Sam Ward, PT, PhD

The Research Division continues to grow in its new home- the Altman Clinical Translational Research Center (ACTRI). This space supports 7 principal investigators who supervise approximately 50 international fellows, post-docs, residents, graduate students, staff, and undergraduate students. This operation runs on $4.5M in extramural grant support from the National Institutes of Health, National Science Foundation, Department of Defense, and the Veterans Administration per year, and generates over 70 peer-reviewed publications in Musculoskeletal Science and Orthopaedic Surgery. Our program was ranked #10 by Doximity in research output in 2017. As we move through 2018 and 2019, we are recruiting 2 new full-time scientists and continue to grow our clinical-industry partners program to expand the number of active clinical trials in the department.

In Memoriam
F. Richard Convery, MD (1932 –2018)

We were saddened to learn of the death of one of our former faculty members, F. Richard Convery, MD. Dr. Convery received his undergraduate diploma, medical degree, and orthopaedic surgery training at the University of Washington. He was a member of the University of Washington orthopaedic surgery faculty from 1967 until 1972 when he joined UC San Diego orthopaedic surgery. He specialized in adult reconstruction where he was sought after by patients, admired by colleagues, and awarded the prestigious Kappa Delta Award for meritorious research by the American Academy of Orthopaedic Surgeons. Dr. Convery was an admired orthopaedic leader who left an indelible mark on UC San Diego.

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I am pleased to present the FY 2017-2018 issue of the UC San Diego Department of Orthopedic Surgery Newsletter. This past year has been one of tremendous change and continued national prominence of our department. In April 2018, Steven R. Garfin, M.D., who has been our Chairman for the past 22 years was promoted to the Interim Dean of the UC San Diego School of Medicine in recognition of his outstanding leadership and for his potential to lead the School of Medicine through the challenges and opportunities that lie ahead. It is an honor to follow in his footsteps as Interim Department Chairman.

UC San Diego Orthopedic Surgery continues to be ranked in the elite list of the top 50 hospitals for Orthopedics by US News and World Report and for 2017-18 was ranked #20 and our affiliated Rady Children’s Hospital Pediatric Orthopedic Surgery group was ranked #3.

Instigated by Dr. Garfin’s vision and with the leadership of Lisa Rhodes and many others, in March this year, the Koman Outpatient Pavilion opened. Orthopedic Surgery inhabits the entire 2nd floor along with Rehabilitation. The building also contains imaging services and a state of the art ambulatory surgery center with 8 operating rooms, 3 procedure rooms, spacious preoperative and postoperative and family waiting areas.

Our department continues to grow. Krishna Cidambi, MD (joint reconstruction) David Dalstrom, MD (foot and ankle), William ‘BT’ Kent, MD (orthopedic trauma) and Bryan Leek, MD (hand and sports) are new faculty added this year and we have additional recruitments planned.

Highlights in this issue include:

* Awards and Honors
* Orthopedic Notes
* UC San Diego Orthopedics in the News
* Recent publications

I hope you find this newsletter of interest and I welcome feedback.

Reid Abrams, MD
Professor and Interim Chairman
Department of Orthopedic Surgery
Kenneth Vitale, M.D., FAAFPMPR was asked to serve as the Faculty Lead for the University and sign the General umbrella MOU as the primary faculty contact between UCSD and our sister University in Japan, Yokohama City University for the next 5 years 2017-2022. In 2017 he was also selected to represent UCSD along with the Dean of Medical Education, Dr. Maria Savoia, to travel to Japan and attend an international medical education summit with UCSD, National University of Singapore, Duke-NUS Medical School, and Yokohama City University. In 2018 Dr. Vitale was also elected to the board of directors of the American College of Sports Medicine, Southwest Regional Chapter for an at-large position.

Dr. Maria Savoia, to travel to Japan and attend an international medical education summit with UCSD, National University of Singapore, Duke-NUS Medical School, and Yokohama City University. In 2018 Dr. Vitale was also elected to the board of directors of the American College of Sports Medicine, Southwest Regional Chapter for an at-large position.

