucidates trends in orthopaedic intervention. This research has allowed our physicians to constantly evolve within their medical practice as critical information is retrieved, learned from, and implemented.

3. Prospective Trials or investigator-driven studies follow a specific cohort of patients in order to fully understand the entire trajectory of a musculoskeletal injury or disease. We are currently investigating outcomes of unicompartmental knee replacements in a variety of patients as well as predictive factors in ACL reconstruction surgery.

In an effort to centralize relevant research, the Orthopaedic Foundation collects and maintains extensive data in all areas of orthopaedic medicine. Available globally, this information acts as a resource for all



medical professionals and fosters a collective insight into orthopaedic injuries and musculoskeletal diseases.

The research department is devoted to pioneering scientific innovation and collaborating with scientists, physicians, and other medical professionals from around the world. The Foundation's impressive scope of research includes presentations at prestigious conferences, publications in world renowned journals, and contributions to national and international textbooks. To date, the Foundation has participated in 22 industry-sponsored clinical trials and published more than 45 articles. In the past year alone, the Foundation has produced seven research publications, with several others currently in preparation. These include three book chapters investigating advancements in treatment of rotator cuff pathology, such as biologic augmentation. Additionally, research was published on a double-blind, randomized, placebo-controlled trial, the gold standard for clinical, research, in patients with knee osteoarthritis. Our medical journal publications are varied in their topic, ranging from treatment of knee osteoarthritis to successful outcomes in partial knee replacement to genetic predispositions that result in orthopaedic complications, thus indicating our dedication to the entire field of orthopaedics. We continue to pursue novel research topics, enact research protocols, analyze trends, and develop manuscripts for publication.



Where we are Making an Impact

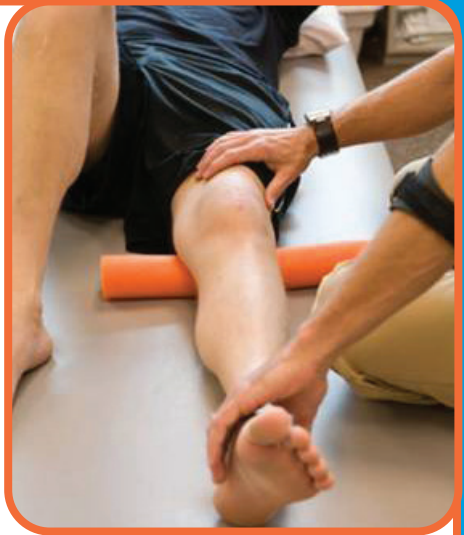
For our skiers, baseball, lacrosse and soccer players of all ages:

Our research team continues to expand upon existing research regarding trends in anterior cruciate ligament (ACL) reconstruction. With the incidence of ACL tears continuing to increase, especially among athletes in pivoting sports, we believe it is vital to pursue the most current data regarding ACL reconstruction. There are several studies currently being pursued including the ongoing comparison of reconstruction with the patient's own tissue versus cadaveric tissue at different stages in life. We are also investigating the effect of other knee pathologies on the outcome of an ACL reconstruction. These studies allow us to provide the patient with more comprehensive information regarding what they should expect from this procedure. We are confident that our research is allowing us to provide superior patient care and return our patients to their sports.



For our active patients over 55 who hope to avoid total knee replacement:

With an aging population, the incidence of knee osteoarthritis continues to rise. There are several patient-specific factors that must be considered prior to pursuing any specific intervention. With the possibility of a total knee replacement looming, the majority of patients want to consider their other options prior to committing to a replacement. The Foundation is committed to investigating several treatments which may alleviate knee pain in symptomatic osteoarthritis and/or avoid the total knee replacement. We have recently published a journal article detailing the positive outcomes of a hyaluronic injection for knee pain caused by osteoarthritis. Certain patients may qualify for this treatment and it is ideal for those that may not be candidates for partial or total knee replacements. Subsequently, the Foundation continues to evaluate unicondylar knee replacement as an alternative to total knee replacement. With potentially fewer complications and quicker recovery time, we consider research on this procedure essential as we provide our patients with the information to lead an active lifestyle.





For our athletes of all levels with knee pain:

Currently our team of researchers is exploring the benefits of several experimental treatments for cartilage lesions. Affecting people of all ages, cartilage lesions of the knee can result in instability, pain, and motion limitation all of which can impact quality of life. We are currently enrolling patients in clinical trials that are at the forefront of science, allowing us to best treat their specific injury and pain.

