



Letter from the Editors

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It is our distinct pleasure to present to you the 30th edition of the University of Pennsylvania Orthopaedic Journal (UPOJ). Begun in 1986 under the guidance of Dr. Carl T. Brighton, the UPOJ remains a testament to the Department's commitment to basic science and clinical research—always striving to gain new insights and seek better understanding of the musculoskeletal system, with the ultimate goal of providing the best possible care for our patients.

It is with overwhelming respect and gratitude that we dedicate this 30th edition of the UPOJ to the late Dr. William G. DeLong, Jr. In doing so, we honor Dr. DeLong's treasured legacy at Penn from his time both as a resident and then on the faculty, and also recognize the immeasurable impact both personally and professionally he had in training and supporting so many members of the Penn community over the years.

This year has seen many exciting areas of change and growth for our program, some of which have been highlighted in this year's issue. Though not explicit, the theme for this past year and for this issue is appropriately one of *inclusion* and *collaboration*—that we can both be better and do better together. This past summer, the interns took part in the first-ever city-wide intern "boot camp," led by attendings from six different health systems across the Delaware Valley (see page 37). In the fall, we had the good fortune of welcoming five talented residents and two attendings into our ranks following the closure of Hahnemann. In the spring, despite limitations imposed by the COVID-19 pandemic, our program continued to evolve and to grow and to find new and better ways of fulfilling its educational mission, such as nightly "fireside chat" video fracture conferences (led by Dr. Derek Donegan and Dr. Samir Mehta), which have been a favorite amongst the residents. As we look forward to the future and the possible permanent addition of a new 9th resident, we are grateful for the leadership of our program director Dr. Daniel Farber as well as chief residents for the thoughtful and collaborative process by which our new rotation schedule to accommodate this growth was devised.

We are proud to report that these themes of inclusion and collaboration are not just confined to the residency program, but rather extend into the greater Penn Orthopaedics community as a whole. During her year as President of the AAOS, Dr. Kristy Weber led the Academy on several fronts as it executed on the first year of a five-year strategic plan. Among these accomplishments was devising a strategy for the Academy to increase diversity in its volunteer structure, including increasing awareness, transparency, reporting, and implicit bias training (see page 13). Along similar lines, in their article about the "Perry Initiative," bioengineering PhD students Jaclyn Carlson, Ashley Fung, and Hannah Zlotnick describe their important volunteer work helping to provide young women across the country with early hands-on exposure to orthopaedics (see page 12). And from the Perelman School of Medicine, medical students Joshua Bram and Alejandro Cazzulino shine a spotlight on the newly organized Penn Orthopaedics Summer Scholars (POSS) collaboration with the Leo Leung Orthopaedic Surgery Society (LLOS)—championed by Dr. Jaimo Ahn—which includes the department-funded Orthopaedic Student Scholar Presentation Award that provides travel stipends for Penn medical students to present their orthopaedic research at national meetings (see page 10).

As always, we are grateful for the unwavering leadership of our Chair, Dr. L. Scott Levin, and for the support of the journal's advisors, Dr. Jaimo Ahn and Dr. Samir Mehta. We also would like to thank our section editors. As a fully resident-run publication, the UPOJ would not be possible without their contributions: Lauren Boden (Shoulder and Elbow), Agnes Dardas (Orthoplastics), Michael Eby (Bone), David Falk (Foot and Ankle), Sachin Gupta (Spine), Brandon Haghverdian (Pediatrics), Yudi Kerbel (Arthroplasty), Kendall Masada (Trauma), Lucas Myerson (Hand), Andrew Summers (Oncology), and Eric Pridgen (Sports).

The UPOJ has been financially independent from the Department of Orthopaedic Surgery since 1997, thanks to generous financial support from our advertisers. And so on behalf of the Department, we thank them again for their generosity in supporting the educational and research missions of Penn Orthopaedics.

The journal is viewable for free online and on all mobile devices at www.upoj.org. This year, we have also launched a new digital subscription database and encourage everyone to subscribe at www.upoj.org/subscribe.

It has been our honor to serve as editors for the 30th edition of the UPOJ. On behalf of all of those who contributed this year, we hope that you find this edition educational, rewarding, and thought-provoking.

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