

The Orthopaedic
Foundation:
A Context
for Conversation



**Orthopaedic
Foundation**

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2777 Summer Street, Suite 500 | Stamford, CT 06905

Phone: (203)869-2002 x 403 | Fax: (203)869-4040

www.ofals.org

Stay in the Game...for Life.

“

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 Dr. Plancher and the work of the Orthopaedic Foundation – you have performed a miracle!

”

~ Isobel Fletcher, Patient

“

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 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 once again to get back to the activities I had to stop doing prior to being a participant in the study.

”

~ Stacy Stefanowicz, Patient



Orthopaedic Foundation

The Orthopaedic Foundation: A Context for Conversation



Born of the need to promote and encourage research and education in the field of orthopaedics and sports medicine, the Orthopaedic Foundation was established in 2002 with a focus on innovation to better manage osteoarthritis and other musculoskeletal diseases, prevent injury to individuals across the spectrum of activity, and develop minimally invasive treatments with shorter recovery times, with the aim of keeping our world active and pain free. During different stages of our lives, we may not always feel as though our bodies are able to keep up with our spirit. Whether it's due to injury, illness or the natural progression of age, the active and sometimes adventurous lifestyle we are accustomed to enjoying may be slowed down or even halted. Through education and medical discovery, we are helping everyone passionate about a healthy and active lifestyle...

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.

2014 Board Members

Kevin D. Plancher, MD, Chairman of the Board

Janine D. Bahar, Executive Director

Richard Bisk

April Dove

Duane Hill

Arthur Jenkins, MD

George Kollitides II

Albert Nickel

Robert Plancher, Chief Financial Officer

Ken Wisdom

Mary Ellen Yacura

In addition to our Board, we engage a group of nationally and internationally respected medical professionals. These individuals contribute their expertise to enable the Foundation to meet various educational and research components of our mission and goals.

2014 Medical Advisory Committee

Richard Berman

Peter Blank, DO

Craig Callen

Richard Katz, MD

Michael Kaplan, MD

Carl Nissen, MD

Marc Safran, MD

Our History

In 2002, Dr. Kevin Plancher, a world renowned orthopaedic specialist, realized that with success, there came responsibility. Enjoying a successful medical practice, Dr. Plancher decided that it was his obligation to give back to the community and to advocate the benefits of an active lifestyle for his profession. Embodying this was his vision to provide a full continuum of orthopaedic care – from research and clinical trials to the development of minimally invasive surgical techniques. Dr. Plancher imagined a central hub for information, data, and training. He envisioned a center that was considered the preeminent source for all orthopaedic needs. In his mind, he pictured what is now the Orthopaedic Foundation.

We are at a critical stage in our organization's growth and development. We have achieved great status within our field of medicine, however, there is still much to be done if the Orthopaedic Foundation is to thrive as the leader of innovation and advancement. As we look at the past 10 years, we recognize that our success was built on the encouragement and patronage of many, and now, as we look to the next 10 years, we are hopeful that those who saw the benefit to this organization remain steadfast in their support.



Our Focus

Established on Dr. Plancher's strategic foresight, the organization has successfully operated for the past 10 years. Our vision encompasses the following goals:

- To become the premier orthopaedic research center, performing management consulting for bio-skills labs around the United States, including a cadaver procurement center for the East Coast
- To be the ultimate warehouse of data for orthopaedic care results, offering specialists and patients information and improved insight to understanding patient outcomes
- To provide world-class, cutting edge innovation and advancement through research and educational labs and seminars regarding musculoskeletal health and orthopaedic injury and disease, in order to improve our health and well-being

To achieve our vision, we have concentrated on three primary areas that we believe are critical to the success of the Foundation and the field of orthopaedics. Those areas include:

Community Outreach

for all ages including our "Doctor for a Day" program, "How to Prevent Sports Injuries" seminars, and "Weekend Warrior" rehabilitation programs.



Medical Education

for thousands of physicians and other health care professionals which includes hands-on anatomy workshops and various physician trainings at our annual conference and various lectures and labs offered for continuing education credits.



Medical Research

focusing on technology and the use of advanced minimally invasive surgical techniques as well as advancements in the treatment of injuries and musculoskeletal diseases such as arthritis with special emphasis on knee and shoulder issues.



The Foundation has been fully engaged in offering **Medical Education** for professionals across the globe. In an effort to give back to the profession and the global community, we have instituted multiple programs that provide academically-sound and clinically-relevant updates on new technologies in the treatment of arthritis, orthopaedic injuries and musculoskeletal diseases. Participating physicians, fellows and researchers gain knowledge through hands-on workshops, lectures and presentations. Through our partnerships and participation in various conferences, our reach expands to include professionals around the globe. In addition, our Fellowship program, which was started in 2002 and ACGME-accredited in July 2008, enables two sports medicine fellows each year to transform themselves from orthopaedic resident to independent practitioner along the continuum of medical education. Our program, no different than a university-based program, places surgeons back in the community with the ability to perform cutting edge procedures.