**Awards and Honors**

- U.S. News & World Report released their 2017-2018 "Best Hospitals" rankings, and UC San Diego Orthopaedic Surgery was recognized for extraordinary medical and surgical care and ranked #20 nationally.
- Steven R. Garfin, MD was selected as Dean, UC San Diego School of Medicine and recognized as one of America’s Most Honored Professionals for 2017.
- Reid A. Abrams, MD was selected as Interim Chairman, Department of Orthopaedic Surgery. He was also awarded the UCSD Division of Plastic Surgery Teacher of the Year Award for 2018, and the San Diego Orthopaedic Society Founding Father Distinguished Service Award for Outstanding Contributions to the San Diego Orthopaedic Community for 2017.
- "2017 Top Docs" in the annual San Diego Magazine “Physicians of Exceptional Excellence:” Reid A. Abrams, MD, Scott T. Ball, MD, Steven R. Garfin, MD, Bryan Leek, MD, Alexandra K. Schwartz, MD
- Samuel Ward, PhD, PT received the 2017 Marion William Career Achievement in Research Award from the American Physical Therapy Association.
- Peter O. Newton, MD; Dylan Kluck, MD; and Burt Yaszay, MD received the Scoliosis Research Society Thomas E. Whitecloud Award for the best clinical paper.
- Koichi Masuda, M.D., Robert L Sah, M.D., Sc.D. and coworkers were awarded the prestigious International Society for the Study of the Lumbar Spine (ISSLS) Prize ($20,000) for basic science for 2018.
- Alan Hargens, PhD was awarded the NASA Distinguished Public Service Medal. NASA’s highest form of recognition that is awarded to any non-Government individual or to an individual who was not a Government employee during the period in which the service was performed, whose distinguished service, ability, or vision has personally contributed to NASA’s advancement of United States’ interests. He also received the Recognition Award (“hall of fame”) from the Southwest American College of Sports Medicine given for “scholarly contributions to sports medicine, exercise science, and professional organization.”
- D. C. Covey, MD received the Outstanding Service Award from the Society of Military Orthopaedic Surgeons at the AAOS Annual Meeting.
- Ian Foran, MD received the Orthopaedic Institute for Children Research Paper Award at the 2017 California Orthopaedic Association Annual Meeting.
- Kenneth Vitale, M.D., FAAFPMPR was asked to serve as the Faculty Lead for the University and sign the General umbrella MOU as the primary faculty contact between UCSD and our sister University in Japan, Yokohama City University for the next 5 years 2017-2022. In 2017 he was also selected to represent UCSD along with the Dean of Medical Education, Dr. Maria Savoia, to travel to Japan and attend an international medical education summit with UCSD, National University of Singapore, Duke-NUS Medical School, and Yokohama City University. In 2018 Dr. Vitale was also elected to the board of directors of the American College of Sports Medicine, Southwest Regional Chapter for an at-large position.
Selected Publications


Program Director’s Corner

Alexandra K. Schwartz, MD

Another successful year for the UCSD Orthopaedic Residency Program! Four chiefs graduated on June 9, 2018 at Scripps Birch Aquarium. It was truly an amazing night celebrating the success of these wonderful residents and their bright futures. Dr. Emily Cidambi is pursuing a career in pediatric orthopedic surgery at Boston Childrens Hospital. Dr. Matthew Kinney is doing an arthroplasty fellowship at the Anderson Clinic in Alexandria, VA. Dr. Morgan Sildorff is doing an arthroplasty fellowship at the University of Southern California Keck Medical School. Dr. Kenneth Vaz is beginning his arthroplasty fellowship at Scripps Green Hospital in San Diego California. The traditional chief dinner was held at Dr. Reid Abrams’ house this year, as he is the interim chair, after Dr. Garfin was appointed Dean of UCSD Medical School. It was a wonderful evening with dinner outdoors on a balmy San Diego evening.

