



OCTOBER  
2017

## EDUCATION UPDATE

SPORTS MEDICINE FELLOWSHIP &  
INTERNATIONAL SCHOLARS PROGRAM



**STEADMAN PHILIPPON**  
RESEARCH INSTITUTE



# TRANSFORMING ORTHOPAEDICS THROUGH ADVANCED EDUCATION

SPRI's post-residency programs produce future leaders

**Steadman Philippon Research Institute is committed to training tomorrow's orthopaedic experts. In fact, SPRI's post-residency programs are considered some of the world's best. That's why physicians from as far away as Europe and South America come to Vail to learn from our renowned surgeons and researchers.**

Each year, nine young surgeons are selected for SPRI's fellowships. In addition, physicians from around the globe join SPRI as international scholars. Both groups spend an intensive 12 months working toward one goal—to expand their knowledge to help patients heal better and faster.

When fellows and scholars leave Vail, they take with them the innovations SPRI is known for. Applying their newfound knowledge, they're spreading a new standard of care worldwide.

## BUILDING A FOUNDATION FOR EXCELLENCE

Dr. Millett knows firsthand the impact of SPRI education



Dr. Peter Millett

During medical school, Peter Millett read a newspaper clipping about Dr. Richard Steadman. He called Dr. Steadman about doing research with him and learned the program was for “fellows” only.

“I told Dr. Steadman I would come back and be a fellow someday. I didn't even know what a fellow was at the time!” And in 2000, Dr. Millett became a fellow at The Steadman Clinic.

Today, Dr. Millett is a premier shoulder and knee surgeon. He is director of Shoulder Surgery at The Steadman Clinic and a SPRI faculty member.

### SHAPING MEDICAL PRACTICE TODAY

“The biggest thing I learned during my fellowship was the importance of really caring for patients,” Dr. Millett says. “Dr. Steadman was a master at the bedside, as well as a superb surgeon.

“He taught me how to listen to my patients so I could truly connect with them and understand their problems. Now I strive to always provide the highest quality care and do so in a highly personal way.”

### INSTILLING PASSION FOR INNOVATION

After his fellowship, Dr. Millett joined Harvard Medical School as a surgeon, professor and researcher. He also practiced at Brigham and Women's and Massachusetts General Hospitals.

“At that time, a minimally invasive procedure for shoulders really didn't exist” he explains. “I was able to transfer what I learned from Dr. Steadman about knee arthroscopy to the shoulder.” This led to Dr. Millett becoming a pioneer in arthroscopic treatment of the rotator cuff and shoulder instability, separation and osteoarthritis.

### GIVING BACK KNOWLEDGE

Five years later, Dr. Millett got the call that would bring him back to Vail. “Dr. Steadman told me Vail was the best place to practice orthopaedics, and he invited me to join him. So here I am 12 years later.”

Dr. Millett has performed over 10,000 orthopaedic surgeries. He also authored over 200 peer-reviewed articles, numerous book chapters and four books on orthopaedic surgery.

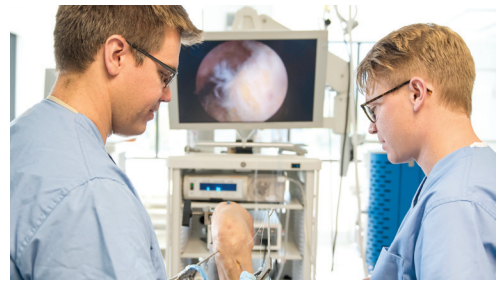
In addition, he was selected a Top Shoulder Surgeon in North American by *Orthopedics This Week*. He also has been ranked in the top 1% of U.S. orthopaedic surgeons by *U.S. News & World Report*. And he has been recognized nationally and internationally for his work.

In 2006, Dr. Millett founded the Vail International Visiting Research Scholars Program. He continues to share his knowledge by teaching fellows and scholars from across the U.S. and abroad. To date, he has mentored over 80 fellows.

“Having been a fellow, I know the tremendous effect this experience can have on a young physician's career path,” Dr. Millett explains. “By mentoring fellows and scholars, we're shaping the future of orthopaedic medicine worldwide.”

# FELLOWS AND SCHOLARS CONTINUE SPRI LEGACY

New cohort begins life-changing year



They're fully trained orthopaedic surgeons. But they want to become the best of the best. That's why each year fellows and scholars come to SPRI.

This year's cohort started in July. The next 12 months will be packed with learning the latest orthopaedic procedures. They'll fine tune their techniques in the surgical skills lab. And they'll investigate the causes, prevention and cure of degenerative diseases and joint injury. With this new knowledge, they'll improve their patients' recovery and outcomes.

