

Message from the Acting Chair

Welcome to our fall 2014 edition of our department newsletter. Summer is always a busy time for academic departments and this summer has been no exception for us.

The biggest news of this summer, in importance if not in size, was certainly the birth of Stella Michele Alton to Ann Marie and Tim Alton. Tim is one of our PGY-5 residents who will be staying in Seattle for his trauma fellowship at Harborview. This is good news for Harborview, but the best news is that we will get another year with Stella and Ann Marie!

We have more good news to report - Brittney Harrison recently joined our department as Assistant to the Chair and Director. Brittney has an interesting background. She comes to us from Premera Blue Cross but she previously worked in the Paper Conservation Lab at the Smithsonian Institution in Washington, DC. Ken Karbowski and I owe Fred Westerberg a great deal of gratitude for taking on the added responsibility of assisting us until we were able to recruit Brittney to this position. We were also fortunate to hire Nadia Goodman to assist Dr. Jerry Huang, Program Director for the Hand Service. Nadia is replacing Trixie Rombouts, who for the past four years has been a key member of the Hand team.

I am exceptionally proud to say that once again U.S. News and World Report has named the University of Washington Medical Center as one of the Best Hospitals for Orthopaedics. We were ranked #19 out of the 50 listed hospitals and Seattle Children's Hospital was ranked #21.

We had to say goodbye to Maureen Johnson after nearly three years of service. Maureen served as our Manager of Faculty Affairs during a very busy time in our department, while expertly negotiating the labyrinthine rules of the School of Medicine. She leaves with our respect and best wishes as Maureen begins her new job as Academic and Staff Human Resources Manager in the Department of Psychiatry & Behavioral Sciences and Neurology.

One new faculty member in our department is Dr. Adam Sassoon, an orthopaedic surgeon with expertise in joint preservation, resurfacing, and replacement, as well as orthopaedic traumatology. Dr. Sassoon completed his orthopaedic surgery residency at the Mayo Clinic. While in residency, he also completed a Master's Degree in Biomedical Science based on work focusing on tissue engineering using

adult-derived stem cells. He was given the H.A. Peterson Award for scholarly writing, and was a finalist for the Patrick J. Kelly Research Award. Additionally, he was the first individual to be awarded three separate Mayo International Health Program Grants for orthopaedic outreach in Central America performed while in residency. Following residency, Dr. Sassoon completed an orthopaedic traumatology fellowship at Orlando Regional Medical Center and a subsequent hip and knee fellowship at Washington University in St. Louis.

Dr. Sassoon currently focuses his clinical efforts on revision and primary total joint replacement of the hip and knee, partial joint replacement and hip resurfacing. He is also trained in hip arthroscopy, hip preservation procedures, and orthopaedic trauma.

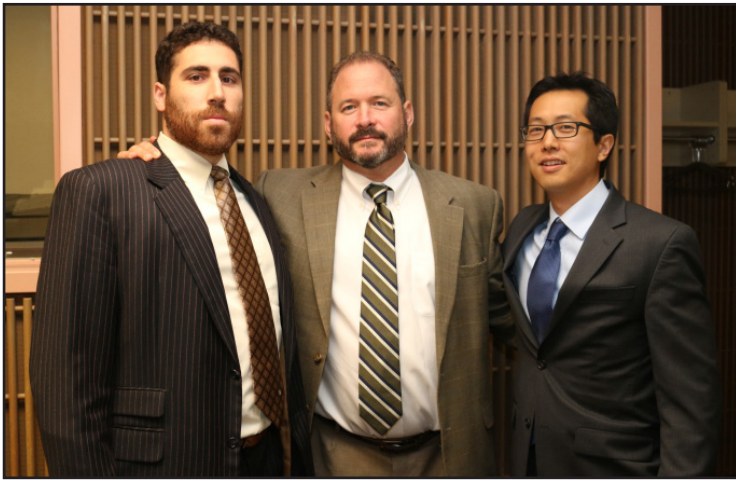
We also welcomed Dr. Jason Hsu to our department. Dr. Hsu is an orthopaedic surgeon who specializes in arthroscopic and open surgery for all shoulder and elbow disorders. He received his bachelor and medical degrees from Northwestern University before completing his residency at the University of Pennsylvania. During his residency, Dr. Hsu spent one year in the McKay Orthopaedic Research Laboratory focusing on research involving tendon and ligament injury, repair, and healing. It was during his residency that he was awarded the DeForest Willard Award for Outstanding Chief Resident, the Joseph P. Iannotti Award for Excellence in Shoulder Surgery, and the Stanley Chung Award for Excellence in Research. He completed his fellowship in shoulder and elbow surgery at Washington University in St. Louis.