Exemplifying our commitment to giving back, our **Community Outreach** programs have been an identifying mark of our success in raising awareness for orthopaedic injuries. With educational offerings like our “Doctor for a Day” program, we introduce high school students to a practical and hands on approach to medicine.

“By offering this series of programs for high school students, we are working to bring medical concepts to young students and encourage them, we hope, to consider medical careers.” Dr. Plancher explained “the Lab’s focus on broken forearm bones helps bring medical and surgical concepts to the students by showing them techniques for fixing body parts that they’ve seen broken in their lives, whether their own, their friends or their sport heroes. We hope by sharing in a group of four that each student learns how teamwork is also essential for success, not only in the operating room, but in daily life.”

Previous programs have included our work with 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 and Gorton Academy of Medical Professions in Yonkers, NY. 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.

Another element of our overarching vision is **Medical Research**. Our focus is on research that translates to the invention of new arthroscopic surgical techniques and advances in minimally invasive procedures in an effort to promote active lifestyles. Our Department of Research works with the Medical Advisory Committee to provide scientific input in the research conducted. Within our research program there are three areas of concentration:

1. Clinical Trials to carry out specified research protocols which investigate the effectiveness of medication, medical devices and/or intervention. These trials are no different than what is currently conducted in some of the largest university hospitals such as Duke, Harvard and Stanford. We, in fact, collaborate with many of these institutions.
2. Outcomes Research which collects both subjective patient assessments and objective physician assessments of musculoskeletal injury, disease and surgical outcomes with the intention of identifying pitfalls in practice and investigating the effectiveness of orthopaedic interventions and minimally invasive surgery. This research, a unique resource to our physicians, allows for the retrieval of critical information.
3. Prospective Trials or investigator-driven studies about a particular cohort of individuals within the field of musculoskeletal injury and disease under the guise of orthopaedic surgery with analysis by our research team. At the present time, we are looking at ways to avoid a total knee replacement as well as the optimal way to return to sports after ACL surgery or a dislocated shoulder.

Additionally, the Orthopaedic Foundation maintains extensive data on all areas of orthopaedic medicine. This collection of information, research and statistics is an important resource to professionals across the field, offering insight and greater understanding of various orthopaedic injuries and musculoskeletal diseases. This resource, available globally, is an important aspect of our work and a vital resource in helping professionals better understand, predict and plan for patient outcomes.

With a full staff dedicated to promoting discovery through research, our team of scientists and physicians is known for its exciting innovation and the sharing of findings with other professionals. Each year Dr. Plancher is inundated with requests to present at conferences and clinics, contribute manuscripts to some of the most respected medical journals and write chapters for national and international textbooks. This year Dr. Plancher was a guest editor for Operative Techniques in Sports Medicine and Clinics in Sports Medicine and wrote four different articles featured in just one edition focusing on dislocated shoulders and advances in partial knee replacement. In addition, our staff has written articles for an international textbook, Sports Injuries, as well as book chapters for our national organization, AANA (Arthroscopy Association of North America). We constantly submit articles to be accepted in peer review journals.

Our research work has been met with great success including the Foundation's participation in 13 industry-sponsored clinical trials and publishing more than 25 articles. We are clearly an established presence in the field of orthopaedic medicine and, as we move forward, we are focused on enhancing this reputation while making a difference in the lives of our patients.

“
The Orthopaedic Foundation Fellowship is a unique opportunity to do your own original research with the financial support of the Foundation and an esteemed research team.
”

~ Jeffrey Alwine, DO
Fellow 2013-14



Where we are Making an Impact

For our skiers and soccer players of all ages:

Currently our team of researchers is exploring the benefits of anterior cruciate ligament (ACL) reconstruction using both the patient's own tissue as well as using cadaveric tissue. While each patient is different and there is no perfect fit for everyone, the research we are performing is allowing patients to gain a better understanding of the different options, allowing them to make the best choice for their unique situation and promoting the best possible outcome.



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

For more than 20 years, our doctors have been performing unicompartmental knee replacement as this minimally invasive procedure is shown to have fewer complications and promotes a quicker recovery. As our population ages and more and more of us are considering knee replacements to address the pain caused by osteoarthritis, it is imperative that our research remain current and that it offers patients the most up-to-date information available to make informed decisions about their health. In this spirit, we have recently published a journal issue entitled, Unicompartmental Knee Arthroplasty: The Modern Frontier, which we believe will help all gain a better understanding of the procedure and the options available to us as we aim to stay active throughout our lives.