Beyond the previously mentioned endeavors, the Foundation prioritizes **Medical Education** in orthopaedics. Our focus is on presenting the most recent academic and clinical research, as well as developing technologies for the treatment of orthopaedic injuries and musculoskeletal diseases. This effort to educate has a global reach as a variety of medical professionals take part in our workshops, labs, presentations, and seminars.

On a more personalized level, our Fellowship program has enabled one to two sports medicine fellows to participate directly in every aspect of the Foundation since its creation in 2002 and ACGME-accreditation in 2008. This program, like a university-based program, allows fellows to expand their medical knowledge, clinical research, and pursue their surgical interests. Ultimately, our program produces surgeons who are on forefront of sports medicine in both research and clinical ability.

Staying true to our core belief of giving back, our **Community Outreach** programs raise awareness about orthopaedic injuries while simultaneously providing students with a unique opportunity to explore their interests in health, science, and medicine. Our primary youth development program, Doctor for a Day, introduces high school and college students of all socio-economic backgrounds to a practical, interactive hands-on approach to medicine. Because the program is free, privilege is taken out of the equation: the scientific education that some students might not normally be able to receive is now available to themselves and their teachers.

The Fellowship Program is a very unique opportunity. Compared to most fellowships, which are based in one single location, this Fellowship Program provides a broader experience with rotations in New York City, Connecticut, and Colorado. Another distinct advantage is the thorough exposure to a variety of sports pathologies and treatment methods. The Fellowship has provided me with both private and university-based practice experiences, while simultaneously allowing me to pursue an original research project under the guidance of a dedicated team.



*Jaya Prasad Shanmugam, MD
Fellow 2019-2020*

“We have seen countless students leave our facility inspired, eager to learn more about the medical profession and confident in themselves that they too have what it takes to be a doctor one day. This program has been life changing for so many students, and in fact we have followed several of the past attendees who have gone on to medical school and orthopedic residencies.”

Janine Bahar
Executive Director

Our **Doctor for a Day Program** has hosted The Hole in the Wall Gang and Fresh Air Fund, as well as the Dalton School, Darien High School, Greenwich High School, Brunswick High School, Monticello High School, Stuyvesant High School, Brown University, Gorton Academy of Medical Professions, among others. Each of these innovative and educational enrichments has been incredibly successful in educating students on how mobility of the arm is regained and exposing youth to the benefits of healthy and active lifestyles.



Our Future Vision: What's Next?

Although we are proud of our success in the three components of our vision, a vital part of our overall mission is a focus on growth. As our world and the field of orthopaedics evolve, so too does our curiosity. Coupled with a desire to push the envelope of scientific discovery, we are continuously recommitting to the advancement of research through education and outreach. In order to become a leading figure in orthopaedic discovery and care, we continue to reinvest in this world-renowned program, thus providing the Foundation with the resources necessary to achieve these goals.

The Orthopaedic Foundation has developed and instituted a framework that has proven effective in fostering growth. With an established presence in the orthopaedic field, we are excited for the next step in our development. Our research department continues to expand as we take on research assistants and research interns to work alongside our research director, thus enabling us to pursue multiple unique innovative discoveries. We have several clinical trials running concurrently and we are investigating several orthopaedic ailments through our prospective trials and outcomes research as we seek breakthroughs in our field.

Simultaneously, we continue to invest in the latest tools, equipment, and supplies in order to provide the most advanced level of care and training. The reach of our influence and reputation extend from our community to a global level. In addition to our social media presence, our recently updated site is an invaluable resource for those aiming to lead active and healthy lifestyles. On the global scale, we have published research in national and international journals, as well as presented at the world's most prestigious conferences.

Our Global Presence

February 2019: Demonstrations of osteotomies, medial and lateral unicondylar knee replacements, MPFL reconstructions and more at the American Academy of Orthopaedic Surgeons Articular Cartilage Course in Rosemont, Illinois.

May 2019: Two Instructional Course Lectures about rotator cuff tears and repairs were presented at the 12th Biennial Congress of the International Society of Arthroscopy, Knee Surgery & Orthopaedic Sports Medicine in Cancun, Mexico.

August 2019: We participated as panelist and speaker at La Sociedad Puertorriqueña de Ortopedia y Traumatología Conference in Rio Grande, Puerto Rico.

