

IT'S HOW SPORTS MEDICINE SHOULD BE!

GROUND BREAKING NEWS

Sports Medicine Physicians:

Bernard R. Bach, Jr., M.D.—
Division Director
Charles A. Bush-Joseph, M.D.
Brian J. Cole, M.D., MBA
Gregory P. Nicholson, M.D.
Trish Palmer, M.D.
Anthony A. Romeo, M.D.
Nikhil Verma, M.D.
Kathleen Weber, M.D.

Research Staff:

Robert Beck, Ph.D.
Eileen D'Ambrogio, R.N., BSN
Jennifer Hayden, R.N., MSN
Vincent Wang, Ph.D.

Physician Support:

John Bojchuk, MS, ATCL
Susan Gilpin, MS, PA-C, ATC
Kyle Pilz, MMS, PA-C
Sheri Shindelar, MS, PA-C
Stacy Twigg, MS, PA-C, ATC

Academic Secretarial Support:

Valencia Robinson-Jordan
Phyllis Velez

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Hard to believe that I am in my 20th year in practice...I thought it would be fun to initiate a newsletter directed to our former fellows to keep you updated with our program and hopefully to build bridges for those of you who have been out in practice for a while. The sports medicine fellowship at RUSH was started in 1988. As our section grew to become a division so has our fellowship program. Currently we have six sports medicine fellowship trained orthopaedists within Midwest Orthopaedics at RUSH and two primary care sports specialists. Our fellowship has grown to four fellows per year. This year marks the 34th-38th fellows that have been trained in our program (please refer to the chronological listing of our fellows). The fellowship has matured and is recognized as one of the premier programs nationally. Despite the growth we continue to maintain the mentorship, open door policy, balanced surgical training, and gentlemanly hours that highlighted the early years.

Although the foundation is similar much has changed. Our educational program has been expanded. Our core lectures are now on Monday evenings followed by the residents' core lectures. Tuesday afternoon the fellow on Dr. Bach's service coordinates a lecture/presentation that is fellows/residents directed. Every other Tuesday, Dr. Weber coordinates a primary care lecture series that has been well received. This past July we initiated a quarterly motor skills course in the Rush Surgicenter. This course is directed by an attending and all fellows are responsible for a room with the education directed towards our residents. The Learning Resource Center in Rosemont continues to play a major role in the fellows' educational experi-

ence...many fellows will attend at least four courses in Rosemont. We currently send our fellows to the annual AANA and AOSSM meetings as well as an articular cartilage course in California.

Many of you may recall bouncing from desk to desk and not having a "home". We now have since 2003 a fellow's office with a library, lockers, desks, computers, and a dry motor skills lab (knot tying boards and an Alex shoulder model). Our media library continues to grow and we have over 100 gigabytes of images, power point presentations, radiographs, and video stored for fellow access. The academic productivity of our fellows has for the past five years been consistently excellent. Many of our fellows are exceeding our expectations for 12 publications for the fellowship year!

As the program has grown so has our support staff. John Bojchuk, ATCL continues to anchor the practices of Drs. Bach and Bush-Joseph. Many of the "docs" now have PA's working with the team. Kyle Pilz, Sue Gilpin, Stacy Twigg, and Sheri Shindelar are the PA's who help make things go. Jennifer Hayden, a research nurse has been with us now for six years (and two children) and recently Eileen D'Ambrogio joined Jennifer. Phyllis Velez continues to anchor the sports medicine secretarial responsibilities and coordinate the fellowship application process. She has been joined by Valencia Robinson-Jordan who wears a hybrid "clinical/academic" hat. Robert Beck, Ph.D. has joined our educational staff coordinating and troubleshooting in the Surgicenter, and coordinating the motor-skills courses. He has been invaluable and has provided an open door opportunity to the anatomy lab for our fellows, residents, and medical students interested in orthopedics. Vincent Wang, Ph.D. joined us in October 2005 to become

our first basic science sports medicine researcher.

