



Sports Faculty



Brian Sennett, MD



James Carey, MD, MPH



John Kelly, MD



Miltiadis Zgonis, MD



Kevin McHale, MD



Sports Division Update: Dream Team Continues to Add Depth Across All Fields



Daniel Gittings, MD, John Kelly IV, MD, Brian Sennett, MD

The Sports Medicine Division at Penn Orthopaedics has continued to add talent to its depth. Dr. Kevin McHale (Figure 1) was recruited to join the faculty as a Clinical Assistant Professor after completing an Orthopaedic Surgery Residency at Penn and a fellowship in Sports Medicine at Harvard / Massachusetts General Hospital, where he served as an Assistant Team Physician for the New England Patriots, Boston Red Sox, and Boston Bruins. Dr. McHale joined the Cape Regional Physicians Associates group where he now serves the community he grew up in. In addition expanding the team, the Sports Medicine Division continued to provide educational opportunities for the community at large.

In January 2017, the team assembled to host the third annual Throwing Symposium. The audience was treated to several quality lectures including those from Steve Lemos, M.D., Ph.D., team physician for the Detroit Tigers. Dr. Lemos delivered a lecture, 'what the Detroit tigers have taught me' and captivated attendees with the hard earned wisdom he accrued through caring for professional players. In addition, Tim Uhl, Ph.D., P.T. enthralled registrants with his talk on 'training techniques to improve velocity'. Other faculty, including revered Phillies baseball therapist, Phil Donley (A.T.C., P.T.) and Craig Morgan, M.D., consultant to Kansas City Royals, conveyed to attendees the most contemporary knowledge on injury prevention and performance optimization of the throwing athlete. The next symposium will be held Jan. 27, 2018. The symposium serves as one of the educational cornerstones of the Penn Throwing Clinic which is directed by John Kelly, MD. In 2017, Drs. Kelly and Sennett will be teaching Instructional Course Lectures at both the American Academy of Orthopaedic Surgeons and the Arthroscopy Association of North America annual meetings, focusing on Advances in the Thrower's Shoulder. These lectures will highlight work performed at the Penn Throwing Clinic, located within the Penn Human Performance Center.

Penn Sports Medicine is currently involved in the development of the Penn Center for the Female Athlete. Drs. Kate Temme and Ellen Casey are directing these efforts with focus on developing an interdisciplinary approach to the female athlete. This center will be the first full academic

center in the area with an emphasis on patient care, education, and research. Many educational and research initiatives are currently underway with the most prestigious being Dr. Casey's NIH grant focusing on "Exploring the Modulatory Role of Sex Hormones along the Neuromechanical axis in females". Dr. Casey joined the Penn Sports Medicine faculty in 2016.

The athletic community continues to be served by the Penn Sports Medicine team. The running population was served by Penn Sports Medicine as John Vasudevan, M.D., served as medical director for the Tri-rock Philly Triathlon held in June, 2016, Rahul Kapur, M.D., continues to serve as the medical director for the Penn Relays and Dr. Alexis Tingan will serve as the medical director for this year's Philadelphia Love Run Half-Marathon. Dr. Tingan, completed his sports medicine fellowship at Penn this year and was recruited to join the sports medicine faculty in August 2016. Dr. Sennett continues to serve as a medical advisor to the Philadelphia 76ers.

The Penn Center for Advanced Cartilage Repair and Osteochondritis Dissecans Treatment has continued to grow annually. The center is now recognized as one of the pre-eminent cartilage restoration centers nationally as it has become the #3 center in the nation with respect to volume of autologous chondrocyte implantation surgeries. From a research standpoint, Drs. James Carey, Robert Mauck and Jason Burdick have been awarded the AOSSM Biologics II Research Grant. This \$250,000 grant will focus on the "Acellular Bioactive and Dynamic Nanofibrous Scaffolds to Promote Cartilage Repair." The Penn Center for Cartilage Symposium has also continued to grow annually. It has become an international course organized and run by Course Directors James L. Carey, M.D., M.P.H., and Robert L. Mauck, Ph.D. The course in 2016 was attended by a record 197 participants, including physicians, scientists, mid-level providers, nurses, veterinarians, physical therapists, athletic trainers, and students. This year's course will be held on April 28-29, 2017 and is titled "Advances in Biological Joint Replacement".

Dr. Kevin McHale returns to Penn Orthopaedics at Cape Regional Medical Commons.