



# ORTHOPAEDICS & SPORTS MEDICINE

## eNews

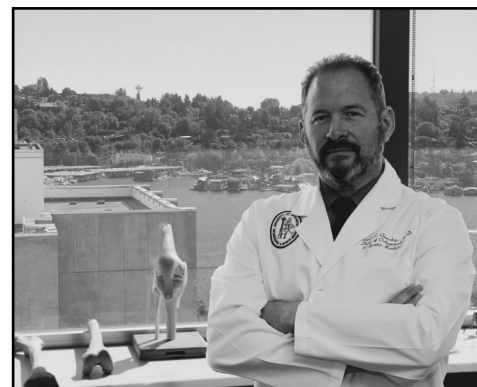
Summer 2017

Issue #28

**In this issue:** Department News (2-4), Faculty & Staff News (5), TechTalk (6), Publications (6-7)

### From the Chair

This summer we bid farewell and good luck to yet another group of brilliant and dedicated Residents and Fellows. Graduation events kicked off with our annual Resident Research Day and banquet held on June 30th ([details on p.2](#)). They concluded with the Fellow/ACE research presentations and graduation dinner on July 28th ([p.3](#)). We also welcomed a new class of residents to the Department. You can learn more about our new residents on [p. 2](#), or by visiting our [Meet the Residents page](#) on the Departmental website.



On the research front, we released the 2017 edition of Discoveries. Discoveries is an annual Departmental publication that primarily highlights the clinical and basic research performed by our trainees and faculty at all of our sites. I'd like to thank managing editor Fred Westerberg as well as co-editors Drs. Chris Allan, Stephen Kennedy, and Adam Sassoon for their contributions to this year's publication.

To learn more about our current research and annual faculty and programmatic developments in the Department, please [view Discoveries 2017 online](#). We have also listed our Department's recent funding on [pages 7-8](#) of the eNews.

We also made time to take advantage of our fabulous Seattle weather this summer. Dr. Maryse Bouchard and the Seattle Children's Hospital Limb Reconstruction Team took a group of patients and their families to watch the Seattle Sounders play ([p. 3](#)). The Department also held eclipse-viewing parties, organized by our newly formed Ortho Wellness Team ([p.4](#)).

Please continue reading to learn more about what happened in our Department over the summer, including our Staff Appreciation Party, new arrivals to our Orthopaedics family, faculty presentations, publications, and honors.

Sincerely,

Howard A. Chansky, MD  
Professor & Chair

eNews Editorial Board: Howard Chansky, M.D., Calina Garcia, M.B.A., Theresa Jones, and Sarah Pressl.  
Have something you want to include for the next edition?  
Please email [calinab@uw.edu](mailto:calinab@uw.edu) or [sep720@uw.edu](mailto:sep720@uw.edu).

## Department News

2

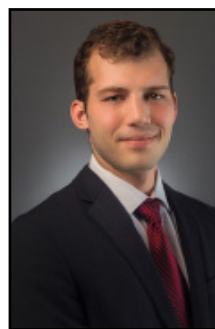
### Congratulations and Good Luck!

June and July are memorable months of the year for our department as they mark the end of some chapters and the beginning of others. Our annual Resident Research Day, which celebrates the accomplishments of our graduating residents, was held on June 30. We welcomed Dr. Mitchell B. Harris as our Visiting Professor for the event. Dr. Harris is a Professor of Orthopaedic Surgery at Harvard Medical School and is the Chief of the Orthopaedic Trauma Service at Brigham and Women's Hospital. The day began with presentations by Dr. Harris and our residents at Harborview Medical Center and concluded with a banquet at the Columbia Tower Club. Please check out where are new graduates our headed next!