September 2019: We traveled with the United States Ski & Snowboard Team to El Colorado, Chile where training sessions were held. We also presented at the 9th Annual Mexican Society of Shoulder and Elbow Surgeons Meeting on a variety of lectures and topics including orthobiologics, elbow arthroscopy, and anterior shoulder stabilization in athletes.

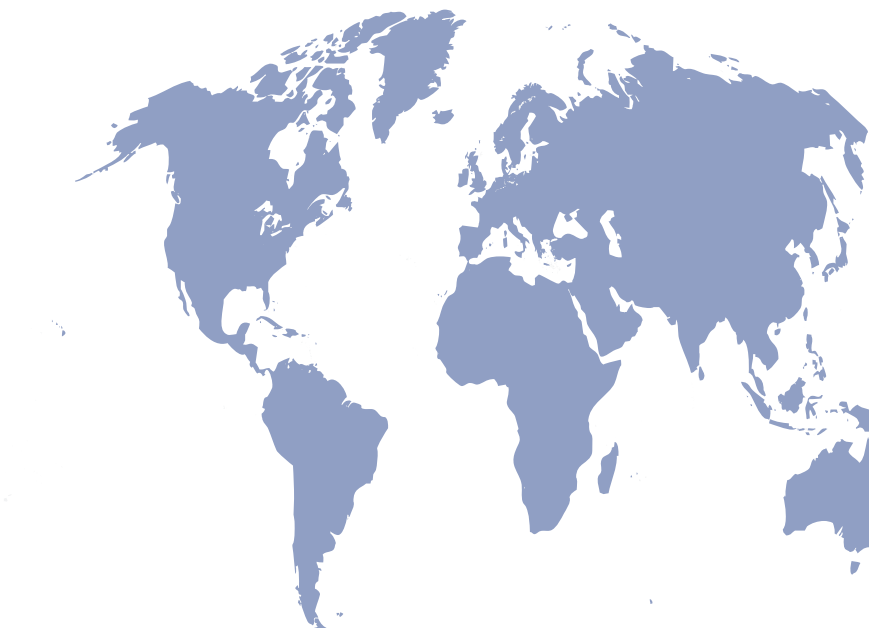
October 2019: At the Eastern Orthopaedic Association's 50th annual meeting in Palm Beach, Florida, original research was presented on the Failure Rate in Patients with Degenerative Patellofemoral Joint Who Undergo Unicompartmental Knee Arthroplasty as well as Avoiding Failures and Functional Outcomes in Contact Versus Non-Contact Athletes Following Arthroscopic Bankart Repair.

November 2019: We delivered lectures on several different topics, including Atrophy of the Rotator Cuff and Reverse Shoulder Arthroplasty at the 8th Annual ICJR Shoulder Course in Las Vegas, Nevada.

January 2020: In Kitzbuhel, Austria we presented on the Development of Osteoarthritis Following ACL Reconstruction and the Role of Lateral and Medial Meniscus Pathology.

January 2020: We presented on Meniscal Repair, ACL Reconstruction, Unicompartamental Knee Arthroplasty, and Periprosthetic Joint Infection at the Ranawat Orthopaedics Conference in Mumbai, India.

February 2020: At the Orthopaedic Research Society 2020 Annual Meeting in Phoenix, Arizona, five different research posters were presented ranging in subject from Good Functional Outcomes in Rotator Cuff Repair with the Bovine Bioinductive Patch to Failure Rates in Lateral UKA and Return to Sports.



Financial Support

Financial Support is Vital to Our Success

Our operating budget pays for all salaries, conference expenses, specimens, and essential medical supplies and equipment. Expanding our research team will be directly impacted by this campaign initiative as a larger operating budget will allow us to support the salaries and expenses of a Clinical Research Director and assistants. With a bigger task force, we will be able to pursue medical discovery on a broader scale. Financial security is vital in allowing for sustained innovation by eliminating the burden of uncertainty when it comes to supporting each member of the research team and the critical work they perform. Outside funding is vital in maintaining the productivity and aptitude of these positions.

The programs conducted at our BioSkills Lab in New York City, as well as our “Doctor for a Day” program and our ACGME-accredited fellowship are vital educational opportunities that are supported by our programs budget. With increased financial support we will be able to expand these initiatives as well as pursue and endow new educational proposals. This will further allow the Foundation to remain at the forefront of a rapidly evolving field of medicine. With increased financial resources, we will provide advanced training for physicians as well as inspire the next generation of medical professionals. Financial support is crucial for continued advancements in the field of orthopaedics.

