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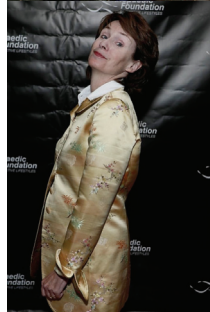
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5th Anniversary Gala – October 22, 2009



The Orthopaedic Foundation for Active Lifestyles (OFALS) hosted its fifth anniversary gala fundraiser on October 22, 2009 at The Brae Burn Country Club in Purchase, New York. The festive evening, which featured a cocktail reception and dinner presentation from the finest chefs of Greenwich, honored internationally recognized orthopaedic surgeon and sports medicine expert **Kevin Plancher, MD**, and successfully raised money for the foundation's medical research and educational programs.

Proceeds from the evening benefit the Orthopaedic Foundation for Active Lifestyles, developed by Kevin Plancher, MD, a not-for-profit foundation whose principal mission is to promote, support, develop and encourage research and education concerning orthopaedic care and advancements in technologies and treatment of arthritis, orthopaedic injuries and musculoskeletal diseases.



SAVE THE DATE!

6th Anniversary Gala
October 26, 2010 - Featuring
Emeril Lagasse!



Committee board members **Richard Berman, Donna deVarona, Duane Hill, George and Karen Kollitides, Albert and Dana Nickel, Morton Seaman, FOX News Anchor Jon Scott** and **CBS Sports Producer Suzanne Smith** were joined by many to honor **Kevin D. Plancher, MD** for his outstanding work on behalf of the foundation. Guests including supermodel **Heidi Albertsen, Craig Callen, Elizabeth and David Jensen, Christopher Dapolito, Sue Merz, Gloria and Jerry Landsberg, Richard Grace, Raymond Hakimi, Ligaya Wakefield, Dr's Jackie and Peter Blank, Lisa and Adam Hodes** and **Hope Horton** gathered at the Brae Burn Country Club, enjoying the delicious cuisine from restaurants including **Polpo, Aux Delices, Morello Bistro, Myrna's and Susan Kane Catering, Valbella, Tengda, Homestead Inn** and a lively presentation emceed by **ABC 7 Eyewitness News Meteorologist Bill H. Evans**. Grammy Award Winning songstress **Judy Collins** stole the show with a heartfelt performance, dedicating a song to the late **Mary Travers**, whose husband **Ethan Robbins** was in attendance. Comedian **Jane Condon** also pleased the audience with a guest appearance.

OFALS gets ACGME Accredited Fellowship!



The Orthopaedic Foundation for Active Lifestyles (OFALS) has announced its recognition by The Accreditation Council for Graduate Medical Education (ACGME), a private, non-profit council that evaluates and accredits medical residency programs in the United States.

With responsibility for accrediting post-MD medical training programs within the United States, the ACGME uses an independent peer review process based upon established standards and guidelines. Its mission is to improve health care by

assessing and advancing the quality of physicians' education through accreditation. Programs must be ACGME-accredited in order to receive graduate medical education funds from the Federal Center for Medicare and Medicaid Services. Residents must graduate from ACGME-accredited programs to be eligible to take their sports medicine board certification examinations. In addition, many states require completion of an ACGME-accredited residency program for physician licensure. The ACGME accredits approximately 8,700 residency

programs in 130 specialties and subspecialties educating 108,000 residents. Only between 5-7 private non university ACGME programs exist. Its mission is to improve health care by assessing and advancing the quality of resident physicians' education through accreditation.

The Orthopaedic Foundation for Active Lifestyles has sponsorship opportunities available for naming rights for the Fellowship program. Please contact Janine Bahar at jbahar@ofals.org for more information.

The Foundation through the generosity of our benefactors has access to special tickets, and NYC concerts. Two of our Foundation benefactors recently received 2 front row tickets to Lady Gaga!