L to R: Dr. Calvin Schlepp - Sports Medicine Fellowship at Taos Orthopaedic Institute; Dr. Christopher Domes - Trauma Fellowship at R. Adams Cowley Shock Trauma Center; Dr. Kevin Hug - Joint Reconstruction Fellowship at Stanford University; Dr. Neil Tarabadkar - Hand and Microvascular Surgery Fellowship at Barnes-Jewish/Washington University in St. Louis; Dr. Douglas Hanel; Dr. Ahmad Bayomy - Pediatric Orthopaedics Fellowship at Columbia University/Children's Hospital of New York, then a Sports Medicine Fellowship at Cleveland Clinic; Dr. Howard Chansky; Dr. Sara Shippee Wallace - Adult Hip and Knee Reconstruction Fellowship at Rush University; Dr. Shawn Schoch - Foot and Ankle Fellowship at Orthopaedics Associates of Michigan - Dr. Alexander Lauder - Hand, Microvascular & Upper Extremity Fellowship at Duke University.

Please join us in welcoming our newest class of talented residents! Drs. Sagar Chawla, Sara Gruner, William Hannay, Corey Schiffman, Ryan Stancil, Mario Taylor, Cathy Vu, and Jacob Wilkerson. If you happen to see them at the next departmental event, please be sure to introduce yourself. You can learn more about each of them by visiting our [Meet the Residents page](#) on our website.





## Department News

3

### Congratulations Fellow/ACE Graduates

The department bid farewell to our latest class of Fellows and ACEs on July 28. We welcomed



Dr. Shepard Hurwitz, Professor of Orthopaedic Surgery at the University of North Carolina and Director of the ABOS, as our guest speaker for the graduating ACE research presentations

held at Harborview Medical Center. Dr. Hurwitz specializes in foot & ankle surgery, lower extremity amputations, and bone & joint infections. The day concluded with a graduation dinner at the Columbia Tower Club.



Some programs chose to host their own graduation parties in addition to the larger departmental banquet.



The Shoulder and Elbow fellowship program hosted a celebration at Dr. Warme's house. We appreciate

Dr. Hurwitz taking the time to preside over our Fellow Research Day this year and look forward to hearing about



the success of all of our graduates in the coming years. Please visit our [website](#) to meet our newest Fellows/ACEs and introduce yourself the next time you cross

### Celebrating Success of SCH Patients

Dr. Maryse Bouchard was in the news for a remarkable procedure being done at Seattle Children's Hospital for children with leg-length discrepancies. The procedure involves inserting a thin metal rod within another rod into the femur. The patient is able to gradually increase the rod's length using a magnetic device until the appropriate leg length is achieved. A spotlight on one of Dr. Bouchard's patients can be found [here](#).

Dr. Bouchard and her team also took a group of patients to a Sounders game in August to celebrate each patient who

had successfully completed his or her lengthening or deformity correction at Seattle Children's Hospital. This was the first Sounders game for the patients and it was fantastic experience. The day was extra special because the kids were allowed onto the sidelines of the field and treated to a Sounders victory! The complete gallery of photos can be found on our department's [Facebook page](#).



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## Department News

4

### Eclipse Viewing Party

Our region was treated to a rare celestial event in the form of a solar eclipse on August 21. The newly formed Ortho Wellness team organized formal viewing gatherings for interested faculty and staff at our UWMC, HMC, and Roosevelt locations. NASA-approved eclipse classes were provided free of charge. Attendees were encouraged to bring blankets, chairs, snacks, and any other necessary items for watching the eclipse. Everyone present said it was an amazing event to witness in-person and remarked at how bright it remained even when 92% of the sun was blacked out. Seattle was



too far north to experience complete totality but it was nonetheless remarkable and everyone appreciated the official eclipse glasses!



