



# The Research Year: Looking Back

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Each year, two orthopedic residents leave their second post-graduate year and enter the basic science laboratory. Although projects were planned in advance, the year in the lab allowed us to learn and work in unexpected ways. Looking back on this time, now a year later, provides a broader perspective regarding the projects that we worked on and the mentoring that we received.

Although we both worked on projects that involved live animals, the two experiences could not have been more different. Whether it was working with Drs. Mauck and Dodge on cartilage repair in the Yucatan mini-pig, or using Sprague-Dawley rats and C57BL6 mice to understand tendon repair, we both learned how to translate our early surgical skills to animals. Many long hours were spent with our lab colleagues exchanging our surgical knowledge for their expertise on how to perform laboratory tests and use equipment. Both of us formed friendships that continue to this day, and we were even able to mentor a few that have since matriculated to medical school.

These efforts were not without success. Collectively we had the opportunity to participate in over 10 projects. To date, we have received authorship on nine posters, three published papers, and a podium presentation. In addition, there are a handful of ongoing projects and papers that will continue on with future generations of lab residents. Additionally, during our year we were able to work with Dr. Peck to organize a fundraiser with the cooperation of Drs. Mauck, Soslowky and Dodge, which generated over \$2000 for future ORS grants.

Ultimately, our success from the year spent in the lab came from the assistance of the graduate students and lab staff as well as the direction of Drs. Soslowky, Mauck and Dodge. We spent innumerable hours in the lab, alongside all of them, and truly appreciate their efforts not only for us, but also for all of the future residents that will have the honor of working with them.

