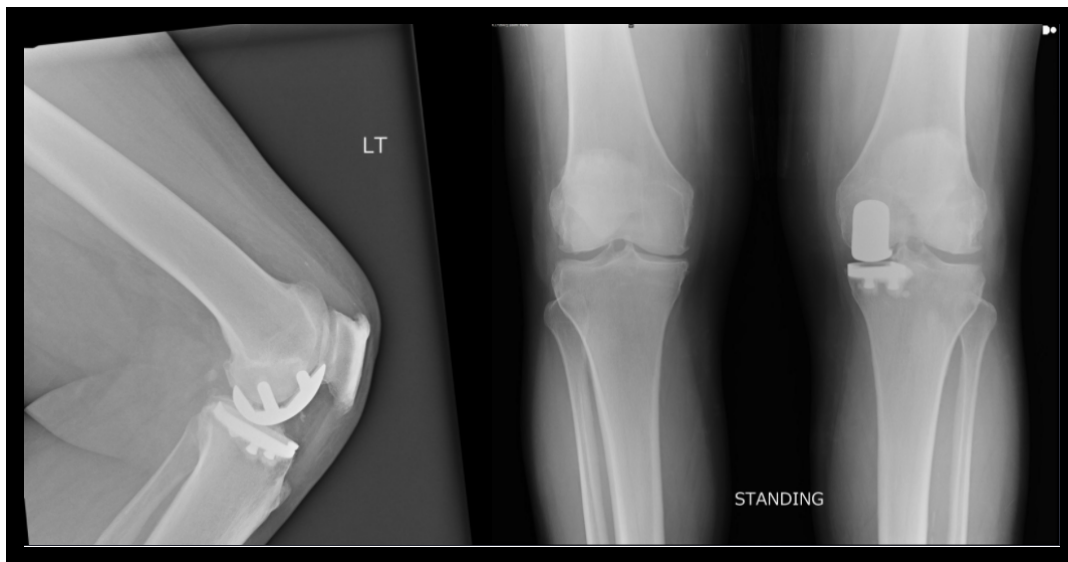


Dear Respected Friends & Colleagues,

This month's Newsletter will focus on Highlights from our Research Department, Upcoming Events, Healthy Autumn Recipes and Tips for Happier Living.

Roundtable Discussion: Robotic-Assisted Partial Knee Replacement



Question: What recent orthopaedic advancements do you think have changed treatments and improved outcomes?

Answer: Partial knee replacement surgery can be a technically challenging orthopaedic procedure. Recent advancements with robotic-assisted joint replacement surgery, specifically partial knee replacements, have been a game changer. Robotic-assisted surgery utilizes CT scan technology to provide a patient-specific plan. The robotic arm assists the surgeon to carefully remove only the bone that is absolutely needed. This allows for perfect ligamentous balancing in every case, providing the patient with a superior outcome. This has allowed quicker recoveries and happier patients.

Thank you to Dr. Jeffrey Alwine, DO for contributing to this month's Roundtable Discussion. Dr. Alwine graduated from our ACGME Sports Medicine fellowship in 2014. He is a board-certified orthopaedic surgeon that specializes in hip, knee, and shoulder orthopaedic sports medicine and arthroplasty. Dr. Alwine practices out of Guthrie Orthopaedics in Corning, NY.

References: Makoplasty, Stryker

Research Corner

Surgical Technique for The Arthroscopic Latarjet, A Surgical Procedure for Shoulder Instability

Our research team presented their recent work at the 2021 Annual Meeting of the American Academy of Orthopaedic Surgeons in San Diego last month – Arthroscopic Latarjet: In Vitro Evidence to Avoid Complications with the Trans-Pec Medial Portal. You can read the article [here](#).

A Review of Diagnosis & Treatment for Partial Thickness Rotator Cuff Tears

Congratulations to Dr. Kevin Plancher, former fellow, Dr. Jaya Shanmugam, Karen Briggs and Dr. Stephanie Petterson on the recent publication of their article: Diagnosis and Management of Partial Thickness Rotator Cuff Tears: A Comprehensive Review in *The Journal of the American Academy of Orthopaedic Surgery*. Read more [here](#).