### Spotlight: Arien Cherones

*Every issue of the eNews will feature a brief spotlight on a member of the department (faculty or staff) that explains why, in the words of our Chair, they are so valuable to our Orthopaedics family. This spotlight is on Director of Technology and Systems Management Arien Cherones.*

I often think of Arien Cherones as being our Department's MacGyver. Like the character in the late 80's/early 90's series, Arien has a talent for problem solving and resourcefulness. Give him a roll of duct tape and a box of miscellaneous equipment, and he can build something useful in record time (e.g. the Shoulder & Elbow Kinect stand, hundreds of rebuilt and redesigned computers).

His practical application of IT knowledge, easy-going manner, and inventiveness in a pinch make him a valuable asset to this Department.

-Dr. Chansky

### Staff Appreciation Party

The department held its annual Staff Appreciation event in the HUB Games Bowling Alley on the afternoon of June 9. The party included Pagliacci catering, games, and a raffle for prizes donated by local businesses. The event also coincided with

a surprise for **Arien Cherones, Director of Technology and Systems Management.** **Director Ken Karbowski** presented Arien with a certificate marking 10 years of service to the University of Washington. Congratulations on reaching this milestone Arien! We hope you're with us for another 10 years. Attendees



enjoyed an afternoon spent with colleagues and friends, and it was even sweeter because nearly everyone went home with a raffle prize. We wish to thank the following vendors for their generosity and support for our Department's mission and staff members:

Ben Bridge Jewellers, Burgermaster, Costa's Restaurant, Eastlake Bar & Grill, Ivar's Restaurant, Jak's Grill, Jock 'N Jill, Kim Crawford Winery, Le Fournil French Bakery, Menage A Trois Winery, Museum of Pop Culture, Purple Café, Samurai Noodle, Seattle Art Museum, Seattle Magazine, Silver Cloud Hotel, Tommy Bahama, University Seafood & Poultry, UW Bookstore, W Seattle Hotel.



### Watch your inbox!

The department is implementing a wellness campaign to promote physical and mental wellbeing. Please keep an eye out for the latest events and lifestyle tips!



## Faculty &amp; Staff News

5



AOTrauma hosted a course in Bellevue August 17-20 and was co-chaired by **Dr. Lisa Taitsman**. **Drs. Benirschke, Hebert-Davies, Firoozabadi, Githens, Kleweno, and Sassoon** all served as course faculty.



**Associate Director of Finance & Operations Karl Engdahl** celebrated a very important birthday (50) in July. His co-workers at Harborview were kind enough to decorate his office with heartfelt sentiments. Happy Birthday Karl!

**Drs. Gee, Kweon, Christman-Skieller (R4), O'Brien (R4), and Ahsan (R4)** attended the AOSSM Annual conference in Toronto from July 20 to July 23.



**Drs. Michael Githens and Conor Kleweno** were Invited Faculty at the 2017 Updates in Orthopaedic Surgery Conference in Kuauai, HI July 2017. The meeting is intended for all healthcare workers with an interest in orthopaedics.



Welcome to the world Lenora Jean Goodman! **Program Coordinator Nadia Goodman** and her husband welcomed their second child on August 12. Lenora Jean weighed 8lbs. 4oz. and measured 20 inches long. Both mom and baby are doing well!

*Dr. Brian Krabak has joint appointments with the Department of Orthopaedics & Sports Medicine as well as Rehabilitation Medicine.*



The 2017 Fina World Championships were held in Budapest in July and is the second largest aquatic competition outside of the Olympic Games. **Dr. Brian Krabak** was the head physician for the US Swim Team. He says, "Our goal is to optimize the athlete's overall health by addressing acute and chronic illnesses/injuries relating to travel, adaptation to the new venue, training and competition." The team won the most US medals at an international swimming event ever!



**Dr. Matthew Thompson** joined the department in August. The Assistant Professor recently graduated from the MSK Oncology Fellowship and specializes in sarcoma and complex limb reconstruction. He will be seeing patients at SCCA, Seattle Children's, and Roosevelt.

**Assistant Professor Dr. Kushagra Verma** was interviewed as part of an article, in US News & World Report, on the risks of joint damage in the neck in patients with rheumatoid arthritis. You can read the full article [here](#).