For our football, lacrosse and everyday athletes:

Concussion, recently brought to the attention of mainstream America through the National Football League's advocacy, is a concern for all families who have a member playing any type of semi-contact sport. While baseline testing for young athletes has become the norm, it is also extremely important to gain a better understanding of how to avoid, identify and treat these brain injuries. In order to address this issue, our scientists have recently produced research that outlines the signs of concussion and offers various prevention methods which was published in the September 2014 issue of The Orthopaedic Journal of Sports Medicine. This article is the first ever to establish baseline neuropsychological data in the sport of lacrosse, the fastest growing sport for athletes under the age of 18. Thanks to Dr. Plancher, the physician for the professional lacrosse team, the New York Lizards, all of this was possible.



Our Future Vision: What's Next?

While the Orthopaedic Foundation is recognized for our Medical Research, we believe there is still incredible opportunity for growth, innovation and discovery. Recently, we have rededicated ourselves to the Foundation's core value of advancing research in our field. Specifically, we will lead the way in cutting edge and translational research by reinvesting in our world renowned program so that we solidify our position as the leading resource for all orthopaedic questions, inquiries and answers.

We have established the infrastructure that will sustain our anticipated growth and it is now time to elevate the Orthopaedic Foundation to the next level of innovation and achievement. We have attracted and hired the brightest new scientists and research associates to expand our ability to discover the next advancements in our medical field. In addition, we have made significant investments in the tools, equipment and supplies this team will require in order to achieve the ambitious aspirations we have set for ourselves. The stage is set for our organization to cement itself as the premier research leader in orthopaedic medicine as evidenced by our multiple active clinical trials and invitations to the world's most prestigious medical conferences. Our presence on the global stage of orthopaedic medicine has resulted in the increased sharing of published research and the exchange of new techniques, all leading directly to better patient outcomes. And for those simply wishing to lead active and healthy lifestyles, our use of social media technologies, such as Facebook and Twitter, delivers up-to-the-minute information in real time.

Our Global Presence

May 2013: Dr. Plancher participated as a Surgical Demonstration Commentator for the International Update on Surgical Demonstrations of the Shoulder & Elbow Pre-Course, immediately preceding the 9th Biennial ISAKOS Congress in Toronto, Canada.

Summer 2013: A Guest Professor and Lecturer, Dr. Plancher attended AMECRA's (Asociación Mexicana de Cirugía Reconstructiva Articular y Artroscopia) Annual meeting in Los Cabos, Mexico. Dr. Plancher also attended and was an active participant at the Maine Orthopaedic Review Course and the American Orthopaedic Society for Sports Medicine Annual Meeting.

October 2013: At the Eastern Orthopaedic Association's Annual Meeting in Miami, Florida, Dr. Plancher presented on Arthroscopic Treatment of Anterior Shoulder Instability in Contact & Noncontact Athletes. Later, Dr. Plancher served as faculty member at the 2nd Annual Comprehensive Las Vegas Shoulder Course in Las Vegas.

January 2014: Dr. Plancher traveled with the United States Ski & Snowboard Team to Beaver Creek, Colorado where training sessions and qualifying tournaments were held.

January 2014: Dr. Plancher traveled to Cape Town, South Africa, to present an ACL study with almost 15 years of follow up research focusing on Autograft/Allograft, Single Bundle and Transtibial ACL Reconstruction at an Average 7 year Follow-up Yields Successful Radiographic Outcomes with Return to High Level Sports.

March 2014: Dr. Plancher attended the American Academy of Orthopaedic Surgeons Annual meeting, where he led a filled symposium on issues related to shoulder problems.

June 2014: In Nice, France, Dr. Plancher presented two different lectures at the Nice Shoulder Course. These included "Management of the Athlete with a Failed Shoulder Instability Procedure" and "Arthroscopic Decompression of the Suprascapular Nerve Up and Down".

September 2014: Dr. Plancher travelled to Innsbruck, Austria to the AGA Congress to lecture on Endoscopic Release of the Suprascapula Nerve to a case presentation of throwing athletes.

Financial Support is Vital to Our Success

This comprehensive campaign will support the Orthopaedic Foundation in three primary areas: Operations, Programs, and a Chair Endowment. Each area carries value and importance to our overall success and the achievement of our goals and mission.

Operations:

Currently, all salaries, conference expenses, specimens, and other essential medical supplies and equipment are paid for through our operating budget. Through this campaign initiative, we will obtain the funding required to support the salaries and expenses of a Clinical Research Director and dedicated scientists. This financial security will allow our leadership to focus on the important task of medical discovery without having the burden of an uncertain financial position and not knowing whether or not there is the ability to sustain the important work each of our researchers performs. Outside funding is vital to the sustenance of these critical positions.

