



# Where Are They Now? 10 Years After Graduating From Penn Orthopaedic Surgery Residency

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Dr. Isaac Newton once exclaimed that “we stand on the shoulder of giants”. Undoubtedly, our Department’s success would not be possible without the hard-work, dedication, and mentorship of our predecessors. This year, we would like to highlight alumni that are now a decade out from the Penn Orthopaedic Surgery Residency Program. We hope that their insights are helpful for the next generation of Orthopaedic Surgeons that are currently in the midst of their training.

## David Pedowitz

**Fellowship:** Foot & Ankle at Roger A. Mann, Oakland CA  
**Current employment:** Rothman Institute, Philadelphia, PA



### *How has training at Penn impacted your practice?*

Penn provided me with a supremely well rounded orthopedic education, and specifically emphasized to me the importance of having a critical eye when evaluating new techniques and technology.

### *What have you learned in your first decade of practice?*

On a personal level, humility is very important in medicine—and you need to remember that none of us have perfect results all of the time. Additionally, the bureaucracy of running a practice in the last decade has become burdensome on many levels. At the end of the day, however, this job continues to provide us with exceptional personal fulfillment and satisfaction.

### *Advice to residents?*

Persevere to achieve clinical excellence, get involved in your society and read constantly. If you don’t make a habit of staying, not only abreast, but at the top of your field NOW, you never will in the future.

## Wudbhav Sankar

**Fellowship:** Pediatric Orthopaedic Surgery at Children’s Hospital of Los Angeles & Shriners Hospitals for Children in LA; Children’s Hospital of Boston  
**Current employment:** Children’s Hospital of Philadelphia

### *How has training at Penn impacted your practice?*

The Penn residency has profoundly impacted my practice not just by providing the basic foundation of my orthopaedic knowledge, but also by exposing me to a number of outstanding mentors and role-models who showed me the grand possibilities of being an orthopaedic surgeon. Getting a chance to learn from folks like Malcolm Ecker, Denis Drummond, Jack Flynn, and others through my Penn training ignited my passion for pediatric orthopaedics and showed me what it means to really care for children.



### *What have you learned in your first decade of practice?*

The biggest thing I’ve learned in my first years of practice is the benefit of staying humble and having clear communication with the patient. Things don’t always work out perfectly, but you can have satisfied patients if you stick with them through the hard times and try not to sugarcoat anything. Although patients may want to hear best case scenarios, in the end I think they appreciate the honesty and the willingness to tell them what you know for certain and what you don’t.

### *Advice to residents?*

My biggest advice for residents is to try to learn from every experience. Too often these days, trainees shy away from experiences where they aren’t first assist, or don’t like a particular staff member. I would argue that you can learn something from everyone and every scenario. The most successful residents are those who hang around and are eager to jump in as a second assist or just to see what’s going on regardless of whether it’s their favorite service. Orthobullets will help you on a test, but it’s the (extra) hours in the OR and the clinic that will make you a successful doctor.

## Richard Scarlett

**Fellowship:** Sports Medicine at New England Baptist Hospital  
**Current employment:** The Hospital of Central Connecticut

### *How has training at Penn impacted your practice?*

The Penn name gives you automatic credibility. Patients

who do their research and look at your credentials recognize the superior training that you receive at an institution like Penn.

***What have you learned in your first decade of practice?***

I learned that you are the “talent” that the patient chooses to treat them. However, you wouldn’t be able to accomplish your goal of administering excellent care without an extensive supporting cast. You form a team with your office and operating room staff. You need to be the leader of that team. Even as a newly minted surgeon you must be cognizant that your words, actions, body language and tone are constantly being observed and set the mood in your work environment.



leave. They are: 1) Don’t say (or post on line) anything that you would not be comfortable seeing published on the front page of the Washington Post. 2) Only get married once- there is no need or hurry to get married, but once you do it needs to be permanent. 3) Stay in shape and always take the stairs- once you graduate you will have more control over your schedule but between running a practice and having kids you are likely to actually be busier and it is very important that you set aside time every day, even if it is at 4 in the morning or 11 at night, to work out and take care of yourself.

**Gregory Carolan**

**Fellowship:** Shoulder and Sports Medicine at San Diego Arthroscopy & Sports Medicine Center  
**Current employment:** St. Luke’s Orthopaedic Specialists



***Advise to residents?***

Take time to exercise. The job of an orthopaedic surgeon is physically demanding. To have a long fulfilling career you need to stay physically fit. Additionally, you serve as a role model for your patients. You’ll realize that a large portion of your patients have conditions related to obesity and a sedentary lifestyle. It’s beneficial to be in good physical shape to counsel and motivate these patients to make the necessary lifestyle changes.

**Brent Wiesel**

**Fellowship:** Shoulder and Elbow, Rothman Institute, Philadelphia, PA  
**Current employment:** MedStar Georgetown University Hospital



**Brett Gibson**

**Fellowship:** Shoulder and Sports Medicine at University of Colorado Health Science Center  
**Current employment:** St. Luke’s Orthopaedic Specialists



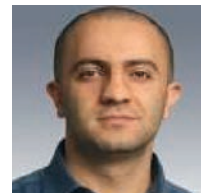
**Sharat Kusuma**

**Fellowship:** Arthroplasty at Rush  
**Current employment:** McKinsey & Company—Associate



**Armen Martirosian**

**Fellowship:** Orthopaedic Trauma at Florida Orthopaedic Institute  
**Current employment:** University of California San Francisco



***How has training at Penn impacted your practice?***

While the training I received at Penn was excellent and did a great job of preparing me for practice, the biggest benefit is being part of the Penn Orthopedic alumni community, I continue to be amazed at how frequently I interact with Penn graduates and some of the remarkable things that they have accomplished in their careers.

***What have you learned in your first decade of practice?***

That Dr. Lackman was right- the 3 most important things to establishing a good practice are affability, availability and ability- in that order.

***Advise to residents?***

There are 3 rules that I try to teach our Georgetown residents. It often takes them all 5 years to learn them, but most of the time, they understand them by the time they