Message from the Acting Chair

Dear Colleagues in UW-Ortho world,

Last December brought about the conclusion of one of the most impressive tenures of any Chairman in any academic program in our country, and certainly in the history of modern North American Orthopaedic Surgery.

Under the leadership of Dr. Frederick A. Matsen III, our Department rose to national and international stature, and ranks prominently in all merit-based statistics within the United States and our School of Medicine. No doubt, trying to fill the shoes of this giant will be impossible. It is due to the cumulative accomplishments of our faculty and staff, which he assembled, that we are now in the favorable situation of presenting a highly functional and desirable Department for a national Chair search. It undoubtedly will attract the brightest and most talented people in the country.

With the tremendous growth of our Department in all directions, challenges have arisen as well. Depending upon the counting method, Department members currently scurry around between 7-8 clinical practice locations and work out of 4-5 different labs, with several of these physically disconnected from the clinics. With 36 full-time Orthopaedic surgeons (representing all 9 major subspecialties), 9 full-time Research Faculty, 40 Orthopaedic residents, and 20 ACE/Fellows, supported by a staff of 71, we have developed a packed daily agenda to carry out our mission. This makes any form of physical meeting in our Seattle location quite onerous, if not outright impossible.

As a first step towards reconnecting the many successful outposts of our current organization, we have decided to enlist the advances of our information age in the form of this UW Ortho E-Newsletter – as a medium for exchange of ongoing events, accomplishments and human interest stories.

It is intended to collect and showcase the many opportunities arising out of our Department, and hopefully facilitate interest in the lives of the ‘others’ in our Ortho family.

Ideally this – our very own – medium will also stimulate cross-pollination of ideas and help streamline collaborative efforts, and thus support our clinical, research and educational activities.

We are a truly remarkable Department. With so many interesting, accomplished people within our enterprise, getting to know more about who we are and what we do should make for a compelling read.

I hope you will join Calina Brown Garcia, Bill Abelson, Melanie Kanna, Ken Korbowski and myself in regularly contributing anything newsworthy to this quarterly publication, and thus manage ‘bit-by-bit’ to electronically reconnect us all - so we then find time to physically meet more often.

Thank you to the faculty and staff who have contributed to our first edition!

Please stay tuned. We have a number of exciting new ventures planned for the next year, and hope you find UW Ortho E-News makes a contribution!

Jens R. Chapman, M.D.
Professor and Acting Chairman

April 1, 2010

Frederick A. Matsen, MD, Former Chairman (1986 - 2009), with Acting Chair Jens R. Chapman, MD

Table of Contents

- Message from the Acting Chair...
- Spotlight: UW orthopaedics assists Haiti relief effort / philanthropy...
- Spotlight: Dr. Krabak at Vancouver Olympics...
- Research & Grants...
- Faculty & Staff News...
- Tech Talk...
- Faculty Publications...
James C. Krieg M.D., an Orthopaedic Trauma specialist working out of Harborview Medical Center, was among the first wave of U.S. physicians in Haiti following the devastating earthquake of January 12th.

He arrived in Port-au-Prince three days after the disaster with IMSuRT (International Medical Surgical Response Team), a 50-person unit organized by the U.S. government.

Dr. Krieg’s group established a field hospital in the courtyard of the GHESKIO Center, a pioneering AIDS clinic. Their life-saving efforts included amputations and treatment of infections.

Dr. Krieg comments “We (had) M*A*S*H tents. That allowed us to... set up a fully functioning hospital where there had been none before. A busy day at Harborview may entail a half dozen patients that are critical coming in at once. Well, this was literally hundreds of patients that needed aid right away.”

The national Assistant Secretary for Preparedness and Response, Nicole Lurie, has requested relief assistance from trauma surgeons, orthopaedists, and other experts trained in dealing with crushing injuries.

These volunteers have to be able to handle Haiti’s austere conditions.

Members of the Department’s Clinical Faculty were among the next wave of surgeons to serve in Haiti. Lyle Sorenson M.D. left on January 27th for a month at St. Damien Hospital in Port-au-Prince. Edwin Tingstad M.D. departed February 24th for a ten-day stint sponsored by Mission Outfitters and Window of Hope. He said of his surgical team, “We all have the belief that we are called to directly help others whenever we can.”