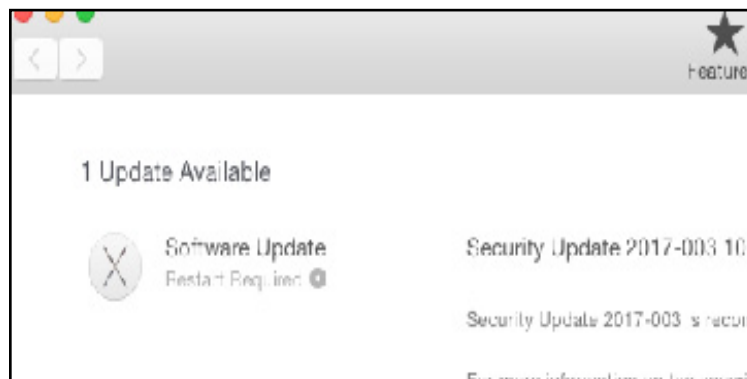
**Anastasia Whitson** is the new Research Assistant for the shoulder and elbow program. She's pictured here with the Kinect, which is used for capturing range of motion. Welcome Anastasia!

*Have something newsworthy to share? Send it to [sep720@uw.edu](mailto:sep720@uw.edu) and it will be included in the next edition of the eNews!*

## Tech Talk: Updating – What is it good for?

6

“Absolutely nothing,” is the wrong answer here. Updating your computer’s operating system (OS) and programs help keep your system safe and secure. Equifax recently disclosed that over 140 million social security numbers were exposed when hackers targeted a well-known vulnerability in Equifax’s servers. Simply running the operating system’s update program could have prevented this. Yes, OS updates are annoying when they happen at random and often seem to occur when you are in the middle of writing a grant, finishing a presentation, or streaming your favorite TV shows. But instead of hitting the “Update Later” button, consider saving your documents and presentations or pausing your binge watching to allow the updates to be downloaded. Use that time (1 minute or 1 hour, depending on how long it’s been since the last update) to do some deep breathing, stretches, or tidying up if your desk is particularly messy. Grant application and presentation deadlines are very important, but data loss due to a cyber attack is avoidable. Which is worse – losing an hour of your time or losing all of the documents on your computer because you didn’t update it?



We are always happy to examine your home machines in order to ensure HIPAA compliance, as we understand everyone works on multiple devices. If you would like to schedule a time with a tech, email orthohlp@uw.edu and we will find a time to help protect you and our department.

## Presentations & Publications

### Presentations:

#### Ahsan ZS, Somerson JS, Matsen

**FA 3rd.** Characterizing the Propionibacterium Load in Revision Shoulder Arthroplasty: A Study of 137 Culture-Positive Cases. Podium presentation by ZS Ahsan at the AAOS Annual Meeting, San Diego, CA. March 2017.

#### Bayomy AF, Bompadre V, Onyedika

**I, Chu B, Schmale GA.** The Impact of Transphyseal ACL Reconstruction on Lower Extremity Radiographic Alignment. EPOSNA, Barcelona, Spain. May 2017.

#### Bellevue K, Bompadre A, Lindberg

**A.** Comparison of the Management of Developmental Dysplasia of the Hip with a Pavlik Harness by Orthopaedic Surgeons, Pediatricians, and Advanced Practice Providers. EPOSNA, Barcelona, Spain. May 2017.

**Saper M,** Milchtein C, Zondervan R, Andrews J, Ostrander R. Outcomes After Arthroscopic Bankart Repair in Adolescent Athletes Participating in Collision and Contact Sports. Podium

presentation by M Saper at the AANA Annual Meeting, Denver, CO. May 2017.

#### Wallace SS, Stancil RD, Summers N,

**Sassoon AA.** A Rosetta Stone for THA: Translating Expectations into Patient Reported Outcomes. Podium presentation by AA Sassoon at the WOA Annual Meeting, Kauai, HI. August 2017.

