The Sports Medicine Division of the Department of Orthopedics was an integral part of the preseason football camp this year for the University of Cincinnati Bearcats. Over the past 10 years the Sports Medicine team has expanded the department’s role in research on the University’s student athletes. Two new research studies were initiated during the two week camp. These studies are a part of our sports medicine team’s research program dedicated to helping the University of Cincinnati lead the way in developing and discovering improved techniques to help our athletes, as well as aiding the health of the community and nation.

The first study tackles one of the major issues that face sports today, concussions. All 105 football players and 26 women soccer players participated in the process to establish normative data on visual motor testing with and without a simultaneous balance challenge in Division I collegiate athletes. The research team hopes to add to the current literature by reporting a more realistic, sport-specific simulation of balance challenges experienced by players with simultaneous visual targeted training.

A secondary aim of this research is to use these newly established normative values to assist in concussion assessment, medical management and performance enhancement in athletes. Balance is a critical element in injury prevention in sports, as there is a correlative effect between loss of balance and injury, or poorer performance, including concussions. This study was funded by a grant awarded to Angelo Colosimo, MD, Head Bearcat Team Orthopaedic Surgeon, by the UC Orthopaedic Research and Education Fund.

The second study involved 12 of the football players in a research study to determine if prophylactic intravenous fluid therapy can prevent dehydration and cramping during the early season practices. This topic is controversial, and the literature is unclear as to the role of IV fluid replacement and prevention of heat related illness. This group of athletes had IV fluids before practice and the athletes were monitored for signs and reports of muscular cramping. This study was led by Jon Divine, MD, Team Physician for the UC Bearcats.
New Faculty Join Department

The Department of Orthopaedic Surgery is pleased to welcome its newest faculty: Micah Sinclair, MD, and Christopher Utz, MD.

Micah Sinclair, MD, assistant professor, has clinical interests in hand, upper extremity and microvascular surgery, with a specific interest in post-traumatic and microvascular reconstruction of the upper extremity from elbow to fingertips. Her research interests relate to outcomes in upper extremity surgery.

Sinclair received her medical degree from Georgetown University School of Medicine, completed a residence at Loyola University Medical Center and a hand fellowship at the University of Utah.

Christopher Utz, MD, assistant professor, has clinical interests in sports medicine and arthroscopic treatment of the shoulder, knee and hip. Research interests include injury prevention strategies and pre-operative predictors of outcomes in total joint arthroplasty and hip arthroscopy.

Utz received his medical degree from Case Western Reserve University School of Medicine, completed an orthopaedic surgery residency at the Cleveland Clinic Foundation and did his sports medicine and arthroscopy fellowship Wellington Orthopaedics and the University of Cincinnati.

Kenter Recognized as Top Shoulder Surgeon

Keith Kenter, MD, was ranked as one of the top 28 North American Shoulder Surgeons in the September 24, 2013, issue of Orthopedics This Week. Kenter is associate professor of orthopedic surgery and associate professor of physical medicine and rehabilitation at the UC College of Medicine, and also serves as director of the Orthopaedic Surgery Residency Program.

“He is an excellent shoulder surgeon, he does a large volume of surgeries and is a passionate educator. He is helping to design a novel curricula for educating trainees in the shoulder content domain,” commented participants in the survey, which included other shoulder surgeons.

Resident Receives Boyes Award

David Myer, MD, received the Joseph H. Boyes Award for best overall paper at the American Society for Surgery of the Hand (ASSH) meeting in San Francisco. The award process arises from the Adrian E. Flatt Residents and Fellows Conference in Hand Surgery, which is specifically geared toward hand surgery residents and fellows in orthopaedic, plastic and general surgery. Throughout the scientific sessions, the members of the Residents and Fellows Conference Program Committee judge presentation style and content of all paper presenters, leading to the announcement of the Joseph H. Boyes Award for best overall paper at the end of the program. The award recipient receives a plaque along with an opportunity to present his or her paper during the ASSH Annual Meeting, which precedes the Residents and Fellows Conference.

Myer, a chief resident in the department, presented “Complications Following Zone II Flexor Tenolysis in Isolated Digits.”

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Graduating Chief Residents

The department congratulates our graduating chief residents for matching into fellowships, and wishes them well in their career.