Clinical Faculty member Robert Veith M.D. spent mid-February treating Haitian refugees in Jimani, a Dominican Republic city with scores of Haitian refugees. Dr. Veith slept in the operating room after 15-hour surgical days. He says “It’s hard for us to fathom the depths of the tragic loss for these people, yet they persevere.” He then spent early March in Barahona, DR, and Port-au-Prince.

Previous Department members have also served in Haiti recently. They include former HMC Chief of Orthopaedic Surgery Marc Swiontkowski M.D., and

Trama ACE alums Craig Greene M.D. (2005–’06), John Keeve M.D. (1986), Samir Mehta M.D. (’06–’07), and David Teague M.D. (’93–’94).

The following Department surgeons have also requested placement: David P. Barei M.D., Carlo Bellabarba M.D., Richard J. Bransford M.D., Jens R. Chapman M.D., Robert P. Dunbar M.D., Brad Henley M.D., and Chris J. Wahl M.D.

Additionally, Thomas E. Trumble M.D. has volunteered for Haiti service as a civilian with a Navy relief ship.

Born and raised in Seattle, Brodie Wood M.D., first became interested in medicine at the age of 14, when his younger brother died at Harborview Medical Center after a tragic accident. After that day, Dr. Wood began volunteering at Harborview and at University of Washington Medical Center as often as he could and grew to be inspired by the surgeons he worked with. It was at Harborview that he first met Dr. Sigvard “Sig” Hansen who encouraged him to pursue Orthopaedics, saying “if you like medicine but prefer happy endings, choose Orthopaedics.”

Dr. Wood attended the University of Washington where he received a Bachelor of Science in Biology, and attended medical school at the University of Pennsylvania. When he returned to the UW for his Orthopaedics Residency, Dr. Wood says he felt blessed and remembers his resident years as a hard but wonderful time. Dr. Wood met his wife Cindi while in college, and today they live in Olympia with their six children (ages 5-16).

Earlier this year, Dr. Wood contacted the department about making a substantial gift to support the Resident Education Discretionary Fund. He said that he wanted to give back because he remembered being the beneficiary of the generosity of residents who gave before him and he wanted to pass it on. “Orthopaedics and medicine gave me my life back, gave me a purpose to live,” he says, and this is why he feels it is so important to give back even more than he received. He hopes that today’s residents have the same kind of experience he had while he was here.

If you would like more information about giving to the Department of Orthopaedics and Sports Medicine, please contact Jodie Miner, Director for Philanthropy, at 206-685-0177 or jominer@uw.edu.

Philanthropy: Spotlight on Dr. Brodie Wood

The Wood family (clockwise from L): Sophie, Chase, Cindi (Mom), Quinn, Hunter, Galen, Brodie Wood M.D., and Logan Thatcher
Remember the week of February 12th - 28th? Those nights of staying up too late, following your favorite Olympic athlete or team? Canada vs. USA in Men’s Hockey? How about the Nordic Combined events? Once again, the games gave us the excitement, drama, and spectacular performances that only the Olympics can deliver.

Brian Krabak M.D., a sports medicine specialist in the Departments of Rehabilitation Medicine and Orthopaedics and Sports Medicine, will always remember these games in a slightly different way.

Dr. Krabak, now a veteran of three Olympic Games, worked at Whistler’s Athlete Village Medical Clinic. This mobile facility was built just for the games and served as primary medical station for athletes competing at Whistler.

The full-service medical clinic, including emergency and operating rooms, was available to athletes twenty-four hours a day. Other services included physio-therapy, a pharmacy, imaging center, dentistry, and podiatry.

“One constant at all the games I have worked has been the state of the art technology available to treat athletes,” Krabak noted. “What made the Whistler facility unique was that it was built from the ground up. Other Olympic games such as the 2002 games in Utah already had (support) infrastructure in place, like the University of Utah. At Whistler there really wasn’t anything like this before.”

With the new facility also came a team of medical professionals from around the world to staff it. There were many layers of coordination involved in treating the athletes, Krabak noted. Each venue, sport, and even some countries had their own physicians or medical teams. “For the big countries there are team physicians, for some of the smaller countries we served as their physicians.” Krabak noted that his role at the games was in some ways similar to his relationship with patients in Seattle. “I advised athletes on any issues they had,” noting that at the Olympics “ultimately it is a mix of coaches, trainers, and physicians who help the athletes make decisions about their care.”

Dr. Krabak saw a variety of injuries and ailments at the games, with overuse injuries most common in endurance events like nordic skiing, and more traumatic injuries in alpine skiing and sliding sports.

