



Sports Medicine Division Update



Brian Sennett, MD Sports Medicine Faculty



Brian Sennett, MD



James Carey, MD, MPH



John Kelly, MD



Miltiadis Zgonis, MD



Kevin McHale, MD

The Sports Medicine Division at Penn Orthopaedics has continued to grow and evolve over the past year. Dr. Rahul Kapur relocated to the University of Minnesota to be closer to family and will be missed after a decade of strong contributions to this division. However, with his departure, Dr. Kris Fayock has taken over as Fellowship Director for our Primary Care Sports Medicine Fellowship. Dr. Kate Temme has been appointed to the role of Assistant Fellowship Director and a second fellowship position has been established with a special focus on physical medicine and rehabilitation. The fellowships have blossomed under their leadership and Dr. Miltiadis Zgonis continues with his leadership as our Director of Sports Medicine Education. The primary care fellowship in sports medicine focuses on the non-operative treatments within sports medicine, as well as caring for the medical aspects of our University of Penn student-athletes. This includes sports-related concussion, core muscle injuries, running dysfunction, sports-related skin conditions, and screening for sudden cardiac death. The fellows work closely with our surgical colleagues, physical therapists, and athletic trainers to provide the best treatment plan for our patients and student-athletes.

In March 2019, the team assembled to host the sixth annual Throwing Symposium. This symposium has become an established outlet for education, discussion, and thought provocation with respect to the throwing athlete. It is a one-day conference dedicated to learning about the latest tools and techniques for enhancing performance and treating injuries in the throwing athlete. Through a series of panels, presentations and debates, wide range of topics are discussed to advance injury treatment and optimize performance for throwing athletes. The program chair is Dr. John D. Kelly IV and the course Co-chairmen are Kyle Schaeffer, ATC and Miltiades Zgonis, MD.

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, MD served as medical director for the Tri-rock Philly Triathlon held in June, 2016, Alexis Tingan, MD continues to serve as the medical director for the Penn Relays and the Philadelphia Love Run Half-Marathon.

The Penn Athletics Sports Performance Program has continued to grow and expand. This program has been established as a collaborative effort between Penn Athletics and Penn Orthopaedics. During the past year, Dr. Andrea Wieland was brought on as an Associate Athletic Director in Sports Performance. Dr. Wieland is a licensed psychologist,

who brings a wealth of experience in high performance environments, utilizing a “team around the team” approach. An Olympic athlete herself, a Division 1 coach, performance consultant to Special Operations soldiers, and business leaders, her most recent role was at IMG Academy in Bradenton, FL, as the Head of Mental Conditioning. Brian J. Sennett, MD, Chief of Sports Medicine, serves as the Head Team Physician for Penn Athletics and spearheads the medical aspects of the program.

The Penn Athletics Sports Performance Program seeks to holistically develops students to be the leaders of tomorrow while being physically, spiritually and emotionally well. Our goals include maximizing a best-in-class partnership with Penn Medicine to provide a state-of-the-art health, safety and sport performance environment for our student-athletes. From use of technology in assessing, educating and developing student-athletes in the areas of strength and conditioning, nutrition, mental health and mental performance, to injury prevention, accelerated return-to-play, and overall care by world-class medical specialists, a partnership with Penn Med presents a distinct and competitive advantage over our peer institutions.

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 one of the top volume centers for both autologous chondrocyte implantation and meniscus transplantation surgeries. Dr. James Carey has been recently selected to serve as the lead Principal Investigator and Chairperson of the Clinical Steering Committee for the MACI Pediatric Study – PEAK (PEdiatric Autologous cultured chondrocytes treatment of cartilage defects in the Knee). In addition, Dr. Carey and the Penn Cartilage Center have been chosen to be a host and site, respectively, for the ICRS Traveling Fellows in September and October 2019. 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, MD, MPH and Robert L. Mauck, PhD. The course in 2018 was attended by a record 200 participants, including physicians, scientists, mid-level providers, nurses, veterinarians, physical therapists, athletic trainers, and students.

It has been an exciting year with more to come in this next academic year. On the horizon is the entire renovation of the Penn Sports Medicine Center, to be completed in 2020.