



Letter from the Editors in Chief

Blair Ashley, MD and Daniel Gittings, MD



Welcome to the 27th edition of the University of Pennsylvania Orthopaedic Journal (UPOJ). The UPOJ began in 1986 under the leadership of Dr. Carl T. Brighton as the nation's first fully resident-run journal of orthopaedic surgery. The UPOJ has been a source of pride for the department since its inception. The UPOJ would not be possible without the support from many contributors throughout the years. This edition is a testament to how we stand on the shoulders of giants both of the present and of the past.

We proudly dedicate this edition to Malcom Ecker, M.D. Dr. Ecker continues to be a gifted clinician and educator at both Children's Hospital of Philadelphia and also the Corporal Michael J. Cresence Vetarans Affairs Medical Center of Philadelphia to students, residents, and fellows. Additionally, Dr. Ecker is a stalwart for life-long learning. He is unfailingly in the front and center at every Penn Orthopaedic Surgery Department Grand Rounds each Thursday morning in the Agnew Grice Auditorium. Furthermore, while Dr. Ecker was just over sixty years of age, he elected to take the GRE exam and pursue a master's degree in computer science at Drexel University to keep his skills current. He is a role model for the consummate physician and life-long learner.

The theme for this year's UPOJ was inspired by Dr. Ecker's passion for education. This edition includes many articles to facilitate education and also provide an update of the events that have occurred in the department over the past academic year. The content includes extended abstracts highlighting

original research, tips and tricks articles about various surgical techniques, editorials about the happenings in the department, and also a spotlight about Penn Orthopaedic Residency Program alumni that are now celebrating their ten-year anniversary.

As a resident organized journal, the UPOJ would not be possible without the vision of our leadership. "We thank our chairman, Dr. L. Scott Levin, and our faculty advisors, Dr. Jaimo Ahn and Dr. Samir Mehta for their unwavering support. We also would like to recognize our section editors for their contributions: Dr. Matthew Sloan (Arthroplasty), Dr. Adnan Cheema (Foot and Ankle), Dr. Kristin Buterbaugh (Hand), Dr. Mark Hasenauer (Pediatrics), Dr. Zachary Zimmer (Shoulder and Elbow), Dr. Michael Eby (Spine), Dr. Joshua Rozell (Sports), Dr. Tyler Morris (Trauma), Dr. Andrew Tyler (Tumor), Dr. Luke Lopas (Bone), Dr. Nicole Zelenski (Cartilage), and Dr. Chia Wu (Tendon and Ligament).

Similar to the first journal clubs pioneered by Sir William Osler in the 19th century, we hope that this issue continues to embody the spirit of education and academic discussion that the Father of Modern Medicine promoted during his tenure at Penn. We are excited to announce that the UPOJ is available online and easily viewable on your computer, Android tablet, or iPad at www.upoj.org. On behalf of all the contributors to the UPOJ this year, we hope that you find this edition informative and inspiring.



Sincerely,

Blair S. Ashley, MD and Daniel J. Gittings, MD
Editors-in-Chief

The University of Pennsylvania Orthopaedic Journal
Volume 27