“I’m always impressed with the athletes’ abilities to overcome obstacles to compete, it highlights how much the body can take.” Krabak hopes to bring this knowledge of seeing the body perform at such high levels to his patients in Seattle. Moreover, he emphasized that this experience will translate not only to his patients, but also to his work as an instructor with residents and medical students.

When asked about highlights from this Olympics, Krabak responded “just being there in this unique world of sports and diversity, I cherish these experiences….I couldn’t do it without the support of my family and the Department.” Krabak, a Clinical Associate Professor, noted that if another Olympic opportunity presented itself he would certainly consider it. For now, Dr. Krabak will return to his work at UW, helping athletes of all abilities compete at all levels.

For more on Dr. Krabak at the Olympics:
http://uwnews.org/uweek/article.aspx?id=55369

Women’s Lifetime Fitness & Sports Medicine hosts its second annual Mother Daughter Fun Run/Walk on Mother’s Day, Sunday May 9th! Start time is 9:00 AM. in Seward Park and it’s a free, non-competitive event.

While registration is not required, you can do so at http://www.womenssportsmedicine.org/splash.aspx. For more information, contact Sabine Foster (sabinef@u.washington.edu).

Mother Daughter Fun Run on May 9th!
2010 Research Report

We are excited to announce that the 2010 Department of Orthopaedics and Sports Medicine Research Report will be published in June.

From outcomes research to women’s sports injuries to hip arthroplasty to sarcoma cell analysis, we expect to publish a wide variety of articles, underscoring the diversity and depth of our department’s research and clinical accomplishments.

This publication has been of huge value in keeping an amazing number of people from very varied walks of life appraised of who we are and what we are doing.

This edition of our research report will be our most vocal collective tool in attracting potential donors and future colleagues to support our clinical, research and teaching programs, appraising colleagues in our School of Medicine of our mind-boggling array of activities, staying in touch with our many alumni around the world, and recruiting our new Chair of Orthopaedic Surgery in a nationwide search.

Most importantly, this issue will also serve as a commemorative issue for a quarter century of accomplishments under the helm of our Immediate-past Chair, Dr. Frederick A. Matsen, III.

Regulation of Bone Repair by Physiologic Loading

Steve Bain Ph.D. (photo at right), Sean Nork M.D., Jitendra Prasad Ph.D., and Ted Gross Ph.D. believe an improved understanding of how physiologic loading modulates bone healing may lead to improved fracture care and implant design.

To this end, they have developed a novel in vivo model that will enable them to examine the linkage between mechanical stimuli and the bone-healing cascade.

For more information, please view their article online at:
https://www.orthop.washington.edu/boneRepair

The research is funded by a Synthes Basic Research Grant awarded to Dr. Nork.

Recently Awarded Research Grants

Christopher Allan, M.D., Subcontract Co-Principal Investigator
$608,945
DARPA Restorative Injury Repair Program; Digit Regeneration in Mammals 2008-2010

Steven Bain, M.D., Principal Investigator Synthes USA, Basic Research Contract Regulation of Bone Repair by Physiologic Loading March 2010 – August 2011

David P. Barei, M.D. OREF Clinician Development Program Trauma Fellowship Grant $75,000 educational grant supporting a post-graduate Advanced Clinical Experience position in orthopaedic traumatology at Harborview Medical Center for the 2009-2010 academic year. June 18, 2009

Chappie Conrad, M.D. $25,000 OREF grant to support the ACE Tumor Fellowship for the 2009/2010 academic year

Robert P. Dunbar, Jr. M.D., Faculty Co-Principal OTA Resident’s Grant Medial vs. Lateral Plating of Distal Tibial Fractures

James C. Krieg, M.D., M. Bradford Henley, M.D., MBA, Co-Principal Investigators SOLVED Multicenter Study Prospective Randomized study comparing locked plates and locked IMNails for distal femoral fractures 2009-2010

James C. Krieg, M.D., Co-Investigator $5,000 AONA Resident Research Grant

Bruce J. Sangeorzan, M.D., Co-Investigator $735,235 VA Rehabilitation Research and Development Service Reducing Internal Stresses in Deformed Diabetic Feet October 1, 2009 – September 30, 2012
The UW Department of Orthopaedics & Sports Medicine is pleased to announce the recent appointment of Howard A. Chansky, M.D., Professor, as Vice Chair of its Montlake group, which comprises the Department’s operations at UW Health Sciences, UWMC, the Bone and Joint Surgery Center at Roosevelt, the Sports Medicine Clinic, and Eastside Specialty Center.

