



 **Orthopaedic  
Foundation**

**Research...Educate...Regenerate**



# 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 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 aging, 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 (EIN # is 06-1605002.) As a non-profit, our success relies heavily on the investment of time and talent donated by our Board of Directors and Medical Advisory Committee. This leadership team, demonstrates a collection of visionaries and supporters dedicated to growing the Foundation through their outreach efforts and philanthropic commitment.

## Board Members

**Kevin D. Plancher, MD** – Chairman, Orthopaedic Surgeon,  
Plancher Orthopaedics & Sports Medicine

**Janine D. Bahar** – Executive Director

**Pradeep Albert, MD** – Owner/Partner, Medical Arts Radiology

**April Dove-Appelblatt** – Former Sales Representative,  
Endo Pharmaceuticals, Inc.

**Duane Hill** – Founder and Partner Emeritus, TSG Capital Group

**Arthur Jenkins, MD** – Associate Professor of Neurosurgery,  
Mount Sinai School of Medicine

**George Kollitides II** – Managing Director, A&M Capital

**George Lewis Jr., PhD** – President and CEO, ZetrOZ Systems, LLC

**Robert Plancher** – Former CFO American Brands

**Kenneth Wisdom** – Managing Director, Portfolio Advisers, LLC

**Mary Ellen Yacura** – Treasurer, Freepoint Commodities, LLC

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.

## 2016 Medical Advisory Committee

Richard Berman  
Peter Blank, DO  
Craig Callen  
Richard Katz, MD  
Michael Kaplan, MD

Michael Mangonon, DO  
Carl Nissen, MD  
Stephanie Petterson, PhD  
Kevin Plancher, MD  
Marc Safran, MD

## Our History

In 2002, Dr. Kevin D. 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 decade, 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

The Orthopaedic Foundation has successfully operated for over a decade. We have defined our organization as a:

- Premier orthopaedic research center focusing on sports medicine injuries and musculoskeletal diseases
- Leading management consultant for BioSkills labs around the United States
- Warehouse of data for orthopaedic care results, offering specialists and patients information and improved insight to understanding patient outcomes
- Revolutionary, world-class, cutting edge innovation center concentrating on the advancement of orthopaedic care through big data sports medicine research and hands-on BioSkills training

The Orthopaedic Foundation has concentrated on three primary areas that we believe are critical to the success of our organization and the field of orthopaedics:

## Medical Education

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



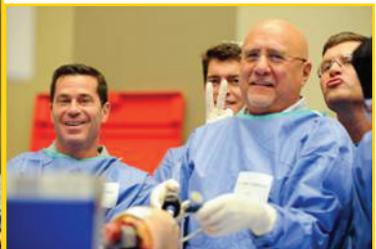
## Community Outreach

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



## Medical Research

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. We are the Educational Sponsor for The Orthopaedic Summit: Evolving Techniques, a premier gathering of over 800 total joint, sports medicine and arthroscopic surgeons, physician assistants, nurse practitioners, athletic trainers, and physical therapists from across the globe. Now in its 7th year, it has become the meeting of choice to enhance patient care of the knee, shoulder, hip, foot & ankle and now spine and trauma in 2017.

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 that each student learns how teamwork is 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 evaluations 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. Our current research includes ways to avoid a total knee replacement, optimal recovery to return to sports after ACL surgery or a dislocated shoulder, and the use of stem cells to treat musculoskeletal.

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.

Our research work has been met with great success including the Foundation's participation in 17 industry-sponsored clinical trials and numerous published 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.

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**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.**

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*~ Jeffrey Alwine, DO  
Orthopaedic Foundation  
2013 – 2014 Fellow  
Orthopaedic Surgeon,  
Guthrie Medical Group*



## Where we are Making an Impact

### **For our skiers, baseball, lacrosse 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 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. We have 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.



## Research Topics Over the Past 3 Years

Stem Cells in Musculoskeletal Injuries

Suprascapular Nerve Release

Bankart Repair for Anterior Shoulder Instability

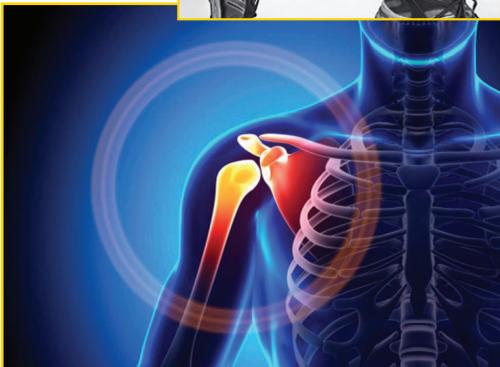
Partial Knee Replacement for Single Compartment Osteoarthritis

Anterior Cruciate Ligament Reconstruction and the Role of Anatomic Reconstruction

Cartilage Restoration: Knee, Shoulder, Hip, Wrist, Elbow & Ankle

Rotator Cuff Repair

Ankle Sprains and Importance of MRI



## 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 Research has a Global Presence

**January 2015:** At the 11th Annual Middle East Orthopaedic Conference held in Dubai, UAE, the Orthopaedic Foundation gave educational lectures on techniques for anterior cruciate ligament (ACL) reconstruction and its role in the prevention of osteoarthritis of the knee.

