



Penn Orthopaedics Does Not Rest On Its Laurels

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“Penn Orthopaedics does not rest on its laurels.” Dr. L. Scott Levin opened with this statement while recruiting the nation’s best and brightest young men and women to join the Penn Orthopedic Surgery team. Dr. Levin’s statement could not be truer. During the 2014-2015 academic year, the Penn Orthopaedics and Sports Medicine team not only continued its tradition of excellence but also made monumental additions

to the department to build an even brighter future. The Sports Medicine Department revamped the resident education curriculum, established the new Musculoskeletal Center, and continues to lead in research.

The Sports Medicine resident curriculum has grown tremendously over the past several years. It has evolved to become a curriculum that includes both structured didactics and hands-on human tissue laboratory sessions for surgical skills. Dr. Miltiadis Zgonis, now a Penn Sports Medicine faculty member, exemplifies how Penn Orthopedic Surgery’s residents drive innovation within the department. While Dr. Zgonis was a junior resident at Penn, he laid the groundwork to create the human tissue laboratory residents can now utilize to refine their operative techniques. Through the help of industry sponsors and the advent of the Human Tissue Laboratory by Dr. Levin, Dr. Zgonis’ plan became reality. The Sports Medicine team now meets several times each month to walk surgeons from all levels of training through both bread and butter cases and complex operative techniques. The lab includes fresh cadaveric human tissue along with equipment and implants used in the functional operating rooms in order to have the most realistic simulation possible in preparation to deliver world-class patient care.

The new Musculoskeletal Center at Penn Medicine University City opened its doors this year and solidifies Penn Orthopaedic’s role as a leader in both patient care and research. The Musculoskeletal Center is the first of its kind in the region to integrate comprehensive musculoskeletal care. The building has 110 patient exam rooms, six outpatient operating rooms, and an outpatient medical imaging and diagnostic

testing center. This facility has allowed the Sports Medicine team to offer high quality surgery to a greater number of patients each day. In addition to cutting edge clinical work, the Musculoskeletal Center has enhanced research within the Sports Medicine department. The new center houses the Penn Center for Human Performance, which helps patients of all ability levels regain range of motion and improve their performance. Furthermore, researchers are able to study musculoskeletal pathology with innovative techniques not available anywhere else in the region. Some of the capabilities of the center include motion analysis, neuromuscular testing, electromyography, and a metabolic measurement system. These resources allow Penn to remain at the forefront of Sports Medicine technology and research.

The Penn Orthopaedics and Sports Medicine team will be hosting both the Advances in Throwing Symposium and the Cartilage Repair Symposium to share advancements within sports medicine with international leaders within the field. The Throwing Symposium on January 31, 2015 will feature Dr. James Bradley from Burke and Bradley Orthopaedics and Dr. Craig Morgan from the Morgan Kalman Clinic, both leaders in shoulder reconstruction. Dr. Bradley will be presenting a discussion about “Superior Labral Anterior-Posterior and Posterior Instability in throwers”. Furthermore, Dr. Morgan will be discussing the “Disabled Throwing Shoulder”. Both surgeons care for professional athletes at the highest level of play, including National Football League players, Major League Baseball players, Olympic-level athletes, and professional golfers. At the Cartilage Repair Symposium, Dr. James Carey and Dr. Robert Mauck will showcase new directions in osteochondral repair and treatments of focal articular cartilage defects and osteochondritis dissecans. Both symposiums illustrate Penn Sports Medicine’s ability to stay at the forefront of the latest and greatest advancements and collaborate with other leaders within the field.

Sports Medicine at Penn has remained active over the past year in sports medicine education, clinical care, and research. The Sports Medicine program shows signs of continued growth and improvement ahead with state of the art operative training facilities, technology for research, and collaboration with other leaders in the field. The Penn Orthopaedics and Sports Medicine team truly “does not rest on its laurels.”