2005 marks the second year that our "team" functioned as the team physicians for the Chicago White Sox and Chicago Bulls. Dr. Bush-Joseph functions as the "go to" doc for the Sox while Dr. Cole functions similarly for the Bulls. Dr. Weber provides much of the medical care for the athletes. Dr. Weber is also the team physician for the Chicago Bandits the local professional women's fast pitch softball team. Dr. Cole is the orthopaedic consultant for the Rush arena football team. The Joliet Steel semipro hockey coverage is a highlight for our fellows.

This capsular summary highlights many of the changes that have occurred here at RUSH. Browse through the newsletter. I encourage you to update us on your practice, your family, new additions, etc. Happy holidays!



Bernard R. Bach, Jr., M.D.
The Claude N. Lambert -
Helen S. Thomson Professor
Director, Division of Sports Medicine

**Graduating Fellow Class
of
2004-2005**



**Left to right
Ronald (Ed) Glenn, M.D.
Randall Risinger, M.D.
Kyle Flik, M.D.
Pearce McCarty, III, M.D.**

The RUSH Sports Medicine Division received over 100 completed applications for this year's applicant pool. Our interview date for 25 selected candidates is Thursday, January 12, 2006. A reception will be held at the Union League Club Wednesday evening prior to the interviews

**Current Fellow Class
of
2005-2006**



**Left to right
Christian Latterman, M.D.
Patrick McCulloch, M.D.
Ammar Anbari, M.D.
Andreas Gomoll, M.D.**

WELCOME

Incoming Fellows for 2006 -2007

Matt Busam, M.D. -Vanderbilt
Anne Colton, M.D. - Penn
Matt Provencher, M.D. & J.P. Rue, M.D.
U.S. Navy Programs

**TRISH PALMER, M.D. -
SPECIALIST IN PRIMARY CARE SPORTS MEDICINE**

A graduate of Michigan State University in East Lansing, Dr. Palmer completed her Medical Doctorate at Rush Medical College in Chicago, Illinois and her residency at MacNeal Family Practice in Berwyn, Illinois. Her fellowship in primary care sports medicine was completed at The Orthopedic Specialty Hospital under the auspices of the University of Utah. She then continued teaching in the residency program and caring for patients within the Department of Family and Preventive Medicine and attained the position of Assistant Professor. Dr. Palmer joined MOR in July 2005.

Dr. Palmer has authored or coauthored articles and presentations concerning eating disorders, musculoskeletal issues, and pain. Her articles have been published in journals such as *Family Practice Recertification* and the *Journal of the American Board of Family Practice*, and books such as the *Encyclopedia of Public Health*, and the *Handbook of Primary Care Psychology*. She is a member of the American Academy of Family Physicians, the American College of Sports Medicine, and the American Medical Society of Sports Medicine. Dr. Palmer is the recipient of several honors and awards, including the Pisacano Scholarship for Leaders in Family Medicine, presented by the Pisacano Leadership Foundation.

Dr. Palmer is very interested in women's athletics, serving as a physician committee member of the United States Ski and Snowboard Association. She also provides medical coverage annually for the Chicago Marathon and was Deputy Venue Medical Officer at Deer Valley for the 2002 Olympic Games.



**QUARTERLY SPORTS MEDICINE
SURGICAL SKILLS WORKSHOPS**

The sports program initiates quarterly sports medicine surgical skills workshops. The first course was directed by Dr. Bach on knee arthroscopy, ACL reconstruction, and graft harvesting techniques. Fellows from the 2004-5 class, Drs. Pearce McCarty, Ed Glenn, Randy Risinger were lab instructors along with Nik Verma, M.D. The second course held October 29, 2005 was directed by Dr. Greg Nicholson on basic shoulder arthroscopy, acromioplasty and rotator cuff mini-open techniques. Current fellows Drs. Andreas Gomoll, Ammar Anbari, Christian Latterman, and Patrick McCulloch were lab assistants. Dr. Bush-Joseph will coordinate the 3rd course in late January 2006. Educational grant support from Smith & Nephew Endoscopy has finally made this a reality and expands upon our dry lab with the Alex shoulder models that we have in the fellows office.