David Abbasi, MD
Sports Medicine
UHZ Sports Medicine Institute
Miami, FL

Nicolas Bonnaig, MD
Sports Medicine
The Campbell Clinic
Memphis, TN

Imran Choudhry, MD
Hand/Upper Extremity
Wake Forest University
Winston-Salem, NC

Brian Grawe, MD
Sports Medicine/Shoulder
Hospital for Special Surgery
New York, NY

Mark Lembach, MD
Sports Medicine
University of Kentucky
Lexington, KY
TAKE ONE LOOK AT Peter Stern’s CV and you can see just how much of his life he’s devoted to medicine. But perhaps even more impressive: Of those 44 years, 35 have been dedicated to the UC Department of Orthopaedic Surgery—with Stern serving the past 22 years as the department’s chair. This September, at 69, Stern has decided it’s time to step down from his position as chair, but will continue to practice and educate. Here we pause for a desktop celebration of two decades of a man and a career.

Reflections

PETER J. STERN, MD
Born on May 16, 1944, to Mary and Joseph Stern, Peter J. Stern, MD, is a native Cincinnatian and grew up in Clifton where he attended Clifton Elementary School and Cincinnati Country Day High School. He married Sandy Schoening (St. Louis) in 1970 and they were blessed with three children: Joe, Rascal (Lisa) and Kim. Joe is a senior vice president at Morgan Stanley in San Francisco; Rascal is a speech pathologist living in Denver; and Kim is an occupational therapist and now a stay-at-home mother, living in Seattle, Wash. Stern is extremely proud of his children and attributes their success to his wife, Sandy, who he says did an outstanding job raising them, considering he often puts in 16-hour work days.

After graduating from Williams College in Williamstown, Mass., and receiving his medical degree from Washington University School of Medicine in St. Louis, Stern completed his orthopaedic residency at the Harvard Combined Orthopaedic Program, followed by a hand surgery fellowship in Louisville with Harold Kleinert.

Stern is the Norman S. and Elizabeth C.A. Hill Professor of Orthopaedic Surgery at UC and his professional accomplishments abound. He is a past president of the American Society for Surgery of the Hand, the American Board of Orthopaedic Surgery and the American Orthopaedic Association. He is a past trustee of the Orthopaedic Research and Education Foundation, and a past chairman of the Orthopaedic RRC. He is a former deputy editor for the Journal of Bone and Joint Surgery and now serves on that journal’s Board of Trustees. He has served as a visiting professor at over 70 institutions, has given 36 endowed lecture-ships and has over 180 peer-reviewed publications.

Teaching and learning have been constant driving passions for Stern, who has devoted his entire professional career to advancing education in orthopaedic and hand surgery, educating 55 fellows and over 100 orthopaedic residents.

FUN FACTS
Stern served two years in the U.S. Air Force as a General Medical Officer, spending three months in Guam and the remainder at Plattsburgh Air Force Base in Upstate New York. Stern says that, “socially,” these were the best two years of his life.

My best meeting…
“I met my wife Sandy in St. Louis on a blind date; I was a 3rd year medical student and I fell asleep on our first date.”

I’d like to meet…
“Teddy Roosevelt—great visionary, leader and scholar; he was also an adventurer of hunting/fishing.”

Favorite athlete…
“Michael Jordan or Pete Rose”

If I weren’t a physician, I’d be…
Ski instructor or fly fishing guide
What inspired you to become a physician?
“We found that out when my mother was cleaning out the attic and found a paper that I wrote in 1954. I was 10 years old, and it was right after the Christmas break. The teacher asked us to write a little essay on what our favorite Christmas present was, and even though I am Jewish, we still had Christmas presents. I wrote in my essay that my favorite present was a doctor kit and it had a stethoscope and everything to be a doctor. Then I drew a picture of a fractured bone and wrote: ‘Wouldn’t it be great if I became a doctor someday?’”

Why did you go into orthopaedics?
“I was an intern in general surgery and did a rotation in orthopaedics; and immediately, I knew that was my specialty.”

What inspired you to become an orthopaedic hand surgeon?
“Good mentors take you under their wing. I trained under Dr. Richard Smith at Mass General, a ‘Giant in Hand Surgery’. Dr. Smith took a personal interest in me. He had me over for dinner when I was a junior resident; he influenced me tremendously. Microsurgery was just coming of age, and I was fascinated by it.”