#### Wallace SS, Stancil RD, Summers N,

**Sassoon AA.** A Rosetta Stone for TKA: Translating Expectations into Patient Reported Outcomes. Podium presentation by AA Sassoon at the WOA Annual Meeting, Juauai, HI. August 2017.

#### White KK, Bompadre V, Goldberg

**MJ,** Bober MB, Cho TJ, Hoover-Fong JE, Irving M, Mackenzie WG, Kamps SE, Raggio C, Redding GJ, Spencer SS, Savarirayan R, Theroux MC; Skeletal Dysplasia Management Consortium. Best practices in peri-operative management of patients with skeletal dysplasias. Podium presentation by KK White at EPOSNA, Barcelona, Spain. May 2017.

**White KK.** MPS: Integrating Medical and Surgical Care Within an Expert Multidisciplinary Team. EPOSNA Industry Symposium, Achondroplasia (ACH) and Mucopolysaccharidosis (MPS): Clinical Manifestations, Surgical Management and Emerging Trends. EPOSNA, Barcelona, Spain. May 2017.

**White KK.** Orthopedic Management of the MPS Disorders. 12th Annual MPS/ML Family Day, Chicago, Illinois. June 2017.

### Publications:

**Bompadre V,** Mattioli-Lewis T, Yassir WK, **Goldberg MJ.** A comparison of the functional health of children with Costello syndrome in 1999 and in 2015. Am J Med Genet A. 2017 May 9.

Chiem J, Ivanova I, Parker A, **Krengel W 3rd,** Jimenez N. Anaphylactic reaction to tranexamic acid in an adolescent undergoing posterior spinal fusion. Paediatr Anaesth. 2017 Jul;27(7):774-775. Epub 2017 Mar 21.

## Presentations & Publications

**Githens M**, Haller J, **Agel J**, **Firoozabadi R**. Does Concurrent Tibial Intramedullary Nailing and Fibular Fixation Increase Rates of Tibial Nonunion? A Matched Cohort Study. *J Orthop Trauma*. 2017 Jun;31(6):316-320.

Haller JM, **Githens M**, **Dunbar R**. Intra-medullary Nailing for Pilon Nonunions. *J Orthop Trauma*. 2017 May 16. Epub ahead of print.

Haller JM, **Githens M**, Scolaro J, Firoozabadi R. *J Orthop Trauma*. 2017 Apr 27. [Epub ahead of print]

Isaacs J, Richards N, McMurtry J, Mal-lu S, Patel G, **Thompson M**, Yager D. Micropuncture and pressure assisted schwann cell seeding of nerve allograft. *J Neurosci Methods*. 2017 Aug 1; 287: 47-52. Epub 2017 Jun 9.

**Kennedy CD**, **Lauder AS**, **Pribaz JR**, **Kennedy SA**. Differentiation between pyogenic flexor tenosynovitis and other finger infections. *HAND*. 2017 [Epub ahead of print].

Langereis EJ, den Os MM, Breen C,

Jones SA, Knaven OC, Mercer J, Miller WP, Kelly PM, Kennedy J, Ketterl TG, O'Meara A, Orchard PJ, Lund TC, van Rijn RR, Sakkers RJ, **White KK**, Wijburg FA. Progression of Hip Dysplasia in Mucopolysaccharidosis Type I Hurler After Successful Hematopoietic Stem Cell Transplantation. *J Bone Joint Surg Am*. 2016 Mar 2;98(5):386-95.

Oliver G, **Saper M**, Henning L, Brambeck A, Gilmer G, Andrews JR. Effects of a simulated game on upper extremity kinematics and muscle activation among various pitch types in youth baseball pitchers. *Journal of Pediatric Orthopaedics*. 2017. [Epub ahead of print]

**Saper M**. Clinical Outcome After Lateral Ulnar Collateral Ligament Reconstruction in an Adolescent Baseball Player: A Case Report. *Clinical Journal of Sport Medicine*. Accepted for publication.