## 2017-2018 SPORTS MEDICINE FELLOWS



### J.P. BEGLY, MD

Dr. Begly graduated from Johns Hopkins School of Medicine. He did an orthopaedic surgical residency at NYU Hospital for Joint Diseases. During that time, he served as team physician for the NYU and Long Island University's men's and women's basketball programs. Dr. Begly also provided medical care for the NYC Public High School Athletic League and the Alvin Ailey Dance Theater. His research interests include hip arthroscopy outcome data, shoulder instability and athletic performance after surgery.



### ANDREW BERNHARDSON, MD, MC, USN

Dr. Bernhardson graduated from the U.S. Naval Academy and attended medical school at the University of Minnesota. After graduation, he served as battalion and regimental surgeon with the U.S. Marine Corps in Afghanistan. Dr. Bernhardson completed his orthopaedic residency at the Naval Medical Center San Diego. He also was selected as the AOSSM representative to the AAOS Clinician Scientist Career Development Program in 2015.



### PATRICK BUCKLEY, MD

Dr. Buckley received a bachelor's degree in biology from Villanova University where he graduated cum laude. He also graduated cum laude from Jefferson Medical College. There he was vice president of Alpha Omega Alpha. Dr. Buckley completed his orthopaedic surgery residency at Thomas Jefferson University Hospital. He also was the team physician for the Philadelphia Phillies and Villanova University. His research interests include sports following ACL reconstruction and treatment of the throwing athlete.



### BLAKE DANEY, MD

Dr. Daney graduated cum laude from Miami University with a bachelor's degree in Zoology. He received his medical training at West Virginia University. There he was inducted into Alpha Omega Alpha and Gold Humanism Honor Society. Dr. Daney completed his residency at Cleveland Clinic Akron General. His research interests include biomechanics, articular cartilage injuries and upper extremity nerve compression. Also, he's a founding board member of Project CHASM, which provides medical care for the homeless.



### BRENDAN HIGGINS, MD

Dr. Higgins graduated with a degree in Oceanography from the U.S. Naval Academy. Upon graduation, he was commissioned as an officer in the U.S. Marine Corps. He served as a platoon commander during Operation Iraqi Freedom. Dr. Higgins completed medical school at Georgetown University and an orthopedic residency at Dartmouth Hitchcock Medical Center. He also earned a master's in Healthcare Leadership at Dartmouth. His research interests include total hip arthroplasty and cervical spine injury.



### CATHERINE LOGAN, MD

Dr. Logan attended Syracuse University, studying Health and Exercise Science. She earned a master's in Physical Therapy from Medical College of Virginia. She practiced seven years at Johns Hopkins Hospital before entering Tufts University School of Medicine. At Tufts, she started a nonprofit that provides science education for underserved Boston youth. Dr. Logan received orthopaedic surgery training through the Harvard Combined Orthopaedic Residency Program. There she was editor-in-chief of the *Orthopaedic Journal*. Her research interests include discoid meniscus and return-to-play protocols.



### CONNOR ZIEGLER, MD

Dr. Ziegler attended Gustavus Adolphus College where he was an Academic All American swimmer, conference champion and NCAA finalist. He received the NCAA Post Graduate Scholarship. He also was named to ESPN The Magazine's Academic All-America Men's At-Large Team. Dr. Ziegler attended medical school at the University of Minnesota. He completed a residency at the University of Connecticut. His research interests include ACL and PCL reconstruction and total shoulder arthroplasty. He has been published in numerous peer-reviewed journals.

## 2017-2018 FOOT & ANKLE FELLOW



### JESS MULLENS, MD

Dr. Mullens graduated from Berry College with a bachelor's in Biology. He also interned at the National Cancer Center in South Korea. He earned his medical degree at the University of Alabama School of Medicine. There he was inducted into Alpha Omega Alpha. Dr. Mullens completed his residency at the University of South Alabama. He was elected Resident Scholar by the American Orthopaedic Foot and Ankle Society. His research interests include sports-related ankle injuries and gait analysis of the foot and ankle.

## 2017-2018 HIP & PELVIS RECONSTRUCTION FELLOW



### JAKUB TATKA, MD

Dr. Tatka received his bachelor's from Connecticut College where he studied Music and Technology. He attended Stony Brook School of Medicine. There he was involved in medical missions in South America. He established an annual mission to Peru, which is in its ninth year. During his residency, Dr. Tatka was chosen Administrative Chief Resident. His research interests include Dupuytren's Disease and PCL reconstruction. He also was co-investigator in research of a novel spinal monitoring device, which was presented internationally.

## 2017-2018 INTERNATIONAL SCHOLARS



### BURAK ALTINTAS, MD

Dr. Altintas earned his medical degree from Heidelberg University in Germany. He worked at Sporthopaedicum in Germany after completing his orthopaedic surgery residency. His research interests include shoulder instability and other traumatic and degenerative shoulder conditions. Dr. Altintas has published several research papers on shoulder and elbow disorders in orthopaedic journals.