What would people be surprised to know about you?
“As a young boy I was kind of a screw-off. I had some issues. I played hooky—you know, kid stuff. So later when I applied to get into high school, the administrator met with my well-educated parents and suggested that I should go to trade school. It was a wakeup call. My mother tutored me that summer and I retook the test and they enrolled me. I proved that I could get the job done.”

What would you tell a medical student considering orthopaedics as a specialty?
“Orthopaedics is a great profession; you do lots of good things for people, you really help them out, and they are so grateful. You don’t get that in some of the other disciplines.”

How do you want others to remember your time as chair?
“I would want people to remember me as someone who had a passion for education and that I’ve trained more than 100 residents and 55 fellows and mentored medical students. I’ve exceeded my expectations in that I have average intelligence but I’ve worked very hard. My father always said that I had a great work ethic, and that it was my greatest strength.”

What’s on your bucket list?
“I plan to travel more with my wife, Sandy, and spend more time with my grandchildren. I’d also like to try to give back to the community and to UC. For now, I plan on continuing to educate residents and fellows. Someday, perhaps we can establish a Hand Center at UC.”

Your parting words as chair?
“My hope would be that some members of the department will make contributions in the domain of basic science. We have built a strong clinical foundation, we’re respected throughout Southwest Ohio as go-to musculoskeletal caregivers and I hope the next step will be the establishment of a scientific program to enhance our clinical productivity.”

WRITTEN BY:
Shelley Hess,
Kim Weingartner-Reising,
Angela Koenig
D.J. Frank Memorial Lecture

Each May, the department holds the D. J. Frank Memorial Lecture, inviting a distinguished orthopaedic surgeon as a Visiting Professor. In conjunction with this lecture, the department also holds Resident Thesis Day. PGY-4 residents present a thesis to the full-time faculty and the community. Each thesis is critiqued by an invited expert in the field and judged by a panel of orthopaedic surgeons chosen from the community. No resident can graduate without completing his/her thesis in manuscript form, such that it can be submitted to a peer review journal.

This year, Paul Tornetta, III, MD, professor, vice chairman, and orthopaedic residency program director in the Department of Orthopaedic Surgery, Boston University, was the visiting professor, with a talk titled, “Question Everything.”

The 2013 Resident Thesis Day honor was awarded to Jonathon Wolf, MD.

2013 Resident Thesis Day

Albert D’Heurle, MD: “Injury Severity Score Is Predictive Of Heterotopic Ossification Occurrence and Severity in Fractures of the Acetabulum”

John Mangelson, MD: “Functional Outcomes of Pediatric Both Bone Forearm Fractures Treated Nonoperatively”

David Myer, MD: “Prevention of Permanent Arthrofibrosis after Tibial Spine Fracture Fixation in Children and Adolescents”

Chris Pomeroy, MD: “Osteochondritis Dissecans of the Knee: Does the Presence of Bone in the Lesion Improve Healing Rates”

Josh Roehrich, MD: “Epidemiology of Vascular Complications in Supracondylar Humerus Fractures”

Jonathon Wolf, MD: “Avoiding Screen Contact Isn’t Enough: Minimum Safe Distance to Prevent Surgical Contamination”

Summer Program Exposes Medical Students to Clinical Research

University Orthopaedics Research and Education Foundation (UOREF) sponsors a summer program for medical students. This program exposes them to basic experience with research planning and design, data collection, analysis and presentation. Students are selected to work during summer recess at the end of their first year. A project is developed in consultation with a faculty mentor. The program wraps up with a presentation of results and poster session. This year’s presentations will be held in May 2014.

2013 Medical Student Summer Program

Robert Erlichman
Mentor: Dr. Angelo Colosimo
Project: Use of PRP in Orthopaedic Sports Medicine Injuries and Impact on Outcomes

Brian Guarnieri
Mentor: Dr. Peter Stern
Project: Differential Outcomes of Carpal Tunnel Release whether Diagnosed on Clinical Grounds or Both Clinical and Electrodiagnostic Grounds

Matthew Knoepfler
Mentor: Dr. Shatil Parikh
Project: Outcomes of SLAP Repair of the Shoulder in Skeletally Immature Patients

Erik Olsen
Mentor: Dr. Kevin Little
Project: Disordered Remodeling after Reversed Radial Bow Malunion in Children Leads to DRUJ Instability

Antonia Susarret
Mentor: Dr. Jon Divine
Project: Use of Sensors to Quantify Functional Movement Patterns in the Determination of Readiness for Return to Play and Potential Risk in Collegiate Level Athletes
Alvin Crawford Receives Esteemed Laurel Wreath Award

At the annual meeting of Kappa Alpha Psi fraternity in Houston Aug. 6, Alvin Crawford, MD, was bestowed the Laurel Wreath award—the fraternity’s highest award for a member’s achievement in service to the fraternity or in human endeavors, national or international.

