Orthopaedic Foundation

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Orthopaedic Foundation
Research • Educate • Regenerate

2019 Year in Review

Orthopaedic Foundation

Research · Educate · Regenerate

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 & sports injuries.

Kevin D. Plancher, MD, MPH
Chairman

Janine D. Bahar
Executive Director

Medical Research

Medical Education

Community Outreach

Doctor for a Day Program

The Orthopaedic Foundation is devoted to empowering our youth to be scientific investigators, laying the groundwork for a life-long love of learning and scientific exploration. We hope to prepare our youth to be part of the next generation of scientists and medical professionals through our Doctor for a Day Program! Students interact with leading orthopaedic surgeons and get to use actual surgical drills, plates and screws to mend broken bones in realistic but synthetic forearms.

Monticello High School

March 3, 2019

Stuyvesant High School
April 8, 2019

Dr. K Pre Medical Summer Fellowship
June 21, 2019

Lenox Hill Hospital & Brown University

July 17, 2019

ACGME Sports Medicine Fellowship

2019/2020

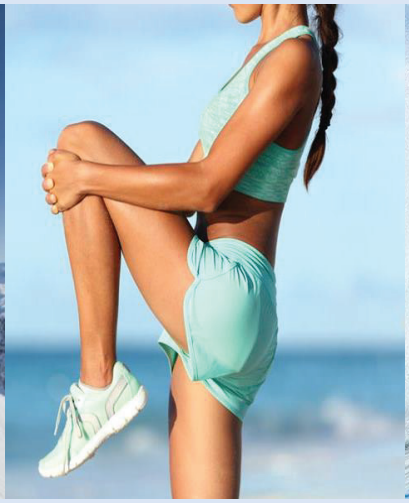
Jaya Prasad Shanmugam, MD
2019/2020 Fellow

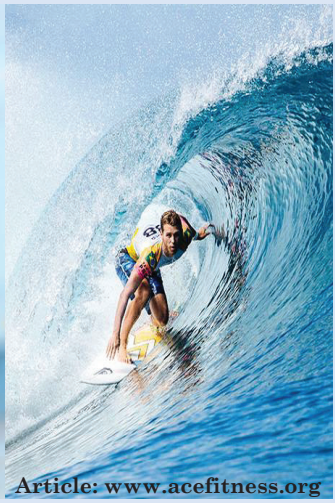
Dr. Shanmugam came to the United States to pursue subspecialty training in sports medicine to enhance his surgical skills with an emphasis on arthroscopy of the knee, shoulder and hip. Prior to coming to the U.S., he completed his medical degree and Residency in India. Dr. Shanmugam also completed 2 fellowships in pediatric orthopedics as well as a foot and ankle fellowship in the U.S. prior to joining the Orthopaedic Foundation Sports Medicine Fellowship Program.

In addition to honing his surgical skills, Dr. Shanmugam is undertaking two research projects this year. The first is evaluating the current clinical indications for unicompartmental knee arthroplasty. His second project will evaluate the role of cortical bone thickness as a simple measure for osteopenia and its role in outcomes after rotator cuff repair. He looks forward to presenting his work at the Annual West Point Fellows Day on June 11, 2020.

Top 10 Benefits of Stretching

1. **Decreases Muscle Stiffness and Increases Range of Motion**
   Stretching helps improve your range of motion, which may also slow the degeneration of your joints.
2. **May Reduce your Risk of Injury**
   Increasing the range of motion in a particular joint through stretching, will decrease the resistance on your body's muscles during activities.
3. **Helps Relieve Post-Exercise Aches and Pains**
   Stretching helps keep your muscles loose and lessens the tightening effect that can lead to post-workout aches/pains.
4. **Improves Posture**
   Stretching the muscles of the lower back, shoulders and chest helps keep your back in better alignment and improves your posture.
5. **Helps Reduce or Manage Stress**
   Well-stretched muscles hold less tension and, therefore, can help you feel less stressed.
6. **Reduces Muscular Tension and Enhances Muscular Relaxation**
   Chronically tense muscles tend to cut off their own circulation, resulting in a lack of oxygen and essential nutrients. Stretching allows your muscles to relax.
7. **Improves Overall Functional Performance**
   Because a flexible joint requires less energy to move through a wider range of motion, a flexible body improves overall performance by creating more energy-efficient movements.
8. **Prepares the Body for the Stress of Exercise**
   Stretching prior to exercise allows your muscles to loosen up and become better able to withstand the impact of activity.
9. **Promotes Circulation**
   Stretching increases blood supply to your muscles and joints, which allows for greater nutrient transportation and improves the circulation of blood through your entire body.
10. **Decreases the Risk of Low-Back Pain**
    Flexibility in the hamstrings, hip flexors and muscles attached to the pelvis relieves stress on the lumbar spine.