Dr. Hsu was drawn to shoulder surgery because of the wide array of arthroscopic and open surgery procedures. He is particularly interested in arthroscopic rotator cuff repairs and complex primary and revision shoulder arthroplasty.

Dr. Bruce Sangeorzan received several honors including the Top Doctor awards in both Seattle Magazine and Seattle Metropolitan Magazine. These are prestigious but they are dwarfed by the honor of Dr. Sangeorzan being named president-elect of the American Orthopaedic Foot & Ankle Society (AOFAS). For a complete list of our Top Doctor award recipients, [please see page 8](#).



Spotlight: Welcome Drs. Hsu and Sassoon



Drs. Adam Sassoon (L), Howard Chansky, and Jason Hsu (R).

Dr. Adam Sassoon is an Assistant Professor in the Department of Orthopaedics and Sports Medicine, specializing in hip and knee reconstruction.

Dr. Jason Hsu is an Assistant Professor in the Department of Orthopaedics and Sports Medicine, specializing in arthroscopic and open surgery for shoulder and elbow disorders.

Dr. Jason Hsu, MD

What factors attracted you to the University of Washington, Department of Orthopaedics & Sports Medicine?

University of Washington has always been known to have a strong shoulder and elbow program. In the process of getting to know Dr. Matsen and Dr. Warme, I found that we shared the same enthusiasm and drive for continually improving the way we treat patients with shoulder and elbow disorders. In addition, I had already developed a great relationship with Dr. Albert Gee while training in residency and knew I would enjoy working with him. Last but not least, although I grew up in the Midwest and trained on the east coast, my family has migrated to Seattle – this job presented not only a great academic position, but also an opportunity to reunite with my family.

What are your greatest interests within orthopaedics?

Since I started orthopaedic residency, I have been fascinated by the complexity of the shoulder joint and have enjoyed utilizing a wide array of arthroscopic and open procedures to address shoulder and elbow disorders. I also like the challenge of revision surgery and treating patients with complex problems including previous failed shoulder surgery. I particularly enjoy arthroscopic rotator cuff repairs and complex primary and revision shoulder arthroplasty. Furthermore, I believe there are very important clinical questions that have yet to be answered in the shoulder field, particularly regarding rotator cuff disease and also in shoulder arthroplasty. My hope is to be able to contribute to the field by answering some of these important, unanswered questions through both basic science and clinical investigations.

Talk a little bit about the research that you've done and would like to do.

I spent a year in residency at the University of Pennsylvania working with Dr. Lou Soslowsky on a number of projects related to tendon injury, repair, and healing. Most of the projects involved using the rat rotator cuff as an animal model for cuff tendinopathy and cuff healing after repair. I hope to continue some of that work here. I also am currently interested in investigating the role of Propionibacterium in shoulder surgery. We have seen a large number of failed shoulder arthroplasties associated with this organism, but our understanding is still in its infancy.

What types of extracurricular activities do you like to participate in when you're not working?

I like to keep active with sports and outdoor activities. My wife and I enjoy playing tennis whenever we have free time together. Photography has also become a big hobby of mine, and I spend a lot of time trying to read and learn more. Spending quality time with (and taking too many pictures of) my family is always a priority for me.

Spotlight: Welcome Drs. Hsu and Sassoon**Dr. Adam Sassoon, MD, MS****What are some factors that drew you to UW Orthopaedics?**

UW is one of the premiere academic institutions for orthopedic surgery on the West Coast, with a rich tradition of clinical excellence. UW provides a dynamic environment with bounding opportunities for my own professional growth by providing clinical volume, research opportunities, and strong group of residents to teach.

Within the realm of Hip & Knee, what conditions/procedures do you specialize in?

I enjoy performing a broad range of procedures within hip and knee reconstruction including primary and revision arthroplasty, unicompartmental knee arthroplasty, and hip resurfacing. I particularly enjoy post-traumatic reconstruction in the setting of failed fixation and periprosthetic fracture care. I am also trained to perform arthroscopic and open hip preservation surgeries.

