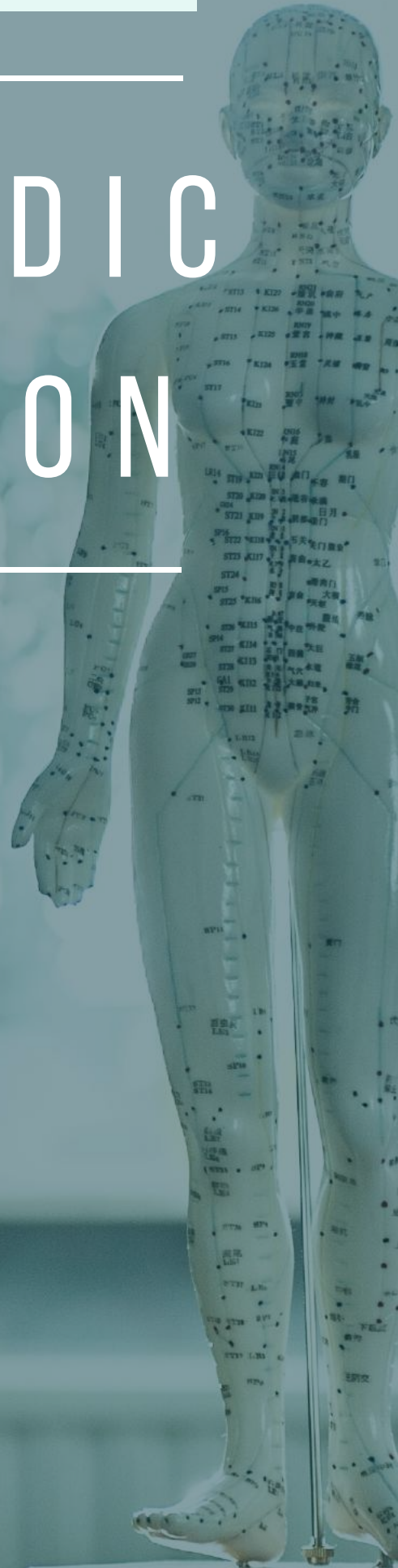


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# ORTHOPAEDIC FOUNDATION

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 **Orthopaedic  
Foundation**  
*Research • Educate • Regenerate*



# Orthopaedic Foundation

RESEARCH | EDUCATE | REGENERATE

## Who We Are

501(c)(3) 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.

## What We Do

3 primary areas that are critical to the success of our organization and the field of orthopaedics: Medical research, medical education and community initiatives. We strive to advance the medical industry and educate and empower the next generation of curious minds.

**We are a leading voice in orthopaedic and sports medicine-related research, working to improve quality of life and allow YOU to Stay in the Game... for Life!**

WWW.OFALS.ORG

SHOP FOR A CAUSE EVENT

# De Beers Jewellers

2/13/2020



The Orthopaedic Foundation hosted an evening of private shopping at De Beers Jewellers in New York City. The event showcased De Beers' full range of timeless creations and highlighted the beautiful diamonds and craftsmanship of the exquisite jewellery whilst offering a more intimate shopping experience.

The new and inspiring store concept, featuring a warm and elegant atmosphere, provided a beautiful setting for the night, with a portion of the proceeds going towards the Orthopaedic Foundation's medical research.



# Doctor for a Day Program

10/26/2020

The Orthopaedic Foundation hosted students from Darien's EMS Program for our Doctor for a Day Program. The EMS students were able to interact with our team's doctors and learn how to use surgical instruments to fix broken bones at our Bioskills Lab in New York City. Students will learn about common high school sports injuries surgeons will often see, while also going over a basic understanding of the human body's anatomy.



**The Most Impactful  
And Worthwhile  
Outside School  
Experience For Our  
Students**  
-  
**Stuyvesant High  
School Biology  
Teacher**

Our Doctor for a Day Program teaches these students about medical and surgical concepts and provides them with an understanding of what a career in medicine might look like. 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.



# 16th Anniversary Virtual Gala

ORTHOPAEDIC FOUNDATION

For the first time our Foundation came together virtually to celebrate our annual gala. Our 16th Anniversary Virtual Gala event celebrated the contributions of our community and our advancements in research and education! This special event helped salute all of our Honorees over the past 16 years, who have devoted countless time, energy and expertise towards our cause and the community at large. Now more than ever we need to come together to educate and empower others to promote active, healthy and safe communities.