**March 2015:** The Orthopaedic Foundation spoke about the Role of the Suprascapular Nerve in Competitive Swimmers and Bone Marrow Aspirate Concentrate for the Treatment of Orthopaedic Injuries at the American Academy of Orthopaedic Surgeons Annual Meeting in Las Vegas, Nevada.

**April 2015:** The Orthopaedic Foundation participated in the 34th Annual Cherry Blossom Seminar in Rosslyn, Virginia, the 34th Annual Meeting of the Arthroscopy Association of North America in Los Angeles, California.

**June 2015:** The Orthopaedic Foundation participated in the 10th Biennial Conference of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine and the Mini-Magellan Society Meeting in Lyon, France. Additionally, he traveled to Lima, Peru for the 7th International Arthroscopic Surgery Meeting (Sociedad Peruana de Ortopedia Y Traumatologica) disseminating the importance of graft type in ACL reconstruction, the role of partial knee replacement in an ACL-deficient knee, as well as the future of biologics for the treatment of musculoskeletal injuries. Additionally, he was faculty at the Maine Orthopaedic Review Course in Waterville, Maine to prepare orthopaedic residents for their Board examinations and the 46th Annual Meeting of the Eastern Orthopaedic Association in Maui, Hawaii.

**September/October 2015:** Dr. Plancher was invited as Guest Professor at the University of Ottawa and Duke University where he spoke on Lesions of the Suprascapular Nerve and Successful

Arthroscopic Treatment. He also was invited faculty for the XXII National Congress of the Italian Arthroscopy Society in Marina di Carrara, Italy as well as the Federacion Mexicana de Colegios de Ortopedia y Traumatologia Meeting in Cancun, Mexico. Dr. Plancher was also invited faculty at the Closed Meeting of the American Shoulder and Elbow Surgeons meeting in Asheville, North Carolina and the 20th Boston Sports Medicine Symposium in Boston, Massachusetts.

“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

**November 2015:** Our summer research fellow, Sandip Tarpada (Albert Einstein College of Medicine), presented his research project, Unicompartmental Knee Arthroplasty: An Alternative to the Total Knee Replacement – Outcomes and Satisfaction in the Same Patient at the Interim Meeting of the American Medical Association in Atlanta, Georgia.

**December 2015:** Dr. Plancher was invited as the Keynote Speaker at the Team Concept Conference, a gathering of rehabilitation specialists to present The Physician, Trainer & Physical Therapist: One Team – Building Relationships in Henderson, Nevada.

**February 2016:** The Orthopaedic Foundation led presentations on Amniotic Stem Cells and Superior Capsular Reconstruction for Massive Rotator Cuff Tears at the Current Solutions in Shoulder and Elbow Surgery meeting in Tampa, Florida. Dr. Plancher also traveled

to Snowmass, Colorado for the Upper Extremity Tutorial Course delivering key concepts in the Management of Biceps and Labral Pathology as well as Triceps Injuries in the Athlete's Elbow.

**March 2016:** As a member of the ACL Study Group, Dr. Plancher traveled to Are, Sweden to present the culmination of our research Autograft/Allograft Single-Bundle Transtibial Anterior Cruciate Ligament Reconstruction – A Simple 3D CT Radiographic Evaluation. Our research on A Comparison of Outcomes in Autograft and Allograft ACL Reconstruction and MRI Findings in Lateral Epicondylolysis in Golf and Racquet Athletes were presented at the Annual Meeting of the American Academy of Orthopaedic Surgeons meeting in Orlando, Florida.

**April 2016:** Dr. Petterson presented our research on the Outcomes of Allograft and Autograft Anterior Cruciate Ligament Reconstruction at the Annual Meeting of the Arthroscopy Association of North America in Boston, Massachusetts. Dr. Plancher contributed lectures on the Use of Osteochondral Allografts for Large Cartilage Lesions of the Knee, the Role of Remplissage to Prevent Recurrent Shoulder Dislocations, and the Implications of Distal Suprascapular Nerve Entrapment in Posterior Shoulder Pain at the 35th Annual Cherry Blossom Seminar in Tysons Corner, Virginia.

**“I have just been accepted into the Mount Sinai FlexMed Program. This means I will be attending the Icahn School of Medicine at Mount Sinai in the Fall. There is no question that my time at the Orthopaedic Foundation set me down the path, and gave me this opportunity. I look forward to thanking the team in person when I am back in CT next.”**

*~ Johnny Erdman, Amherst Class of 2017*

**May 2016:** Several of our studies were presented at the 17th European Society of Sports Traumatology, Knee Surgery and Arthroscopy Congress in Barcelona, Spain including Return to Sport after Arthroscopic Bankart Repair for Shoulder Instability, Outcomes after Lateral Unicompartmental Knee Replacement for Osteoarthritis, the Role of Alignment in Medial Unicompartmental Knee Replacement. Dr. Plancher traveled to the Closed Consensus Conference of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine in Munich, Germany, the 13th International Congress of Shoulder and Elbow Surgery in Jeju, Korea, the XXI International AMECRA (Asociacion Mexicana de Cirugia Reconstructiva Articular y Artroscopia) Congress in Merida, Mexico, and 28th Annual Hawkins Society Meeting in Hilton Head, South Carolina, and the Miller Review Course for residents in Denver, Colorado.