2008-2009 Fellowship Highlights

David Dickerson, MD

Over the course of the last year I've had the pleasure of working with Dr. Plancher. I have had the opportunity to fine tune my arthroscopic skills and learn a great deal about the business of orthopaedics. While participating in the office setting, the wide variety of patients and patient problems has made it possible to gain a well-rounded experience. While in the operating room, the variety of cases has allowed my comfort level to increase significantly. In conjunction with treating patients, Dr. Plancher has

stressed and fostered learning in the business aspect of orthopaedics. Dr. Plancher understands that it is equally important to understand the business aspect of medicine and has integrated into the fellowship. Overall, my experience has been a well-rounded experience that will play a crucial role in my career.

Sheryl Lipnick, DO

Overall, there were numerous highlights throughout the year which enriched my sports medicine education. Having the lab upstairs gave me many opportunities to practice my skills prior to performing a

surgery. My 2 months of research allowed me to write a variety of textbook chapters as well as gave me an opportunity to design and perform my own individual studies on the anatomy of the proximal portion of the biceps and the evaluation of shoulder scoring systems. Although I am very excited to be heading back to Chicago to start the next phase of my life, I am sad to leave all of my new colleagues and friends. I am sure that I will benefit from the knowledge and life experience that I gained here at Plancher Orthopaedics and Sports Medicine.

OFALS Welcomes Dr. Rivera 2009-2010

Dr. Alberto Rivera received his B.S., Major in Biology Magna Cum Laude from the University of Puerto Rico, Rio Piedras Campus. He then completed with honors medical school in Puerto Rico. Dr. Rivera then did his Surgical Internship at the

General Surgery Program of the University of Puerto Rico and completed his Residency in Orthopedic Surgery at the same institution. Currently he is an attending surgeon at Beth Israel Hospital in New York, Stamford Hospital in Stamford

Connecticut, and Northern Westchester Hospital in Mount Kisco.

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(cont. from pg 2 "OFALS...")

Dr. Rivera has demonstrated great commitment and passion for his medical profession. He has special interests in

shoulder, elbow hip and knee surgery. Dr. Rivera is very active in sports, a former baseball player and now an avid triathlete. Dr. Rivera is

currently working on a research project on ACL Repairs.



OFALS Sponsors Athletic Trainers Symposium

On July 18, 2009 the Orthopaedic Foundation for Active Lifestyles sponsored an "Athletic Trainers Symposium" on Athletic Injuries of the Knee for trainers. Didactic lectures provided the theoretical principles for the definition, care and treatment of athletic injuries of the knee.

Demonstration and a hands-on cadaver lab workshop supported the lecture information. The course gave Athletic Trainers an in depth look at the diagnosis and treatment of common athletic related knee injuries including gross anatomy and/or knee arthroscopic

procedures. OFALS is recognized by the Board of Certification, Inc to offer continuing education for certified athletic trainers.



Dr. David Dickerson at Symposium with various athletic trainers.

OFALS Teach Yonkers High School Science Students How to Fix Bone Fractures

In the spring, twenty-four students from the Academy of Medical Professionals, a magnet school at Gorton High School in Yonkers, New York participated in a unique student medical education program designed by the Orthopaedic Foundation for Active Lifestyles and under the supervision of Kevin Plancher M.D.

hosted by the Orthopaedic Foundation for Active Lifestyles," said Kevin Plancher M.D., Chairman of the Foundation. "Broken limbs in active children are a common occurrence and this unique experience provides a useful hands-on opportunity to learn the skills needed to repair broken bones."

program," said Janine Bahar, Executive Director of OFALS. These types of programs lie at the heart of the Foundation's core mission. The Lab reflects OFALS dedication to education in orthopaedics and sports medicine and further supports our goal of providing students with an understanding of surgical techniques and encouraging students to consider a career in medicine."

"This is one in a series of school-based community outreach education events

"The Foundation is proud to support this important educational outreach



Pictured with Dr. Plancher Left to Right are Students: Jester Whitney age 16, Toni Gallagher age 17 and Gina Louissaint age 16 of Gorton High School.

OFALS Donates to Lacrosse Unlimited of Greenwich

Kevin Plancher MD recently presented to Don Femminella, Manager of the Lacrosse Unlimited Sports Store of Greenwich with 20 free tickets to the Long Island Lizards Professional Lacrosse Team Opening Day Game. Dr. Plancher, a resident of

Greenwich, is also Head of Plancher Orthopaedics and Sports Medicine in Cos Cob and is the Team Physician for the Long Island Lizards Lacrosse Team.