If you are suffering with knee pain and have knee osteoarthritis or a knee cartilage defect, we have several clinical trials that you might be eligible for. Please contact our Research Director, Dr. Stephanie Petterson today – 203-869-2002 ext. 14 or spetterson@ofals.org.

4 Tips to Prevent Sports Injuries

1. Strengthen Your Muscles

Strength training has been shown to reduce the frequency of sports injuries. Building up your muscles and increasing your overall strength allows you to reduce some of the stresses on your joints and other soft tissues. In addition, studies have shown that overuse injuries can be significantly reduced with proper strength training.

Note: An overuse injury is an injury that is caused by a repetitive motion. A good example of an overuse injury is tennis elbow, the condition tennis players can develop after swinging their racket in a similar motion repeatedly.

2. Stretch Regularly

Increasing flexibility can help you avoid a sports injury. When you stretch, you're lengthening your muscles and ligaments. This helps them be more flexible.

Say you're playing your favorite sport and you need to quickly reach out as far as you can. If you don't stretch as part of your regular workouts, then tighter soft tissues are more prone to tearing with this motion.

3. Don't Play if You're Injured

If you have an injury, take time to let it heal. Continuing to play when you have an injury can cause more damage and worsen your injury.

4. Don't Overdo It

Long hours of sports training can lead to overuse injuries. Make sure you're not training too long without taking a break. Pushing your body too hard can lead to injuries.

If you've taken time off from sports, you shouldn't just jump right back in at your old training levels. Your body isn't used to it. Your muscles aren't as strong as they used to be, and your ligaments are tighter. Both conditions make you more prone to injury unless you take time to stretch and build your muscles back up.

References

- <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Sports-Injury-Prevention-Tip-Sheet.aspx>
- <https://kidshealth.org/en/kids/sport-safety.html>
- <https://bjsm.bmj.com/content/48/11/871>

OUR 17th ANNIVERSARY VIRTUAL GALA IS FAST APPROACHING.

We are proud to announce that chef, restaurateur and Food Network personality Geoffrey Zakarian has been added to our roster of Honorees for the 17th Anniversary Gala!

OUR HONOREES THIS YEAR INCLUDE:

Celebrity Chef Geoffrey Zakarian

Celebrity Chef Aaron Sanchez

Celebrity Chef Matt Storch

Justin Tuck – Former NFL Defensive End

Erik Coleman – Former NFL Safety

Dr. Peter Gold M.D. – Orthopaedic Surgeon & Philanthropist



Chef Geoffrey Zakarian has a family-friendly autumn soup recipe that is sure to warm up your kitchen and home without compromising healthiness...



Butternut Squash and Apple Soup

Ingredients:

- 1 large butternut squash, peeled and cubed
- 1 medium chopped yellow onion
- 2 tart apples, peeled, cored and cubed
- 4 tablespoons of unsalted butter
- 1 tablespoon of Madras curry powder
- ¼ cup of all-purpose flour
- 3 cups of chicken broth
- ½ cup of half and half
- Kosher salt and ground black pepper

- Toasted pine nuts to garnish

Directions:

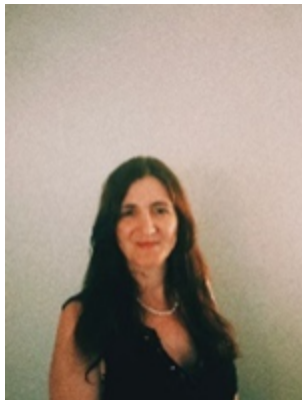
1. Start by melting the butter in a large soup or stock pot over medium heat.
2. Add the squash, onion, apples and curry powder and sauté for 5 minutes.
3. Add the flour, stirring well to combine the ingredients.
4. Add the chicken broth and let the pot simmer for 30 minutes, or until the squash is tender, then let the soup cool down for a few minutes.
5. Use an immersion blender to blend the ingredients together until smooth. If you don't have an immersion blender, puree the ingredients in small batches.
6. Add the half and half, then reheat the soup and serve with toasted pine nuts.

We hope you enjoy!

Stay safe and healthy.

Warm regards,

Janine Bahar
Executive Director



Orthopaedic Foundation

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