ORTHOPAEDIC FOUNDATION

## 16TH ANNIVERSARY VIRTUAL GALA

*November 17th, 2020*

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Saluting Our Honorees From The Past Decade

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**James Blake**

**John Bader**

**David Dinkins**

**Camille Duvall-Hero**

**Dino Gatto**

**John Harney (†)**

**Billie Jean King**

**Kristine Lilly**

**Gerardo Mato**

**Wes Matthews Sr.**

**Mary Ellen Yacura**

**Victor Muro**

**Ghaya Oliveira**

**Olivia Palermo**

**Larry Ruvo**

**Rich "Big Daddy" Salgado**

**Mikaela Shiffrin**

**McCullough Shriver**

**Bobby Valentine**

**Kevin Weekes**

**Ken Wisdom**





**JUNE 27-28**

**2021**



[WWW.BIGDADDYGOLFCLASSIC.COM](http://WWW.BIGDADDYGOLFCLASSIC.COM)



**JUNE 27-28, 2021**  
OHEKA CASTLE - HUNTINGTON, NY

[WWW.BIGDADDYGOLFCLASSIC.COM](http://WWW.BIGDADDYGOLFCLASSIC.COM)

Benefitting -  
**Orthopaedic  
Foundation**  
Research · Educate · Regenerate

**OHEKA CASTLE**  
Hotel & Estate

Become more committed to your dreams than you are to your comfort zone. Lets gets inspired and motivated to push forward for a better tomorrow!

# Inspire Commit Change

**Commit to the Challenge**

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**Commit to Yourself**





## Exercise a Little Bit

If there is anything that 2020 has taught us, a workout doesn't need to happen in the gym to be effective. If working out in a facility is not for you, research fitness apps or videos with classes or private sessions offered by certified health and exercise professionals. Work a fitness plan into your life and let's get moving!



## Try Something New

Whether you realize it or not, you spend the majority of your day doing things you've already done hundreds or thousands of times before. Very rarely do you actually try new things for the purpose of engaging a unique experience. But what if you made it a point to do exactly that? Set a goal for yourself and make time to accomplish this new challenge.



## Apologize & Forgive

Carrying around resentments and guilt wears us down and can lead to serious illness. If you experienced a tough breakup, argument, or perhaps the political climate has led to disheartenment and lost friends, reach out, allow yourself to forgive, and move on. Forgiveness doesn't mean you condone hurtful behavior. Instead, it frees you and allows you to move forward without added baggage.



# 21 TIPS TO IMPROVE YOUR DIET FOR 2021

*Article Courtesy of:  
Dynamic Strength and Conditioning*

1. Stop trying to out exercise a bad diet
2. Remove junk food from your home
3. Eat protein at every meal/snack
4. Decrease caffeine intake after 12pm
5. Drink more water
6. Plan meals for the week
7. Eat SLOW and stop when 80% full
8. Set goals (short and long term)
9. Have a support system
10. Hire a nutrition coach
11. Eat the right foods before workouts
12. Eat the right foods after workouts
13. Eat well on the go & when you're out
14. Make more meals at home
15. Drink protein smoothies
16. Eat mostly foods without a label
17. Eat before grocery shopping
18. Add healthy fats to meals
19. Celebrate the small wins
20. Don't sabotage your hard work on the weekends
21. Understand it's not selfish





**Thomas  
Evely, DO**



**Karthikeyan  
Chinnakkannu, MD**

## **The Plancher Orthopaedics & Sports Medicine Fellowship Program**

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The Orthopaedic Foundation serves as the Graduate Medical Education (GME) Office for this ACGME-approved Sports Medicine Fellowship Program. The Fellowship is designed to offer an extensive clinical experience in sports medicine to include ligament repair/reconstruction, traumatic injuries as well as arthroplasty. It focuses on operative and non-operative care of all individuals from pediatric to the middle-aged athlete. The Fellow will gain knowledge and experience through increased clinical volume, observation of patient outcomes in the clinic and monitoring patient satisfaction (PROM's) that are monitored on all surgical patients. The fellow upon graduation will be proficient in arthroscopic and open procedures of the knee, shoulder, elbow, hip, foot and ankle, wrist, and orthobiologics.