Talk a little bit about the research that you've done previously and what you'd like to embark on going forward.

Research is the means by which orthopaedic surgery grows and matures as a field. It deepens our understanding of challenges that face patients and surgeons, allows for reflection and analysis of the effectiveness of our treatment protocols, and provides an avenue for improvement of patient care. Participation in research throughout each step in my training has also allowed for personal growth and maturation as well. My commitment to academic orthopaedic surgery and research stems from both a desire to advance orthopaedic surgery as a field and to advance my own skills and level of understanding.

My academic interests encompass both basic science and clinical research. During residency I was able to build a strong foundation in both arenas by participating in numerous clinical studies and pursuing a master's degree in orthopaedic research. My master's thesis was based on laboratory bench work including cell culture and RT-PCR, which focused on stem cell differentiation and tissue engineering. This work gave me a strong foothold and foundation to build on when the opportunity exists. Applications for stem cells with regard to improving fracture healing, prosthetic ingrowth, and bone defect management abound and may serve as the basis for future projects. My subsequent double-fellowship specialization in orthopedic traumatology and adult reconstruction/joint preservation provides me with a broad clinical scope and large patient volume from which to derive future research questions. Additionally, it provides a unique perspective and insight in dealing with clinical problems such as periprosthetic fractures and post-traumatic reconstruction, which delve into both fields. Furthermore, the two years spent in fellowship training have generated a sizable portfolio of clinical projects, both completed and ongoing, to build upon during my first few years as a faculty member. Other research areas that I am exploring include generating a better understanding of patient expectations regarding postoperative pain and function in joint arthroplasty, and determining a more objective measurement of implant survivorship, which would incorporate function and patient use as a new outcome measure as it relates to total joint replacement.

The climate of the PNW is far different than Southern California where you went to medical school. What types of things are you planning on doing for fun?

While different from Southern California, the climate in the PNW is a welcome change from the -40 degree winters of Rochester, MN. My wife, Traci, and I are actually very fond of the cool, overcast, climate as it reminds us of Berkeley, CA, the city where we met. My family and I will plan on spending a good deal of time exploring the natural beauty that abounds in the PNW and hopefully find time to hike, kayak, and go camping. Additionally the food and music culture here in Seattle will provide us with lots of social outing opportunities that we can't wait to experience.

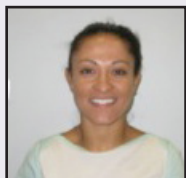
Welcome 2014-15 ACEs!



Matthew Beuchel, MD
(Foot & Ankle)
Medical School: Georgetown University
Residency: Grand Rapids Medical Education Partners



William Braaksma, MD
(Foot & Ankle)
Medical School: Wayne State University
Residency: Grand Rapids Medical Education Partners



Uma Ramadorai, DO
(Foot & Ankle)
Medical School: Nova Southwestern University College of Osteopathic Medicine
Residency: Dwight David Eisenhower Army Medical Center



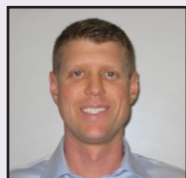
James Learned, MD (Hip & Knee)
Medical School: USC
Residency: Case Western Reserve University



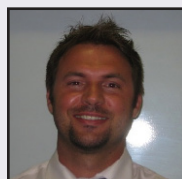
Yi Guo, MD (Oncology)
Medical School: Shandong University
Residency: Peking University



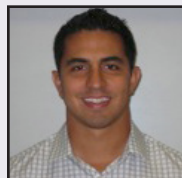
Mital Patel, MD (Oncology)
Medical School: M.S. University of Baroda
Residency: Medical College Baroda



Robert Lucas, MD
(Shoulder & Elbow)
Medical School: Wake Forest University
Residency: UCSF



Ian Whitney, MD
(Shoulder & Elbow)
Medical School: Texas A&M
Residency: University of Texas Health Science Center



Alireza Anissipour, DO (Spine)
Medical School: Western University of Health Sciences
Residency: Midwestern University



Saad Elrahmany, MBBCH (Spine)
Medical School: Alexandria University Hospital
Residency: Alexandria University Hospital