The Importance of Every Dollar to Our Research Department

For our Research Department to sustain our level of excellence, we incur the following costs each year to train and educate our physicians, staff, and students:

Cadaveric Specimens.....	\$100,000
Conference Travel & Fees.....	\$35,000
Clinical Trials Manager.....	\$25,000
Medical Video Preparation	\$20,000
Data Base Manager	\$15,000
Statistician	\$10,000
Medical Illustrations.....	\$5,000
Smart Doctor Data Base (annual maintenance).....	\$5,000
Manuscript Publications Fees	\$5,000
Journal Subscriptions	\$2,000

Programs:

The financial support gained through this campaign will sustain our newly established scholarship program designed to teach international students from developing nations. This enriching educational experience represents the depth and breadth of our program and its ability to change lives globally. Additionally, the re-location of our Bio Skills cadaver lab to New York City will allow us to reach a greater number of physicians, providing the most advanced training techniques and educational advancements to the area's teaching hospitals. Augmenting our services will require greater financial resources to thrive and remain a robust program. We already have great influence in this field of medicine, now we want to use that influence to drive advancement and innovation to the next realm of possibility. Financial support through this campaign is essential to making this happen.

Endowed Chair:

While it is imperative to obtain backing to sustain the operational and programmatic elements of the Foundation, our primary goal for 2015 is to offer the first named Chair position in our history. The development of an endowment fund will allow us to further explore and generate research on various drugs, devices and interventions through clinical trials and prospective studies. We will be able to translate these research outcomes into patient and physician educational programs, sharing our knowledge with the global orthopaedic community. As an additional benefit, an endowed Chair will further solidify the Foundation as a leader and innovator in this medical field. We will continue to attract the best and brightest scientists and physicians who want to be a part of the ground-breaking and revolutionary work that is taking place in our labs.

By dedicating additional resources to our Research Department through an endowed Chair, we will have the ability to generate more research and data, translating to better patient care. The outcomes of our research will allow physicians to perform minimally invasive surgeries designed to reduce recovery time and keep individuals active for a much longer period of time. We feel it is our responsibility to help keep people on their feet and leading active lifestyles as it has numerous benefits including improved

cardiovascular health, reduced rates of chronic illnesses, such as diabetes, and lower rates of mental illness, such as depression. There is a clear and evident need for the work we are doing at the Orthopaedic Foundation and we take very seriously our responsibility to share with the community, both near and far, our expertise in this field.

We have set a goal of \$2 million to be raised over the next four years to endow this Chair and provide financial security to our already existing operations. Achieving this level of fundraising will require the assistance of our loyal donors as well as the welcoming of new supporters into our family. We are confident that the reputation we have earned will attract benefactors who understand the importance of our work and share our vision and insight for the future of the Foundation. To recognize those who make a financial investment in helping us realize our dream, we will offer various naming opportunities, including the naming of the Chair position.

Levels of Giving

Naming of the Clinical Research Director (1 available)	\$140,000*
Naming of a Fellowship Position (2 available)	\$70,000 each*
Naming of a Clinical Research Scientist Level I Position (1 available)	\$75,000 each*
Naming of the Annual Travelling Fellowship Program.....	\$15,000 per year

**This will cover the annual personal, educational and research expenses for each individual awarded the position.*

The Impact on Our Community



By dedicating additional resources to our Research Department through an endowed Chair, we will have the ability to generate more research and data, translating to better patient care. We will be better able to offer treatments and minimally invasive surgeries designed to reduce recovery time and keep individuals more active, longer. We feel it is our responsibility to help keep people on their feet and leading active lifestyles as it has numerous benefits including improved cardiovascular health, reduced rates of chronic illnesses such as diabetes and lower rates of mental illness such as depression. There is a clear and evident need for the work we are doing at the Orthopaedic Foundation and we take very seriously our responsibility to share with the community, both near and far, our expertise in this field.

The Time is Now to Become Involved



Whether we are elite athletes, weekend warriors or simply injured through the course of everyday events, many of us are faced with the need for the treatment of an injury, or the repair or replacement of a joint. The Orthopaedic Foundation, with the goal of allowing everyone to Stay in the Game...for Life, has embarked on research that is proving to be effective and extremely important as our population remains active.

As we move toward our goal of providing a fuller continuum of orthopaedic care to our patients through research and innovation, we will look to members of our community to financially support these initiatives. With that backing, we are confident that the Orthopaedic Foundation will continue to flourish under our current leadership. As we propel innovation to the next level, offering cutting edge treatments and educating our community to the benefits of orthopaedic health, we are excited by the opportunities ahead. We invite all members of our global community to join us as we embark on the next stage of our development, bringing the latest techniques and technologies to the forefront of orthopaedic medicine.

Please help us win the fight to keep you active and back in the game for life!

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