**Saper M**, Cox B, Shneider B. A modified osteotomy for anteromedialization of the tibial tubercle. *Arthroscopy Techniques*. Published online July 24, 2017. Accepted for publication.

**Saper M**, Milchtein C, Zondervan R, Andrews JR, Ostrander R. Outcomes after arthroscopic Bankart repair in adolescent athletes participating in collision and contact sports. *Orthopaedic Journal of Sports Medicine*. 2017;5(3):2325967117697950.

**Saper M**, Pierpoint L, Lui W, Comstock RD, Polousky J, Andrews JR. Epidemiology of shoulder and elbow injuries among US high school baseball players, 2006-2006 through 2014-2015. *American Journal of Sports Medicine*. Accepted for publication.

**White KK**, **Bompadre V**, **Goldberg MJ**, Bober MB, Cho TJ, Hoover-Fong JE, Irving M, Mackenzie WG, Kamps SE, Raggio C, Redding GJ, Spencer SS, Savarirayan R, Theroux MC; Skeletal Dysplasia Management Consortium. Best practices in peri-operative management of patients with skeletal dysplasias. *Am J Med Genet A*. 2017 Oct;173(10):2584-2595. doi: 10.1002/ajmg.a.38357. Radiographic Alignment. EPOSNA, Barcelona, Spain. May 2017.

## Recent Funding

### National Institutes of Health

#### *Collagen Cross-Linking in Skeletal Aging and Disease*

David R. Eyre, Ph.D.  
David M. Hudson  
Russell Fernandes, Ph.D.

#### *Instrumented Footwear to Measure Plan-tar Tissue Properties*

Scott Telfer  
Peter R. Cavanagh, Ph.D.  
William R. Ledoux

#### *Muscle Atrophy and Bone Anabolism*

Ted S. Gross, Ph.D.  
Steven D. Bain, Ph.D.  
Edith M. Gardiner, Ph.D.  
Leah E. Worton  
Sundar Srinivasan

#### *Modeling, Design, and Testing of a Joint Replacement For MTPJ1*

Peter R. Cavanagh, Ph.D.

#### *Suppression of Bone Mechanotransduc-tion by the Beta 2*

##### *Adrenergic Receptor*

Edith M. Gardiner, Ph.D.  
Sunder Srinivasan, Ph.D.  
Steven D. Bain, Ph.D.  
Leah E. Worton  
Ronald Y. Kwon, Ph.D.

### Acumed

#### *Acumed Grant 2017*

Jerry L. Huang, M.D.

### Medical University of South Carolina

#### *Pulmonary Embolism Prevention after Hip and Knee*

##### *Replacement (PEPPER)*

Navin D. Fernando, M.D.  
Howard A. Chansky, M.D.  
Seth S. Leopold, M.D.  
Paul A. Manner, M.D.  
Adam A. Sassoon, M.D.

### Omega Medical Grants Association, LLC

#### *Omega Shoulder and Elbow Fellowship Program Grant*

Winston J. Warme, M.D.

#### *Omega Trauma Fellowship*

David P. Barei, M.D.

### AO Spine North America

#### *AOSNA Fellowship Grant*

Richard Bransford, M.D.

### AO North America

#### *AONA Trauma Fellowship*

David P. Barei, M.D.

### US Department of Veterans Affairs (VA)

#### *Foot Orthoses: Dose/Response*

Peter R. Cavanagh, PhD

## Recent Funding

8

### **2016-2017 and 2017-2018 Academic Years OMeGA Grants Recognition Statement:**

The Orthopaedic Trauma Fellowship acknowledges OMeGA Medical Grants Association, and the support of DePuy Synthes and Zimmer Biomet, for its generous orthopaedic trauma grant.