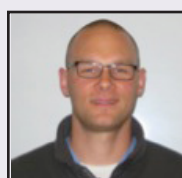
John Lee, MD (Trauma)
Medical School: UCSD
Residency: University of Michigan



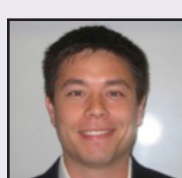
Mara Schenker, MD (Trauma)
Medical School: University of Chicago
Residency: University of Pennsylvania



David Shearer, MD, MPH
(Trauma)
Medical School: University of Washington
Residency: UCSF



Paul Toogood, MD (Trauma)
Medical School: Case Western Reserve University
Residency: UCSF



Brandon Yuan, MD (Trauma)
Medical School: Mayo Medical School
Residency: Mayo Medical College

Department News

ACE Graduation



ACE graduates with Dr. Nork (L to R): Drs. Spittler, Fishler, Nork, Hebert-Davies, Little, and Learned.



Dr. Shatsky receives his graduation present from Dr. Bellabarba.



L to R: Drs. Berdichevsky, Bellabarba, Bransford, and Shatsky.

The ACE graduation dinner was held on July 25 at the Columbia Tower Club. ACE graduates, faculty, and fellowship program coordinators attended the event with their families while enjoying a celebratory evening overlooking downtown. We wish all our graduates the very best as they begin the next chapters of their lives!

Retirement Party for Dr. Carol Teitz

After 34 accomplished years in Sports Medicine, Professor **Carol Teitz** retired from clinical practice in July. As the first female orthopedic surgeon at the University of Washington she established herself as a respected leader, teacher, and mentor in the department. Her surgical skills combined with a wonderful bedside manner fostered a loyal following of grateful patients who trusted her with their care for many years. It was the interaction with her patients that Dr. Teitz said made coming to work every day fun. It was not surprising that she chose to commemorate her retirement with a reception for her patients as a ‘thank you’ for allowing her the privilege of partnering with them in their care. The evening event was suitably held in the Founders Club in Hec Edmundson Pavilion, which once housed the Sports Medicine Clinic and department offices. Patients and their families along with some current and former clinic staff enjoyed the opportunity to visit and hear Dr. Teitz share some of her favorite stories and memories. Dr. Chansky expressed his gratitude for her contributions and commitment to her patients and the department, and presented her with a plaque commemorating her years of service. Though she is no longer practicing in the clinic, she continues to work as the Admissions Dean for the School of Medicine and remains a valued member of the department.



Department News

Arthroscopy Course for Residents



Thank you to Pac Med for providing our residents with another great arthroscopy course! The course was held in Tracy, CA and allowed our residents to practice their skills firsthand.

Summit in Seattle 2014

The 5th Annual Summit in Seattle: Focus on Shoulder Disorders was held on July 25-26 at Harborview Medical Center. The course co-chairs were **Drs. Lisa Taitzman** and **Winston Warne** and the guest faculty included Dr. April D. Armstrong, Milton S. Hershey Medical Center, Dr. Jonathan P. Braman, University of Minnesota, **Dr. Jason E. Hsu**, Dr. Scott A. Rodeo, Hospital of Special Surgery, and Dr. Kevin L. Smith, The Sports Medicine Clinic. UW Orthopaedics and Sports Medicine Fellows, faculty, and physical therapist Sarah Jackins gave presentations. The two day course also included several live arthroscopy sessions transmitted from the ISIS to the auditorium, allowing attendees to watch and ask questions in real time.



Department News

Welcome to the Department!



Brittney Harrison, Assistant to the Acting Chair and Director

Brittney comes to us from Premera Blue Cross, where she worked as an Enrollment Analyst and Administrative Specialist. She received her Bachelor of Arts degree from Washington State University in English and her Master of Science degree in Museum Studies from the University of Leicester. In her free time, Brittney enjoys playing & coaching volleyball as well as antique shopping. She is enthusiastic about her new role in the Department.



Nadia Goodman, Program Coordinator for the Hand Service

Nadia came from the Roosevelt Ambulatory Surgery Center where she had been a PSS for the last 3 years. During this time she had the opportunity to get acquainted with some of the Orthopaedics team and learn more about the hand team and department. In her spare time, Nadia enjoys traveling, watching NFL and college football, cooking and trying new foods, and spending time with her friends and family. Her and her husband are very excited to be welcoming their first child in January 2015.