Dr. Chansky will also serve as the Department’s Service Line Chief for UWMC, and will continue in his role as Vice Chair in the VA Puget Sound HealthCare System.

Please join us in welcoming Howard, an accomplished and longtime contributor to the Department, to his new Montlake role.

Chris Allan, M.D. performed with the Saggital Band at the joint Hand Surgery/Therapy Conference in San Francisco last fall. The Saggital Band is made up of hand surgeons from across the country.

Steven Bain, Ph.D., Ted Gross, Ph.D., & Sean Nork, M.D. have a patent pending for Inhibition of Pathological Bone Formation.

Richard Bransford, M.D.’s son, Gabriel, was born March 11th. Congratulations!

Long-time Computer Support Group guru Mike Burdett reports the cows on he and his wife Lisa’s Arlington, WA farm are doing well. Check them out at: http://sites.google.com/site/westernwashingtonwagyu/home

Peter Cavanagh, Ph.D. and four members of his Women’s Sports Medicine and Lifetime Fitness Program attended a NASA Human Research Program meeting in early February, presenting work from two studies on bone health in outer space.

Dr. Cavanagh’s team celebrated the inauguration of its new Robotics Laboratory with an open house on March 30th!

Dr. Cavanagh has established a new blog on “the latest research that active women want to know,” plus a Facebook page including an RSS feed of the blog. Facebook fans, blog comments, and feedback are welcome. Links: http://www.womenssportsmedicine.org/blog/ and http://bit.ly/WSMFacebook

Jens Chapman, M.D. was named the Chairman of AOSpine North America.

Douglas P. Hanel, M.D. is listed in Best Doctors in America Database, 2009-2010; and America’s Top Doctors, 9th Ed, Castle Connolly Medical Ltd., 2010.

Sigvard Hansen, M.D. is set to retire on July 1, 2010. He was also featured in a KOMO news story on January 26, 2010: http://www.komonews.com/news/health/82722567.html

Dr. Hansen was also awarded the “Harborview Mission of Caring Award” at the HMC Gala February 27. “This award honors those whose lives and work exemplify Harborview’s mission of caring.”

Harborview: The Trauma Story, a film in production, features Frederick Matsen, M.D., Dr. Hansen, former Chief D. Kay Clawson, M.D., and alumnus Robert Winquist, M.D.. See www.traumastory.com

James Krieg, M.D. received the 2010 Harborview CARES Award for Service Excellence; and is in the AAOS Leadership Fellow Program, Class of 2009-2010.

Dr. Krieg speaks at Grand Rounds April 7th on “Delivering First-World Medicine in Third-World Disaster Relief: Comparing Early to Systematic Deployment in Haiti 2010,” 7:00-7:50 a.m., Foege Auditorium, S-060 Genome Sciences Building.

Dr. Kreig’s trip to Haiti was featured on KING News: http://www.king5.com/news/local/Second-wave-of-NW-doctors-heads-to-Haiti-82848097.html

Michael Lee, M.D. is the proud father to a baby boy! He also passed his ABOS part 2 exam. In late September he began seeing PT’s at the Eastside Specialty Center on alternating Mondays.

Director Ken Karbowski and his family moved to Wedgwood from Edmonds this past November. Both Ken and his wife (a faculty member in Speech and Hearing Sciences) are enjoying the new, shorter commute!

Seth Leopold, M.D., former Montlake Vice Chair, and his wife Jill Sulzberg at the December 2009 Montlake Holiday Party
The **Montlake** office, under new Montlake Manager **Calina Brown Garcia**, held festive birthday parties in February and March for Program Coordinator **Leslie Meyer** and Student Assistants **Caroline Merino** and **Jenna Shibata**.

Montlake bade farewell in February to **Juliana Restrepo Lalinde**, who returned to her native Colombia after a fruitful Special Project Semester through the Escuela de Ingeniería de Antioquia. Juliana interned with **Dr. Cavanagh**’s team.

**Scott O’Neill**, Montlake Admin Coordinator, purchased a home a week before Christmas! He is looking forward to his 1st-time homeowners tax credit! Scott is also the proud father to two new kittens.

**Suzanne Slaney** PA-C gave a presentation on “Adhesive Capsulitis” in December as part of the Sports Academic Conference Series.