### IONNA BOLIA, MD

Dr. Bolia came to SPRI from the University of Athens School of Medicine, Department of Orthopedic Surgery. She received her medical degree from Aristotle University of Thessaloniki, School of Health Sciences. She also earned a master's degree in molecular and applied physiology there. In her second year at SPRI, she is focused on hip arthroscopy. She is preparing for the U.S. Medical Licensing Examination and plans to apply for a medical residency here.



### LORENZO FAGOTTI, MD

Dr. Fagotti completed his residency at the Santa Casa de São Paulo School of Medicine in Brazil. He was a fellow at the Hospital das Clinicas da Faculdade de Medicina da Universidade de São Paulo. He is currently involved in hip research at SPRI, focusing on hip arthroscopy, biomechanical and anatomical studies. Dr. Fagotti is applying for the PhD program at the Santa Casa de São Paulo School of Medicine.



### GILBERT MOATSHE, MD

Dr. Moatshe completed his residency at Oslo University Hospital in Norway and is working on a PhD in collaboration with SPRI and the University of Oslo. Now in his second year at SPRI, he is researching arthroscopy and sports medicine, with an emphasis on treating knee injuries.



### GILBERTO NAKAMA, MD

Dr. Nakama completed his master's degree at the Federal University of São Paulo in Brazil. He also did his residency and knee surgery specialization at the university in São Paulo. He is currently involved in knee and translational regenerative medicine research.



### JIMMY UTSUNOMIYA, MD, PHD

In his second year at SPRI, Dr. Utsunomiya is specializing in stem cell research. His research focuses on using shoulder stem cells to treat rotator cuff tears. He is assisting Dr. Johnny Huard, SPRI's Chief Scientific Officer, with his regenerative medicine research.

## NEW SURGICAL SKILLS LAB ENHANCES TRAINING

Fellows and scholars advance research and technique

"The new surgical skills lab sets SPRI's sports medicine fellowship apart," says Jon Godin, MD, a recent fellow. "It's an invaluable resource for practicing skills and applying them in the OR," he adds. "You can essentially complete a second mini fellowship in the lab."

Located on Vail Health Hospital's new fourth floor, the lab is much larger than the old one. It has a more efficient layout, the latest technology and more cadaver storage. All these factors lead to advancements in orthopaedics. SPRI researchers also test and perfect new ideas in the lab.

### LAB EXTENDS SPRI IMPACT

The lab is located next door to The Steadman Clinic. This enhances collaboration between fellows and scholars, and the clinic's attending surgeons.

"The new location makes it easier for surgeons to provide real-time feedback to fellows," says Colin Robbins, lab coordinator. "Faculty teach new



procedures in the lab and can check fellows' work immediately."

The lab is also the site of continuing medical education, such as the annual Vail Hip Symposium. Surgeons use it to demonstrate the latest SPRI procedures using cadavers.

"SPRI's lab has greatly contributed to my development as a surgeon," says Sandeep Mannava, MD, PhD, a recent fellow. "It's one of the finest in the world."



# SPRI PROVIDES ONE-OF-A-KIND EXPERIENCE

Fellowship gives young physicians unique learning opportunities.

Even as a medical student, Jon Godin, MD, wanted to be a fellow at the Steadman Philippon Research Institute. Now he's a SPRI alum, having completed his fellowship this past July.

"I knew there was no better place to learn advanced orthopaedic research and surgery," Dr. Godin says. "SPRI provided me opportunities I couldn't have received anywhere else in the world."

He says he greatly valued the mentoring by SPRI's world-renowned researchers. He adds that providing medical coverage at World Cup skiing events wasn't a bad perk either.

Dr. Godin is one of the 100+ fellows and international scholars who have trained at SPRI over the past decade.

## **SURGICAL SKILLS LAB OFFERS REAL-LIFE PRACTICE**

One of the main reasons Dr. Godin applied for SPRI's fellowship program was its surgical skills lab. "No other program in the U.S. readily provides human cadavers for research and refining surgical skills," he explains. "I couldn't have conducted my research without this resource."

## **SPRI IMPACTS FUTURE RESEARCH APPROACH**

"The faculty impressed upon me the importance of studying the root causes and effects of a disease and injury, instead of leaping right to outcomes," Dr. Godin says. "By understanding the anatomy and biomechanics, I'm a better clinician."

He also credits his SPRI mentors for inspiring him to collect and track patients' outcomes in his medical practice. "This data will help me make better treatment decisions years from now."

## **PROGRAM NOURISHES INNOVATIVE SPIRIT**

"The people at SPRI are amazing," Dr. Godin says. "They're always pushing the envelope. Not for the sake of innovating, but for the betterment of patients."

Dr. Godin is taking this innovative spirit with him to Virginia Tech and the University of Virginia as a professor. His clinical practice will focus on knee, hip and shoulder surgery.

"My year at SPRI was more than I could have ever hoped for," he says. "Not only did I grow as a surgeon and researcher, I developed friendships I'll have a lifetime."