Marian Forssen’s 20th Anniversary!

On Wednesday, September 10th, 2014, the Bone & Joint/Rheumatology clinics came together to celebrate **Marian Forssen’s** 20 years of service here at UWMC. Marian is the Patient Care Coordinator to **Dr. Frederick Matsen, Dr. Theodore Wagner, Dr. Douglas Ichikawa** and **Dr. Michael Brage**. Congratulations Marian on 20 years!



Right: PCC Marian Forssen with Dr. Frederick Matsen

Left: Coworkers surprised Marian at the clinic



Department News

10th Annual James G. Garrick Lecture

The 10th Annual Endowed James G. Garrick Lecture in Sports Medicine was held on August 26, focusing this year on “ACL Injury: Principles of prevention, surgery, and return to sport.” This year’s guest speakers were Dr. Lars Engebretsen, PhD, Professor and Chair of Orthopaedic Surgery at Oslo University Hospital, and Grethe Myklebust, PT, PhD, Associate Professor at Oslo Sports Trauma Research Center at the Norwegian School of Sports Sciences. The event spanned two days and included a dinner and lecture, presentation at the UW Medicine Sports Medicine Center at Husky Stadium, and a special sports medicine-themed Grand Rounds. The event was a great success and we extend our thanks to our guests of honor for their attendance.



(above) Dr. Lars Engebretsen



Drs. Twaddle, Engebretsen, Grethe Myklebust, and (R4) Sean Haloman



(L to R) Dr. Stanley Herring, Johnese Spisso, and Dr. Howard Chansky

Seattle Met Top Doctors

The department congratulates Drs. Barei, Bellabarba, Chansky, Chapman, Hanel, Hansen, Matsen, Mayo, and Sangeorzan for earning Seattle Met 2014 Top Doc awards.



AO Basic Fracture Course



R2s (left to right) Colin Kennedy, Romie Gibly, Lauren Meyer, Kariline Bringe pose with Dr. Milton Rout at an AO Course in Ohio.

Faculty & Staff News



Congratulations to **Tim Alton (R5)** and his wife on the birth of their daughter Stella Michele on August 19th at 3:06pm. Stella weighed 5lbs 15oz and measured 18.5 inches long. Dr. Alton reports that everyone is happy and healthy!

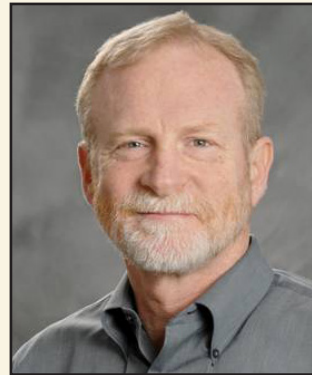
Dayne Mickelson (R4) has been selected for the The Journal of Bone & Joint Surgery Resident Advisory Board. The Advisory Boards assists in developing resident resources and provides feedback on the 4 digital JBJS journals, and their newly re-launched website. Congratulations!

Congratulations to **Dr. Conor Kleweno** for earning the Fall 2014 UW Medicine Cares Award for HMC!

Congratulations to **Alex Lauder (R3)** for being awarded the 2014 Outstanding Consultant of the Year by the Emergency Medicine Residents and Faculty! Please join us in congratulating Dr. Lauder on this tremendous accomplishment!



Congratulations to **Research Scientist Amy Cizik** on her 10 year anniversary with the department!



Dr. Bruce Sangeorzan will become the President of the American Orthopaedic Foot and Ankle Society (AOFAS), a 14-month term, at the annual AOFAS meeting in Chicago on September 19-23, 2014.

Congratulations to **Drs. Darin Davidson, Albert Gee and Reza Firoozabadi** for passing the board exams. The three are now board-certified!



Happy belated birthday to **R2 Student Assistant Hannah Kim**, who turned 22! It looks like her co-workers at Roosevelt did a great job decorating!

Dr. Bruce Twaddle and his PA, **Margo Hoppis**, holding the Lombardi Trophy when it was brought to the Sports Medicine Clinic. Photo courtesy of Dr. Ashwin Rao.



Tech Talk

Back it up!