Thank You

Thank You to the Orthopaedic Foundation

“ Having torn my ACL skiing, Dr. Plancher suggested a less common procedure developed in the Orthopaedic Foundation BioSkills Laboratory. He performed an Arthroscopic Healing Response. Much less invasive than a replacement ACL surgery, I was back on the tennis court in six months. My knee feels great, and I do all my sports brace-free! ”

~ Mary Stichter, Patient

“ I decided to participate in the knee clinical trial initiated by the Orthopaedic Foundation as my last resort and hoped it would decrease the pain in my knee. The study drug made a significant difference, reduced my pain, and allowed me to once again get back to the activities I had to stop doing prior to being a participant in the study. ”

~ Stacy Stefanowicz, Patient

“ Since Dr. Plancher performed unicondylar knee replacements on both knees two years ago, my life has been miraculously time warped back to the days of pain-free physical activity. The physical therapy after the surgery is intense and should be taken seriously to rebuild muscles degraded by years of painful deformation. But once this rehabilitation has taken place, the relief is life altering. I cannot say too emphatically, thank you to Dr. Plancher and to the work of the Orthopaedic Foundation – you have performed a miracle! ”

~ Isobel Fletcher, Patient

“My time at the Orthopaedic Foundation has been the ideal transition and preparation period as I have gained valuable insight into the field of medicine. I was able to work directly under the Director of Research, Stephanie C. Petterson, PhD, as her Research Assistant and became integrated into the various research projects that run concurrently through the Foundation. This year has confirmed my desire to enter the medical field and I am excited to say that I will begin medical school in August at Columbia University Vagelos College of Physicians and Surgeons. This year at the Foundation has been one of growth and enjoyment for me as I enter the next phase of my life, motivated to be a compassionate and knowledgeable doctor in the future.”

~ Grace Plassche, Research Assistant

“I interned in the Research Department at the Orthopaedic Foundation during the summers when I was an undergraduate student at Brandeis University. This was my first experience in medical research and the staff at the Orthopaedic Foundation welcomed me with open arms. Everyone at the Foundation was and still is extremely supportive of me and helped me gain the professional skills needed to understand how to conduct and analyze medical research. I am forever grateful for the experiences and support I have gained from my friends at the Orthopaedic Foundation. I know the skills that I gained there will continue to help me as I move on to my Residency Program at the University of Florida Health Shands Hospital this summer.”

~ Jeffrey Katz, Research Intern

I had always dreamt of being a doctor and the Orthopaedic Foundation gave me the opportunity to solidify my career choice at a young age through their Summer Research Internship and Doctor for a Day



Program. I was able to interact with real surgeons on a daily basis and learned how to fix a broken forearm in a Bioskills Lab setting. I gained valuable real-world experience and am still in touch with the Orthopaedic Foundation to this day.

I would have never become a medical student in New York City if it wasn't for their organization. The Orthopaedic Foundation doesn't just develop leading-edge procedures and technologies, they invest in our youth to help develop the future of medicine.

~ Johnny Erdman,
Research Intern & Doctor for a Day Participant

Get Involved...

The Time is Now to Become Involved

Whether elite athletes, weekend warriors, or just everyday heroes, we are all susceptible to strains on our bodies as we pursue an active lifestyle. Often times we push ourselves to the point where we require some type of orthopaedic treatment or intervention. These can range from pain resolving medications or injections to tendon repairs to joint replacements. In each case, the Orthopaedic Foundation is at the forefront of innovation and exploration in order to allow patients to achieve a healthy and active lifestyle. Built on the goal of helping everyone Stay in the Game...for Life, we prioritize a continuum of medical research, medical education, and community outreach.

With our focus on improving our patients' quality of life through cutting-edge research and education, the financial support from our community members is vital in achieving our goals. As we have done over the past 18 years, the Orthopaedic Foundation will continue to grow and innovate. We are excited at the prospect of pursuing advanced research topics as well as developing novel educational opportunities. Providing the highest level of care as well as the greatest breadth of information in the orthopaedics field, we hope to impress upon you the seriousness with which we devote ourselves to the health and wellness of our global community. As we define the future of medicine with innovative research, comprehensive education and dynamic community outreach, we invite you all to join us.

***Please help us win the fight
to keep you active,
so that you may
Stay In the Game...For Life!***

*As a non-profit organization, donations are tax deductible
to the fullest extent permitted by law.*



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