## 2020 RESEARCH PUBLICATIONS

- **The Role of Alignment in Successful Clinical Outcomes following Medial Unicompartmental Knee Arthroplasty: Current Concepts.**
- **The Past, Present, and Future of Orthopedic Education: Lessons Learned From the COVID-19 Pandemic.**
- **Anchorless Arthroscopic Transosseous and Anchored Arthroscopic Transosseous Equivalent Rotator Cuff Repair Show No Differences in Structural Integrity or Patient-Reported Outcomes in a Matched Cohort.**
- **Low-Intensity Continuous Ultrasound for the Symptomatic Treatment of Upper Shoulder and Neck Pain.**
- **DVT and Pulmonary Embolism Following Knee Arthroscopy: The Role of Genetic Predisposition and Autoimmune Antibodies.**
- **The Changing Face of Orthopedic Education: Searching for the New Reality After COVID-19.**
- **Feasibility of Biceps Tenotomy Using Small Needle Arthroscopy: A Cadaver Analysis.**
- **Survival and Outcomes following Medial Unicompartmental Knee Arthroplasty in ACL-Deficient Knees Compared to ACL-Intact Knees.**
- **Anterior Shoulder Instability: An Algorithm for Success.**
- **Diagnosis and Management of Partial Thickness Rotator cuff tears – A Comprehensive Review.**
- **The Shoulder Transpectoralis Arthroscopic Portal is A Safe Approach the Arthroscopic Latarjet Procedure: A Cadaveric Analysis.**
- **Thumb Carpometacarpal Suspension Arthroplasty with Flexor Carpi Radialis Ligament Reconstruction and Tendon Interposition Using an Absorbable Interference Screw: A Volar Approach Technique.**
- **The Accessory Medial Portal for ACL Reconstruction: A Safe Zone to Avoid Complications.**

# 2021 CLINICAL TRIALS

We are currently enrolling patients in several clinical trials.

## KNEE ARTICULAR CARTILAGE DEFECTS

Cartilage acts as a shock absorber in the knee joint. Cartilage injuries can be the result of a traumatic event or as a result of degeneration over time. Cartilage lesions of the knee can result in pain, instability, and loss of knee range of motion, all of which may limit your quality of life and your ability to do the activities you love to do. Cartilage does not have a blood supply; therefore, it cannot repair itself. If you are experiencing such symptoms and have damage to the cartilage of your knee, you may be eligible for one of four research studies.

### NOVOCART 3D®

NOVOCART 3D® is a product which utilizes tissue engineering to combine chondrocytes from your knee with a type 1 collagen scaffold, a natural joint substance, which allows for growth of healthy cartilage cells.

### HYALOFAST®

Hyalofast® is a product, which treats your cartilage lesion by utilizing a thin, sterile pad composed of hyaluronic acid which acts as a matrix to absorb stem cells from your own bone marrow (BMAC).

### EPISEALER®

The Episealer® knee implant is an individualized implant designed specifically for your knee and cartilage lesion based on a virtual 3D model created from MRI scans. Utilizing a patient-specific delivery method, the implant is inserted to replace the affected area of the joint surface in order to restore knee function and reduce pain.

### CHONDRO-GIDE®

The Chondro-Gide® Articular Cartilage Cover is a purified membrane derived from collagen, which is smooth on one side and rough and porous on the other, to provide a protective environment for the stabilization of tissue repair.

**If you have damage to the cartilage in your knee, please contact Stephanie C. Petterson, MPT, PhD at [spetterson@ofals.org](mailto:spetterson@ofals.org) or 203-869-2002 ext 14 to see if you are eligible.**

# OUR COVID-19 RESEARCH

## THE CHANGING FACE OF ORTHOPAEDIC EDUCATION: SEARCHING FOR THE NEW REALITY AFTER COVID-19

The COVID-19 pandemic has had immediate impact on the practice of medicine and on orthopaedic education. As the practice of social distancing has been put into place to help slow the spread of disease as well as to conserve medical supplies and equipment, elective surgery has come to a grinding halt. This dramatic change has forced our leaders to evaluate critically the delivery of education and skills training for our residents, fellows and all orthopaedic surgeons. We must continue to develop technologies, such as virtual meeting platforms, distance learning, simulation-based training, virtual reality and augmented reality to open up the new world of orthopaedic education.

## THE PAST, PRESENT, AND FUTURE OF ORTHOPEDIC EDUCATION: LESSONS LEARNED FROM THE COVID-19 PANDEMIC

The COVID-19 global pandemic has upended nearly every medical discipline, dramatically impacted patient care and has had far-reaching effects on surgeon education. In many areas of the country, elective orthopedic surgery has completely stopped to ensure that resources are available for the critically ill and to minimize the spread of disease. COVID-19 is forcing many around the world to re-evaluate existing processes and organizations and adapt to carry out business, of which medicine and education are not immune. Most national and international orthopedic conferences, training programs, and workshops have been postponed or canceled, and we are now critically evaluating the delivery of education to our colleagues as well as residents and fellows. This article describes the evolution of orthopedic education and significant paradigm shifts necessary to continue to teach ourselves and the future leaders of our noble profession.



# Prevent the spread of COVID-19 in 7 STEPS

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



Source: The World Health Organization



# THANK YOU FOR BELIEVING IN OUR CAUSE

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TO OUR  
SUPPORTERS:

Thank you for your generous support which has allowed the Orthopaedic Foundation to continue its cutting edge research and develop new avenues to reshape the delivery of orthopaedic education during these extraordinary times.