Have you backed up recently? With autumn already here and winter fast approaching, now is a great time to think about running a thorough backup on all of your devices. Heavy rain, wind and the possibility of snow can easily bring down power lines, which in turn can be disastrous for a computer that is plugged in and working at the time. Most computers have older hard drives that have parts on the inside that look like small records and spin at incredibly fast rates of speed. When power is abruptly removed it can damage this mechanism and, more importantly, when power is restored it often causes a surge of power to flow through the line, damaging the device's internal workings. Whenever there is a power outage we always recommend physically unplugging the computer from the wall. This will help prevent the surge damage and protect the computer if the power is lost again. External backups to USB drives at home is the safest way to safeguard

Tech Talk (cont'd)

that data. We run external backups on all work computers at all of the UW sites, which have come in handy many times. But what about your phone or tablet? These may have information that is only found on that device, and the 'cloud' does not always get everything. Do you have a plan for those? If not or if you are curious about more information, send us an email and we will be happy to advise on the best way to safeguard all of the data and devices that you care about. Email: orthohlp@uw.edu or come by and talk to any of our staff in our offices at UWMC or HMC.

Publications

Presentations:

Ausk, BJ, Huber, P, Gross, TS, Srinivasan, S. (2014). Non-invasive quantification of focal osteogenesis induced by mechanical loading. 35th ASBMR

Bain, SD, Huber, P, Stoll, L, Gross, TS. (2014). Muscle, bone, and nerve differentially interact to achieve trabecular and cortical bone homeostasis. 35th ASBMR

Kwon, RY, Recidoro, AM, Kaminsky, W. (2014). Rotopol and microCT imaging in the regenerating zebrafish fin for BMD therapeutic discovery. 35th ASBMR

Kwon, RY, Viridi, A, Sumner, DR (2014). Cross-species transcriptomic analysis reveals conserved osteogenic signatures during zebrafish and rat bone regeneration. 35th ASBMR

Thompson, M, **Huber, P,** Smith, G, Holley, A, **Bain, SD, Kwon, RY.** (2014). Brain-specific PEN deletion induces abnormal skeletal activity in mice. 35th ASBMR

Worton, LE, Park, B, **Recidoro, AM, Gardiner, EM, Kwon, RY.** (2014). Sensory neuron differentiation enhances osteoblast differentiation through soluble factors. 35th ASBMR

Publications:

Alton TB, Patel AR, **Bransford RJ, Bellabarba C,** Lee MJ, **Chapman JR.** Is there a difference in neurologic outcome in medical versus early operative management of cervical epidural abscesses? *Spine J.* 2014 Jun 14. pii: S1529-9430(14)00573-7. doi: 10.1016/j.spinee.2014.06.010. [Epub ahead of print] PMID:24937797

Apostle KL, Coleman NW, **Sangeorzan BJ.** Subtalar Joint Axis in Patients With Symptomatic Peritalar Subluxation Compared to Normal Controls. *Foot Ankle Int.* 2014 Aug 7. pii: 1071100714546549. [Epub ahead of print] PMID: 25104749 [PubMed - as supplied by publisher]

Manoso MW, **Cizik AM, Bransford RJ, Bellabarba C, Chapman JR,** Lee MJ. Medicaid status is associated with higher surgical site infection rates after spine surgery. *Spine (Phila Pa 1976).* 2014 Sep 15;39(20):1707-13. doi: 10.1097/BRS.0000000000000496.

Pet MA, **Ko JH,** Friedly JL, Mourad, PD, **Smith DG.** (October 11, 2014). Does Targeted Nerve Implantation Reduce Neuroma Pain in Amputees?. *Clinical Orthopaedics and Related Research*®, 472, 10, 2991-3001. doi: 10.1007/s11999-014-3602-1.

Souza JM, Cheesborough JE, **Ko JH,** Cho MS, Kuiken TA, Dumanian GA. Targeted muscle reinnervation: a novel approach to postamputation neuroma pain. *Clin Orthop Relat Res.* 2014 Oct;472(10):2984-90. doi: 10.1007/s11999-014-3528-7.

Swords MP, **Alton TB,** Holt S, **Sangeorzan BJ,** Shank JR, **Benirschke SK.** Prognostic Value of Computed Tomography Classification Systems for Intra-articular Calcaneus Fractures. *Foot Ankle Int.* 2014 Aug 18. pii: 1071100714548196. [Epub ahead of print]