ITEMS OF NOTE

Sports Medicine Team feted by Mr. & Mrs. James Donnelley on Tuesday, November 15, 2005 to honor achievements of Dr. Bach and the sports medicine program at Rush. Mrs. Nina Donnelley, a patient of Dr. Bach, and her husband, graciously hosted approximately 80 friends of Rush including many of our partners, hospital trustees, members of Rush philanthropy department and Dr. Larry Goodman, President of Rush University Medical Center.

Dr. Kathy Weber named team physician for Chicago Bandits....continues as medical team physician for Chicago White Sox and Bulls. Drs. Weber and Bush-Joseph traveled with the World Champion Chicago White Sox during the month October.

Dr. Charles Bush-Joseph is on the ABOS committee writing the first sports medicine certificate of added qualification (CAQ) board examination first available for 2007.

Drs. Weber & Bush-Joseph holding the World Series Championship trophy.





Drs. Cole & Weber—Bulls Playoff game 4/05



**Dr. & Mrs. Cole's new addition
"Ava Elizabeth"**



**Rush Sports Medicine "Docs"
Drs. Cole, Nicholson, Verma, Bush-Joseph,
Romeo, Weber, & Bach**



Drs. Flik & Bach -White Sox team coverage



Baby Alex Hayden 4 mos



"Fellows Office"



Sue Gilpin, &, Kyle Pilz



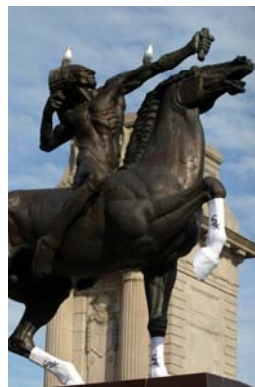
John Bojchuk



Stacy Twigg



Sheri Shindelar



**Everyone celebrated the
Chicago White Sox**



"Fellows Office"



Eileen D'Ambrogio & Jennifer Hayden



Vincent Wang, Ph.D.



Robert Beck, Ph.D.



"October Surgical Workshop"

**RUSH Sports Medicine
Fellows Alumni**

Mark N. Levin, M.D. – Jul-Dec. 88'
 Daniel J. Daluga, M.D. – Jan-Jun 89'
 J. Calvin Johnson, M.D. – 89'-90'
 Greg T. Jones, M.D. – 90'-91'
 Mark G. Franco, M.D. – 91'-92'
 Greg T. Hardin, M.D. – 91'-92'
 Brian F. Jewell, M.D. – 92'-93'
 Michael P. Nogalski, M.D. - 92'-93'
 Cherie A. Holmes, M.D. – 93'-94'
 Michael M. Leighton, M.D. – 93'-94'
 Peter J. Novak, M.D. – 94'-95'
 James S. Williams, Jr., M.D. - 94'-95'
 Steven Tradonsky, M.D. – 95'-96'
 Matthew E. Levy, M.D. – 95'-96'
 D. Daniel Rotenberg, M.D. – 96'-97'
 James D. Ferrari, M.D. – 97'-98'
 K Jeffrey Matteoni, M.D. – 98'-99'
 Michael J. D'Amato, M.D. – 99'-00'
 Brian S. Cohen, M.D. – 99'-00'
 Mayo A. Noerdlinger, M.D. – 00'-01'
 Robert A. Sellards, M.D. – 00'-01'
 Jeff Fox, M.D. – 01'-02'
 Kevin B. Freedman, M.D. – 01'-02'
 Augustus D. Mazzocca, M.D. – 01'-02'
 Kirk J. Aadalen, M.D. – 02'-03'
 Michael J. Dennis, M.D. – 02'-03'
 Raymond J. Pavlovich, M.D. – 02'-03'
 J. Winslow Alford, M.D.- 03'-04'
 R. Alexander Creighton- 03'-04'
 Andrew H. Smith, M.D.- 03'-04'
 Kyle R. Flik, M.D.- 04'-05'
 Ronald E. (Ed) Glenn, Jr., M.D.- 04'-05'
 L. Pearce McCarty III, M.D.- 04'-05'
 Randall J. Risinger, M.D.- 04'-05'
 Ammar Anbari, M.D.- 05'-06'
 Andreas Gomoll, M.D.- 05'-06'
 Christian Lattermann, M.D.- 05'-06'
 Patrick McCulloch, M.D. - 05'-06'