Kappa Alpha Psi is predominantly African-American fraternity with over 105,000 members, and has only awarded the Laurel Wreath to 71 members since its inception in 1911.

“Since my induction in 1959, the principles of Kappa Alpha Psi have guided me, never knowing that I would someday be awarded this great honor for which I will hold sacred until the day of my death,” said Crawford, a professor emeritus of pediatric orthopedic surgery in UC’s Department of Orthopaedic Surgery.

Crawford is considered one of the nation’s foremost authorities on video-assisted thoracoscopic surgery.

In his address to an audience of approximately 3,500 Kappa members, Crawford recalled how, as an undergraduate at Tennessee State University in 1959, he was fascinated by the achievements of past Laurel Wreath honorees and how he began to incorporate the characteristics and attributes into his own life’s work … going on to become the first African-American admitted to and graduated from the University of Tennessee’s medical college (’64).

“I have made achievement a lifestyle and not a goal,” he said of the numerous other honors and awards he has since received including: the Daniel Drake Medal from the UC College of Medicine (its highest academic honor) in 2006, the Trumpet award in 2009 and the Diversity award from the American Academy of Orthopaedic Surgeons in 2007. Crawford is past president of the Scoliosis Research Society and of the John Robert Gladden Orthopaedic Society.

Crawford’s charitable contributions to society extend to providing orthopedic care to undeserved children around the world, especially those with clubfoot and severe spinal deformities. His teaching in the Third World has brought residents, fellows, attending surgeons and nurses to Cincinnati as fellows or observers to further their study of foot and spine deformities and other musculo-skeletal conditions.

Crawford is the founding director of the Crawford Spine Center at Cincinnati Children’s Hospital Medical Center and in 2004 was honored with the dedication of the Crawford Chair in Pediatric Orthopaedics and a subsequent chair in spine surgery. He is also an attending physician with UC Health Orthopaedics & Sports Medicine.

In his acceptance speech he identifies his mission as a Laurel Wreath holder, he said, which is two-fold: to assist with ways to increase the number of African-American physicians in the health care ranks and to encourage African-American men to be culturally sensitive to women through language and deeds.

The significance of this award, he noted, was that it remains in perpetuity, “to hopefully inspire African-Americans as well as others to do well, and join the ranks of an organization that honors high achievers.”

In an organization of more than 100,000, the Laurel Wreath has been awarded to only 71 members since its inception in 1911.
Welcome to the 2013-14 Residents
The department welcomes the new class of residents to the program. We are pleased to have them join us.

Albert d’Heurle, MD
Medical College of Georgia

Will McClellan, MD
University of New Mexico

Michelle O’Brien, MD
University of Louisville

Phillip Ross, MD
Ohio State University

Preetha Sinha, MD
Case Western Reserve University

Congratulations to UC Medical Students Matching Into Orthopaedic Surgery
- Chad Broering
  Summa Health Systems
  Akron, OH
- James Kyriakedes
  Case Western/University Hospital
  Cleveland, OH
- Frank Chiarappa
  Rutgers–R.W. Johnson Medical School
  Piscataway, NJ
- Oliver Scorting
  Henry Ford Hospital
  Detroit, MI
- Matthew Wilkening
  Grand Rapids Area Medical Education Center
  Grand Rapids, MI
- Brian Wissel
  Indiana University
  Indianapolis, IN

New Location Opens
The department expanded its clinical practice sites with a new office in White Oak, at 5575 Cheviot Road, which opened late this summer. A broad range of orthopedic services will be available. Additional UC Health Orthopaedics and Sports Medicine practice sites include: Clifton, Florence, Montgomery, Ross, West Chester and Wilmington.

Scheduling for all practice locations is handled at 513-475-8690.