OFALS is a not-for-profit foundation whose major

mission is to effectively promote, support, develop and encourage research and education concerning orthopaedic care and advancements in musculoskeletal diseases.



Pictured from Left to Right: Mike Kitelman, Assistant Manager, Lacrosse Unlimited, Don Femminella, Kevin Plancher MD and Janine Bahar, Executive Director OFALS

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OFALS Highlights

- OFALS was an exhibitor sponsor for the Basketball Athlete Symposium, October 25, 2009 in Southington, CT
- OFALS proudly supports Greenwich High Schools Cardinal Quarterback Club! And wishes them a safe and healthy season!
- OFALS Sponsors Greenwich Tennis Tournament to Benefit Cancer Research!

The Foundation is Proud to Announce the Publication of the Following Orthopaedic Chapters in 2010

Chapter: **Plancher, KD** and Lipnick SL. The Natural History of the PCL Deficient Knee & The Surgical Management of Synovitis of the Knee. Interactive Educational Program (IEP) for Total Joint.

Chapter: **Plancher, KD** and Lipnick, SL. Arthroscopic Procedures of the Knee. In: Tria, F and Scuderi, G (eds.). The Knee – A Comprehensive Overview. World Scientific Publishing.

Chapter: **Plancher, KD**, Dickerson, DB, and Kern, EA. Subacromial Decompression: Lateral Approach and Posterior (Cutting Block). In: Barber, FA (ed.). Operative Arthroscopy 4th Edition. Lippincott, Williams and Wilkins.

Chapter: **Plancher, KD** and Lipnick, SL. TFCC Tears: Arthroscopic Management Options. In: Savoie, FH (ed.). Operative Arthroscopy 4th Edition. Lippincott, Williams and Wilkins.

Chapter: **Plancher, KD** and Dickerson, DB. Scapulothoracic Bursoscopy. AANA Advanced Shoulder Arthroscopy. Elsevier.

Chapter: **Plancher, KD** and Balaguer, EJ. Wrist Arthritis: Arthroscopic Synovectomy, Abrasion Chondroplasty & Radial Styloidectomy of the Wrist. AANA Advanced Elbow and Wrist Arthroscopy. Elsevier.

Kevin Plancher, MD Keynote Speaker at Sooner Sports Symposium - Norman, Oklahoma on January 15, 2010 lecturing on:

- Posterior Shoulder Pain: Suprascapular Nerve Etiology & A New Technique for Release
- Nerve Entrapment Syndromes in the Upper Extremity
- Triangular Fibro cartilage Lesions: Anatomy, Pathology, Techniques, Pearls & Pitfalls

Clinical Trials Update

OFALS completed 2 Clinical Trials in 2009 run by our Clinical Trial's Manager, Hope Horton. The first was the Monovisc trial where patients had a 50/50 chance of receiving a new single viscosupplement injection to the knee (current medications available by prescription consist of three injections administered one week apart). Patients then had the option of getting an injection of the product itself 6 months into the trial. Patients did very well in the trial. We were an add-

site for the study and still reached our target enrollment and had a 95% retention rate. The product is still under FDA review.

The second was a Supartz Shoulder Trial. In this trial patients had a 50/50 chance of receiving the viscosupplement Supartz, which is an FDA approved product, currently only approved for the knee, to their shoulder. The patients also had the option of receiving repeat injections of Supartz 6

months into the study if needed. We were a top enrolling site for the study and all patients completed the study. Supartz is under review to be FDA approved for use in the shoulder.

We're on the
Web!

See us at:

www.ofals.org

About Our Organization...

The Orthopaedic Foundation for Active Lifestyles is guided by a talented and diverse Board of Directors who take seriously our education and research mission, and who fully believe in "Staying in

the Game...for Life!" Outreach to major corporations who work in orthopaedic and sports medicine, contact with organizations who provide educational support to the general public, and

engagement of individuals who believe in a healthy, active lifestyle will continue to be defined by the Board as our areas of focus and excellence.