GOOD NEWS!

BACH RECEIVES ENDOWED CHAIR

Dr. Bach has been elected to the presidential line for the AOSSM for 2008, and is the current president of the Herodicus Sports Medicine Society. He is the recipient of the Claude Lambert - Susan Thomson endowment chair in orthopedics. He has sponsored Drs. Cole and Bush-Joseph for the Herodicus Society and has selected Dr. Cole as the program chairman for his presidential year.

Dr. Brian J. Cole appeared on the cover of the Chicago Magazine in the "Top Docs" January 2006 issue. He joined Dr. Bach in the listing. Dr. Bach has been listed on four occasions. Congratulations Dr. Cole!



Chicago's Top Docs as featured in the January 06' issue.

Drs. Bach and Verma coedited Revision Anterior Cruciate Ligament for Sports Medicine and Arthroscopy Review, Dr. Bach edited Techniques in Orthopedics on Patellar Tendon for Anterior Cruciate Ligament Surgery, Dr. Kevin Freedman (02'-03') guest edited AAOS monograph on Anterior Cruciate Ligament Complications. Drs. Cole and Miller's Arthroscopy of the Knee remains a best seller. Drs. Cole and Bach coedited, Sports Medicine of the Knee to be published in 2006.

RESEARCH NEWS



Vincent M. Wang, Ph.D. recently joined the faculty of the Department of Orthopaedic Surgery at Rush. Dr. Wang will direct the basic science research program in the Division of Sports Medicine. Dr. Wang received his Ph.D. in mechanical engineering from Columbia University in New York City and completed a post-doctoral orthopaedic research fellowship at The Mount Sinai School of Medicine in New York. His primary research expertise and interests include shoulder biomechanics as well as the anatomy, function, injury, and healing of tendons and ligaments.

Dr. Wang is a native of Blacksburg, Virginia. He and his wife, Janie, have a 9-month old daughter, Samantha. Dr. Wang noted on his new appointment, "I am very enthusiastic about joining a superb academic department and Medical Center known for its outstanding clinical and basic science research. The environment here at Rush is dynamic, collaborative, intellectually stimulating, and highly conducive to innovative and clinically-impacting research and education."

Second Research Nurse Joins Division

Sports medicine research has been so busy lately that we have added another research nurse. Eileen D'Ambrogio joined our group in May 2005. Together Jennifer and Eileen are working on clinical trials as well as clinical outcome studies. Current projects include tracking outcomes after lateral meniscus transplant in the glenohumeral space (Nicholson, Cole and Romeo), minimum two year follow-up after osteochondral allograft transplant (Cole), six month ultrasound results after arthroscopic rotator cuff repair (Nicholson), use of stem cells after medial meniscectomy (Cole, Bach, Bush-Joseph, and Verma), and a 2nd generation viscosupplementation for OA of the knee (Weber).

WHERE ARE THEY NOW?