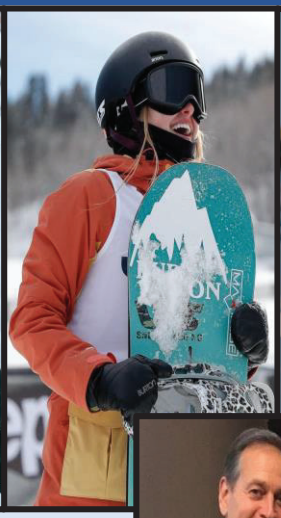




Article: www.acefitness.org

Injury Prevention Seminar

June 3, 2019



US SKI & SNOWBOARD

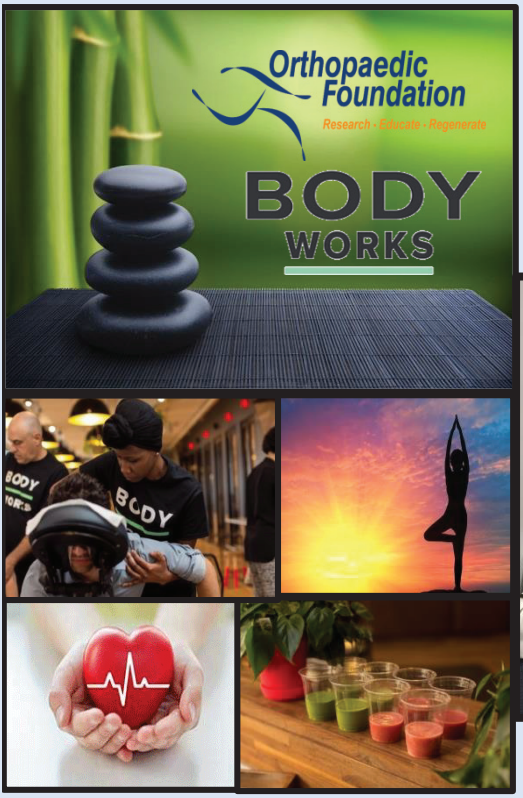
FAIRFIELD SPORTS COMMISSION COUNTY

The Orthopaedic Foundation in partnership with The Fairfield County Sports Commission hosted an Injury Prevention Seminar at Greenwich Library featuring renowned orthopaedic surgeon Kevin D. Plancher, MD, MPH and Olympic Snowboarder and 5-time X Games Medalist, Julia Marino.

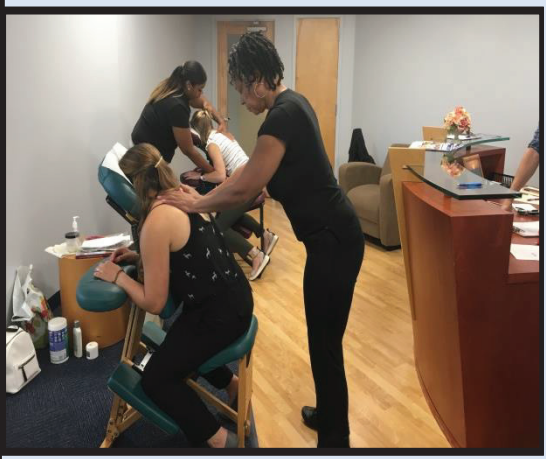
West Point Fellows Sports Medicine Conference

June 6, 2019

Health & Wellness Event
July 18, 2019



In partnership with Body Works, the Orthopaedic Foundation hosted a Health and Wellness event in Stamford, CT. Attendees enjoyed free massages by Body Works, healthy samples, wellness gift cards and special offers.