**Doug Smith, M.D.** was featured in a January 13 KOMO newscast on a nerve transfer procedure he performed on a 14-year-old Mt. Vernon patient who lost her arm in an ATV accident. The story can be found at:


**Sports Medicine Clinic News**: Medical Assistant **Sarah Kenney** departed last fall for Nursing School... **Liza Zumwinkle-Hunter** MA bought a house in Mill Creek... **Aurea Magbalot** MA got engaged to long-time boyfriend Rob... Office Ass’t **Sean McKinney** and bride Heather tied the knot... & PT **Sarah Gustafson** is expecting a baby girl on May 10th!

**Thomas Trumble, M.D.** gave three presentations at the Stark Memorial Lecture at UCLA on January 20th.

**Ted Wagner, M.D.** hosted visiting guest lecturer James Iatridis, M.D., who presented at Spine Grand Rounds on Dec. 16th. He is also the PI on an OREF grant application submitted in December 2009. If awarded, the funding will support the 2010/2011 Spine ACE Fellowship.

**Dr. Wagner** and friend Harold Thorgerson went on a 1,200-mile motorcycle trip last fall. The dynamic duo, dubbing themselves “2 Old Men on 2 Old Bikes,” began in Seattle and stopped in Lake Roosevelt, WA and Nelson, BC before finishing up in Mazama, WA.

Christopher Wahl, M.D. presented “Wilderness Orthopaedics” last October as part of the Sports Academic Conference Series.

“Welcome” to new members of the Orthopaedics & Sports Medicine Family:

**Mark Lanning** (PT, Sports Medicine), **Theresa Jones** (Office Assistant, Sports Medicine), **Marla Olson** (PSS, Sports Medicine), **Kathy Lehmann** (Transcriptionist, Sports Medicine), **Doug Daniell** (MA, Sports Medicine), and **Jordan Steed** (PA, Hand Center).

New Attendings with the SCCA Adult Oncology Sarcoma Service include **Elizabeth Trice Loggers**, M.D. (Jan ’10) and **Robin Jones, M.D.** (April ’10).

**Tech Talk**

**Anti-Virus Software**

Out with McAfee and in with Sophos -- Change your anti-virus software ASAP. &lt;[https://www.washington.edu/uware/sophos/](https://www.washington.edu/uware/sophos/)&gt;

**Need Someone to Listen?**

We have four programs for faculty to use to meet their dictation needs.


Windows, Dragon Medical &lt;[http://www.nuance.com/healthcare/products/dragon_medical.asp](http://www.nuance.com/healthcare/products/dragon_medical.asp)&gt; For a limited time free for some clinical faculty!


**Security Corner?**

Is data loss a concern? Are you sure your data is backed up? If your device is lost, is the data encrypted protecting your personal information from identity theft?

- 40% have lost a USB drive
- 64% have left USB Drives Unattended
- 12,000 laptops are lost per week, in US airports
- 600,000 mobile computers stolen per year (includes smart phones)
**Recent FACULTY PUBLICATIONS**

**Peer Reviewed**

Caron T, **Bransford RJ**, Nguyen Q, Agel J, **Chapman JR**, Bellabarba C: Spine Fractures in Patients with Ankylosing Spinal Disorders. Spine - Accepted Nov 2009


**Cavanagh PR**, Genc KO, Gopalakrishnan R, Kuklis MM, Maender CC, **Rice AJ**: Foot Forces During Typical Days On The International Space Station. Journal of Biomechanics - Accepted for publication


**Gene KO**, Humphreys BT, **Cavanagh PR**: Enhanced Daily Load Stimulus to Bone in Spaceflight and on Earth. Aviat Space Environ Med. 2009 Nov; 80(11): 919-926


**Lee MJ**, Bransford RJ, Bellabarba C, **Chapman JR**, Cohen AM, Harrington RM, **Ching RP**: The Effect of Bilateral Laminotomy vs. Laminectomy on the Motion and Stiffness of the Human Lumbar Spine: a Biomechanical Comparison. Spine - Accepted Oct 2009
Recent FACULTY PUBLICATIONS


Non-Peer Reviewed

Mehta S, Jahangir AA, Barber JW, Leversedge FJ, Krieg JC: The Impact of Trauma Networks on Healthcare Delivery. AAOS Now October 2009


Book Chapters


Dunbar RP: Intramedullary Nailing of Extraarticular Distal Tibial Fractures. In Operative Orthopaedics - In press


Books