<p>Dr. Michael Leighton (1993-1994) one of the "earlier" Bach/CBJ fellows. Presently, he's the President of Palm Beach Orthopaedic Institute, a 14 physician group in northern Palm Beach County, Florida. Personally, he's married (19 years) to Andrea and is surviving the teen years with Max (15), Ariel (12) and Alex (9). He's the Medical Director of the Athletic Training Program at Palm Beach Atlantic University, a D-2 local university. www.mleightonmd.com</p>	<p>Four former fellows Drs. Dan Rotenberg (1996–1997), Michael D'Amato (1999–2000), Kirk Aadalen (2002–2003) and Pearce McCarty III are practicing in the Minneapolis—St. Paul area in different groups.</p>	<p>Dr. Brian Cohen (1999-2000) is the senior partner in a rapidly growing group in Chillicothe, OH. He and Mike D'Amato teamed up as fellows and partners in Ohio for two years. Dr. D'Amato moved north to Minneapolis for the weather at the recommendation of his bride. He is a member of the Quigley society so BRB and Mike have had some fun together regaling about life in Cambridge, MA in another era.</p>
<p>Dr. Mayo A. Noerdlinger (2000–2001) is in his 4th year of private practice and working in Portsmouth, NH and York, ME (two towns separated by 7 miles). Lives in York with wife, Susan, and three children (Laura 10, Nicholas 7, and Charlotte –born in Chicago! 5). He's currently the Chief of Orthopaedics at Portsmouth Regional Hospital and team physician for the University of New Hampshire as well as several local high schools.</p>	<p>Dr. Robert Sellards (2000–2001) is currently the Head of LSU Sports Medicine in the Department of Orthopaedic Surgery for the Louisiana State University Health Science Center in New Orleans. He's the Program Director for the residency. Robb is still getting his feet on the ground with the aftermath of Hurricane Katrina. Fortunately, his home was not damaged. Did you know that Robb is listed as one of the "most eligible" bachelors of New Orleans!</p>	<p>Dr. Kevin B. Freedman (2001–2002) is practicing sports medicine at Orthopaedic Specialist in Bryn Mawr, PA. He's the Medical Director of the Bryn Mawr Hospital Cartilage Restoration Program and editor of a new AAOS book, Complications in Orthopaedics, ACL Surgery. Proud father to new son named Jake born on 3/3/2005 who joins big sister Halie.</p>
<p>Dr. Gus Mazzocca (2001-2002) returned to the University of Connecticut and is rapidly developing a national reputation in collaborative basic science biomechanical research. Gus is actively involved in the sports medicine fellowship program at U Conn. James Bicos, a recent Rush resident (04) completed a one year sports fellowship with Drs. Mazzocca, Arciero, Fulkerson and Shea. Gus is "team doc" for the Connecticut prison system and has been known to return phone calls from "Bubba". Gus has become a national expert focusing on the biceps tendon and AC joint! Gus, Andy Smith and Drs. Nicholson, Romeo, and Bach visited at the Boston Univ Sports Med course at Martha's Vineyard in early August.</p>	<p>Dr. R. Alexander Creighton (2003-2004) is an Assistant Professor at the University of North Carolina. He helps Tim Taft take care of the Tarheels.</p> <p>Dr. J. Winslow Alford (2003–2004) returned to Providence, Rhode Island and is the team physician for Providence College.</p> <p>Dr. Randall Risinger (2004-2005) and wife, Tara, have returned to New England and he's practicing in Wakefield, RI.</p> <p>Dr. Ronald (Ed) Glenn (2004–2005) has returned with wife Lori (Asst. States Atty) to Nashville and joined the Tennessee Orthopedic Alliance Group.</p>	<p>Dr. Andrew Smith (2003–2004) is practicing at Cape Cod Orthopaedics & Sports Medicine. He has a new addition, Drew –a little brother for daughter Kate. The practice is busy and expanding. Cape League baseball is the sports medicine highlight of the summer. He's also covered the PGA tour for the Deutsche Bank US Championship at the TPC.</p> <div style="text-align: center;">  <p>(Kate & Drew)</p> </div>
<p>Dr. Kyle Flik (2004–2005) and wife Ana have established their practices in Albany, NY. They are renovating a 19th century farmhouse on the Hudson River. Kyle tell us that his first coverage responsibility was a women's professional tackle football team!</p>	<div style="text-align: center;">  <p>"Baby Flik"</p> </div>	<p>Dr. Pearce McCarty III (2004-2005) current practice at Sports & Orthopaedic Specialists in Minneapolis, MN. Specializing in shoulder and elbow surgery, as well as orthopaedic sports medicine. Relatively new baby boy Maxwell Pearce McCarty. Pearce is an associate team physician with Dan Buss, M.D. covering the Minnesota Twins.</p>