Fellowship Program Graduation Dinner
July 27, 2019

Harish Kempegowda, MD
2018/2019 Fellow

2019 Research Publications

1. Plancher KD, Petterson SC. Arthroscopic Subacromial Decompression – the US Perspective. Rotator Cuff Across The Life Span. 2019. ISBN 9783662587294.
2. Plancher KD, Petterson SC. Biologic Augmentation in Rotator Cuff Repair: Part I - Clinical Diagnosis, Indications and Outcomes: Can This Improve Our Results? Rotator Cuff Across The Life Span. 2019. ISBN 9783662587294.
3. Plancher KD, Petterson SC. Arthroscopic Suprascapular Nerve Release. Rotator Cuff Across The Life Span. 2019. ISBN 9783662587294.
4. Petterson SC, Plancher KD. Single intra-articular injection of lightly cross-linked hyaluronic acid reduces knee pain in symptomatic knee osteoarthritis: a multicenter, double-blind, randomized, placebo-controlled trial. Knee Surg Sports Traumatol Arthrosc. 2019 Jun;27(6):1992-2002.
5. Plancher KD, Petterson SC. Editorial Commentary: Is This the Beginning of the End for Hospital-Based Outpatient Surgery Centers? The Wake-Up Call. Arthroscopy: The Journal of Arthroscopic and Related Surgery. 2019. Sep;35(9):2551-2552.
6. Plancher KD, Chan JJ, Bishai SK, Ibrahim TF, Petterson SC. DVT and Pulmonary Embolism Following Knee Arthroscopy in 3 Patients with Genetic Predisposition Identified Post-operatively. JBJS Case Connector.
7. Plancher KD, Blood T, Petterson SC. The Role of Alignment in Successful Clinical Outcomes following Medial Unicompartmental Knee Arthroplasty Current Concepts. JISAKOS.

2020 Clinical Trials

We are currently enrolling patients in several clinical trials.

Knee Articular Cartilage Defects

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. If you are experiencing such symptoms and have damage to the cartilage of your knee, you may be eligible for one of three research studies. We are currently investigating the efficacy of NOVOCART 3D®, 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. We are also investigating the safety and effectiveness of the Hyalofast® 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). Lastly, were are evaluating the utilization of the Episealer® knee implant, which 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. If you have damage to the cartilage in your knee, please contact Stephanie C. Petterson, MPT, PhD (spetterson@ofals.org or 203-869-2002 ext 14) to see if you are eligible.

15th Anniversary Gala

November 21, 2019

The St. Regis New York

Orthopaedic Foundation hosts 15th Anniversary Gala at The St. Regis New York Hotel with guests including sports stars, top-notch chefs world-renowned medical advisors.

At the event **Dr. Kevin D. Plancher**, founder of the organization, honored some of the most notable public figures when it comes to athleticism, philanthropy, and leadership such as **Bernard Hopkins** (Legendary Boxing Champion & Hall of Fame Inductee), **Kevin Weekes** (Former NHL Goalie, current Broadcaster/ Analyst for NHL & ESPN), **Chef Dino Gatto** (Executive Chef of Rao's NY), **Chef Andrew Whitney** (Executive Chef/ Owner of Dell'anima), **Victor Muro** (President & CEO of Integrated Financial Concepts) and **Rich "Big Daddy" Salgado** (President & CEO Coastal Advisors LLC).

Guests enjoyed a 4-course meal prepared by Chefs Dino Gatto and Andrew Whitney with exclusive wine pairings from The 1 Wine Company. Guests also enjoyed a private performance by Second City Works and a silent & live auction where proceeds benefited the foundation's medical research, education & community outreach initiatives.

Orthopaedic Summit 2019

December 11 – 14, 2019
Bellagio, Las Vegas

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The Orthopaedic Foundation is the Proud Educational Sponsor for The Orthopaedic Summit Conference.

10TH ANNIVERSARY
OSET ORTHOPAEDIC SUMMIT 2020
EVOLVING TECHNIQUES

2020 Orthopaedic Summit: Evolving Techniques

December 8 – 12, 2020, Bellagio, Las Vegas

4.5 Days. 250 Faculty.

1000 Presentations. 11 Sessions.

www.orthosummit.com

The Orthopaedic Summit continues to be the premier gathering of Total Joint (Knee, Hip, Shoulder), Elbow, Wrist & Hand, Foot & Ankle, Sports Medicine, Arthroscopic, Spine and Trauma Surgeons, Physician Assistants, Nurse Practitioners, Athletic Trainers, Physical & Occupational Therapists from across the globe.

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Thank You for Supporting Our Cause!

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