There were several awards presented at graduation. Dr. Kenneth Vaz was awarded best chief resident teacher by the junior residents. Dr. BT Kent was awarded the Whitehill Prize for Excellence, awarded to a junior faculty member for exemplary teaching of clinical medicine or surgery. Dr. Andrew Pennock was awarded the Dr. Wayne Akeson teaching award for all clinical faculty. Four research residents successfully completed their research year. This included Amelia Lindgren, MD whose primary project was “Femoral Capital Epiphyseal Dysplasia: A Surgeon’s Dilemma.” Preet Gurasamy, MD completed studying “Associations of Lumbar Muscle Size and Density with Vertebral Bone Density.” Kara Sarrel, MD researched “Prevention of Painful Neuromas: A Methodological and Experimental Model in Rats.” Andrew Yoo, MD focused on his project entitled “An Analysis of Paraspinus Musculature Microarchitectural Differences at the Curve Apex in Patients with Adolescent Idiopathic Scoliosis.” There were several research award received during the year. Amanda Golding was awarded 1s Place in Basic Science Resident Research Day for her project entitled “The Effectiveness and Mechanical Properties of Chemotherapy-Impregnated Cement on Ewing Sarcoma.” She was also awarded the Jacqueline Perry Ruth Jackson Orthopedic Society resident grant. Dr. Kenneth Vaz won the COA Lloyd W. Taylor award for his paper with Dr. Francis Gonzales on “Assessment of Early Subsidence, Periprosthetic Fracture, and Revision of Cementless Femoral Stems Via the Direct Anterior Approach.” With the rapid growth of clinical volume at Jacobs Medical Center, the residents have been working incredibly hard and the patient volume outgrew the ability to be available at all times due to other obligations at Hillcrest and Encinitas Clinic. To try and help them, we have hired a full time inpatient physician assistant, Wendy Storm, who has stepped into the role and is positively impacting patient care.
We have four bright, enthusiastic new interns who just joined us. We received over 600 applications, chose 60 candidates for interviews, and ended up with the best of the best. Dr. John Kozy graduated from Case Western. Dr. Brendon Mitchell completed medical school at the University of Florida. Dr. Carey Politzer joined us from Duke University. Dr. Matthew Siow completed his medical education at New York University.

We held our annual "Orthopaedic Boot Camp" with these four recruits as well as three of the research residents. Boot Camp is a two-week dedicated period where the interns are exposed to the basics of orthopedic trauma, joints, spine, sports, hand, microvascular surgery, splinting and casting. There are several additional sessions throughout the year to expand their knowledge in these fields. Boot Camp is led by faculty as well as chief residents to immerse the interns in orthopaedics and expose them to the foundations of orthopaedic knowledge.

Our residents shone incredibly brightly again this year, scoring 97th percentile in the country on the annual Orthopedic In-Training Exam!!! Not only are they fun, hard-working, pleasant, caring, and dedicated physicians, they are unbelievably smart!!!

Dr. Morgan Silldorff had a once in a lifetime experience by traveling to Panama City as part of Operation Walk. He was under the guidance of Dr. Francis Gonzales and their team performed over 60 arthroplasty surgeries in four days. They were even on the cover of the Panama City newspaper, highlighting their work.

If anyone is inspired by this update, we have established a fund to help send residents to the Maine Orthopaedic Surgery Review Course. All donations are greatly appreciated. You may donate via https://medschool.ucsd.edu/som/ortho/about/Pages/Donations.aspx.

RESEARCH GRANTS

Samuel Ward, PhD, PT:

**Principal Investigator**
* Lumbar Spine Muscle Degeneration Inhibits Rehabilitation-Induced Muscle Recovery - NIH (NICHD)
* Noninvasive measurements of muscle microstructure assessed by diffusion tensor imaging - NIH (NICHD)
* Promotion of Skeletal Muscle Recovery Using an Extracellular Matrix Hydrogel in a Rabbit Model of Chronic Rotator Cuff Injury.
* Recovery of Muscle Function after BTX Reverse Agents - Del Nova

**Co-Investigator Grants**
* Shahidi (PI) - Mechanisms and impact of pregnancy-induced adaptations in pelvic floor muscles - NIH (NICHD)
* Alperin (PI) - The Physiological Basis of Rotator Cuff Muscle Rehabilitation: The influence of strain and exercise on muscle transcriptional activity and epigenetic control of growth - NIH (UL1TR001442) CTSA Bioinformatics Grant (Firestein)

Alan W Hargens, PhD:
* Fluid Distribution before, during and after Prolonged Space Flight, NASA
* Risk of Intervertebral Disc Damage after Prolonged Space Flight, NASA
* Spinal Structure and Function after 90 Days Long-Duration Simulated Space Flight and Recovery NASA

BT Kent, MD Simon Schenck, PhD, Alexandra Schwartz, MD.
* AAONA Research Grant Biomarkers of Neutrophil Extracellular Trap Formation and their Relationship to Adiposity in Foot and Ankle Surgery Patients

Doug Chang, MD, PhD
* Rapid Saliva Test for Diagnostics of Neuro-Cognitive Disorder due to Traumatic Brain Injury (NCDT). NIH/NINDS