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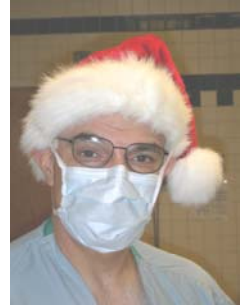


"Don't Stop Believing"

DO YOU REMEMBER?

- "Time is papers..."
- "S.W.E.T.- same way every time...just like _ _ _"
- "Rush Sports Medicine...A small mom and pop operation"
- "If you're not the lead dog the view never changes"
- "Dickie Baker, Vern Allenwood, Clyde Clate and the gang in West Paris, Maine stories:
- "Do you think there's a mouse in there?"
- "The weather started getting rough—the tiny ship was tossed...."
- "Leprosy, Leprosy—I dropped my eyeball into my highball...."
- "Hey Rock - watch me pull a rabbit out of my hat"
- "Have you ever seen the singing barracudas?"

HAPPY HOLIDAYS from UNCLE BERN!



Division Receives Educational & Research Support

The Division of Sports Medicine acknowledges the generous financial support for unrestricted educational and research endeavors. **Smith & Nephew Endoscopy, djOrtho, Athletico, Mio-Med, and Mitek** have supported us. **THANK YOU!!**

OREF

Have you donated to the Orthopedic Research and Education Foundation (OREF). The physicians in the department are national leaders when it comes to supporting OREF. Three members of the division are members of the Shands Circle-Drs. Bach, Bush-Joseph and Cole. You can become a Cum Laude member by donating \$1,000. The first \$500 is a restricted gift but donations above and beyond that amount can be earmarked to any of the COMSS subspecialty societies. We generally assign our gifts to AOSSM, but AANA and ASES are obviously subspecialty societies impacting our daily practices. Did you know that the monies allocated to AANA are directed to resident scholarships. Perhaps you benefited from one?

DID YOU KNOW?

- A resolution from the Chicago city council and a personally signed letter from Mayor Richard M. Daley was individually sent each of the team physicians of the Chicago White Sox on November 18, 2005.
- Brown and Harvard University leads the pack with four fellows each that we have trained (Drs. Jim Williams, Mayo Noerdlinger, Win Alford, Andy Smith), and Harvard (Drs. Cherie Holmes, Pearce McCarty, Andreas Gomoll, Pat McCulloch).
- The Division of Sports Medicine gratefully acknowledges the \$400 donation from Pearce McCarty, M.D. (04-05) which will be directed to the fellowship education and research program.
- The Division of Sports Medicine will host the AANA international traveling fellows in **April 26-30, 2006.**
- Recent RUSH residents who completed sports fellowships include Drs. Mike Gordon ('02) New England Baptist Hospital, David Anderson ('03) John Hopkins, Nikhil Verma ('03) The Hospital for Special Surgery, James Bicos ('04) University of Connecticut, Paul Beck ('04) -University of Utah, Dominic Carreira ('05) -Steadman Hawkins and Eric Berkson ('05) Mass General.
- Dr. Kathy Weber will begin our very own Rush Primary Care Sports Medicine Fellowship program in academic year 2006.
- The Rush Sports Medicine program will have their ACGME site visit in **March 2006.** At our last review we received a four year accreditation.