**Thank You Orthopaedic Foundation**

**Thank you so much for a wonderful opportunity with the Doctor for a Day Program. I am now set on what my future will look like thanks to the Orthopaedic Foundation!**

*~ Marielis George, Gorton High School*

**June/July 2016:** Our research on Lateral Unicondylar Knee Arthroplasty Returns Women to Moderate and Vigorous Sports: 3-12 Year Follow-Up with Lateral Parapatellar Incision was presented in Taos, Mexico at the Magellan Society Meeting. Dr. Plancher returned to Lima, Peru for the 8th International Arthroscopic Surgery Meeting (Sociedad Peruana de Ortopedia Y Traumatologica) as well as the Maine Orthopaedic Review Course in Waterville, Maine, the Annual Meeting of the American Orthopaedic Society for Sports Medicine in Colorado Springs, Colorado, and the AOSSM Fellows Course in Rosemont, Illinois.

**August 2016:** Dr. Plancher was invited to the University of Mississippi as the JT Davis Memorial Hand Lecturer delivering the Latest Advances in the Treatment of Lateral Epicondylitis as well as Carpometacarpal Arthroplasty for Osteoarthritis of the Thumb.

**September 2016:** The Orthopaedic Foundation spoke about the Role of Latarjet and Bankart for Patients with First Time Shoulder Dislocation at the Mid-Atlantic Shoulder and Elbow Society Meeting in Washington, DC. Dr. Plancher also participated as faculty at the AOSSM Surgical Skills Course on Biological Adjuncts to Osteotomy: Meniscal Preservation in Rosemont, Illinois.

**October 2016:** Our Research Fellow, Dr. Adriana Jimenez-Gonzalez, was awarded the Resident and Fellow Travel Award at the 47th Annual Meeting of the Eastern Orthopaedic Association in New Orleans, Louisiana for her work Medial UKA: Avoiding Failure with Correct Alignment – 8 Year Follow-Up. Additionally, the work of Research Fellow, Dr. Yonatan Keschner, Stem Cell Therapy Provides Functional Improvement in Chronic Tendinopathies, was presented.

**November 2016:** Dr. Plancher was invited to speak at the International Congress for Joint Reconstruction 5th Annual Shoulder Course in Las Vegas, Nevada and the 21st Boston Sports Medicine Symposiums in Newton, Massachusetts.

**February 2017:** Dr. Plancher presented on What To Do with "Repairable" Cuff Tears with Grade 3 or 4 Changes and Can Changes Be Reversed? and the Realistic Arthroscopic Management of Mild to Moderate Shoulder OA and How Stem Cells Fit In at the Metcalf/AANA Arthroscopic Surgery Seminar in Snowbird, Utah.

# Financial Support is Vital to Our Success



We are now seeking to collaborate with key strategic corporate partners to enhance our overall success and the achievement of our goals and objectives.

Outside funding is vital to the sustenance of our Foundation's research and advancement in sports medicine. Currently, all salaries, conference expenses, specimens, and other essential medical supplies and equipment are paid for through our private donors. 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.

Financial security 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, and share our knowledge with the global orthopaedic community. As an additional benefit, a key strategic corporate partnership 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 a strategic corporate partnership, we will have the ability to generate more research and data, translating to enhanced 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 in order to provide financial security for our existing and new research operations. Achieving this level of fundraising will require the assistance of our loyal donors as well as the welcoming of new supporters. 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.

## Prospective Research Projects

- The Use of Allogenic Stem Cells in the Treatment of Knee Cartilage Defects
- Kinematic and Kinetic Analysis of Gait in Patients with Partial and Total Knee Replacement
- The Influence of Preoperative Strengthening on Return to Sport After Instability Repair
- Analysis of Throwing Mechanics in Patients with Suprascapular Neuropathy



**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*

### 3 Year Financial Plan to Advance Our Research Department's Goals & Objectives:

Purchase of New Research Facility	\$1,500,000
Video Motion Capture System	\$ 300,000
Cadaveric Specimens	\$ 200,000
Isokinetic Dynamometer	\$ 50,000
Medical Video Preparation	\$ 20,000
Biomechanical Testing Equipment	\$ 20,000
Data Base Manager	\$ 15,000
Statistician	\$ 10,000
Medical Illustrations	\$ 10,000
Computer Software for Data Analysis	\$ 7,000
Smart Doctor Data Base	\$ 6,750
<b>Total:</b>	<b>\$2,138,750</b>

# 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!***



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