

# Orthopaedic Excellence

An Informational Source for Your Orthopaedic Health from the Physicians of Midwest Orthopaedics at Rush

Volume 2 Issue 2

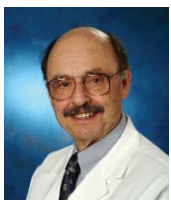
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TEAM PHYSICIANS  
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## Dr. Galante to Receive 2008 Freedom of Movement Award



*Dr. Galante*

The Arthritis Foundation, Greater Chicago Chapter has named Midwest Orthopaedics at Rush Joint Replacement Surgeon Jorge Galante, M.D., as the recipient of the 2008 Freedom of Movement Award.

The Freedom of Movement Award acknowledges leaders in the advancement of research and awareness for the management, prevention, and cure of arthritis—the most common cause of disability in the United States. Dr. Galante, a pioneer in joint replacement surgery and one of the first Chicago

physicians to perform a total hip implant in 1968, was cited for his profound impact on research and the clinical practice of orthopaedics.

Since the late 1960's, Dr. Galante has worked to develop long-lasting, biologically compatible joint replacements. He helped develop, along with a colleague from the University of Illinois, a titanium fiber mesh used as a porous coating on joint replacements. This development began a new era of joint replacement surgery, leading to the invention of hip and knee replacements used today by surgeons around the world. Dr. Galante currently serves as Professor of Orthopaedic Surgery

and The Grainger Director of the Rush Arthritis and Orthopaedics Institute at RUSH University Medical Center, Chicago, Illinois.

Dr. Galante will be honored with this award at the Arthritis Foundation's Black Tie Gala on Saturday, October 18, 2008, at The Field Museum. Funds raised for the gala will go to continuing support of arthritis research, education, and programs both at the national and local levels. Previous recipients of the Freedom of Movement Award include Dr. Rowland W. Chang, Northwestern University Feinberg School of Medicine, Steve Cochran of WGN Radio, and football great Joe Namath. ■

# MOR Launches Healthy Hip Program



Every day, thousands of children and young adults suffer from pain caused by hip disorders.

Traditionally, treatment for hip pain for patients in this age group involved little more than a prescription of activity moderation, anti-inflammatory medicines, and painkillers. Unfortunately, hip replacement for children and young adults is not an optimal treatment option due to activity restrictions and the limited life-span of the artificial joint. A patient who gets a hip replacement at a very young age may require multiple hip surgeries over the course of his or her lifetime.

In an effort to address this major orthopaedic health issue, Midwest Orthopaedics at Rush has established the first comprehensive orthopaedic program in the Chicago area specializing in the treatment of acute, chronic, and degenerative hip conditions in children and young adults.

The goal of the Healthy Hip Program at Midwest Orthopaedics at Rush is to preserve the hip and help patients return to a full, active life. The program is geared toward children and young adults with acquired or early degenerative hip problems, sports injuries, or dysplasia.

The Healthy Hip Program combines MOR's top-ranked physicians with emerging technologies to diagnose and treat individuals with chronic and degenerative hip conditions.

MOR physicians are experts in the diagnosis and treatment of these problems, which may help patients avoid or postpone total hip replacement.

*The latest surgical advances for alleviating hip pain include:*

## **Hip Arthroscopy**

Hip arthroscopy is an expanding technique that allows surgeons to treat a variety of hip joint problems that once required open invasive surgery. Advances in surgical techniques and instrumentation enable MOR surgeons to repair torn labral cartilage, release contracted joint capsules, and remove bone spurs or malformations that can lead to progressive arthritic wear. Hip arthroscopy is less invasive than traditional surgical procedures and is done on an outpatient basis. Patients have an early and accelerated course of rehabilitation, and a quicker return to full activity.

## **Pelvic Osteotomy**

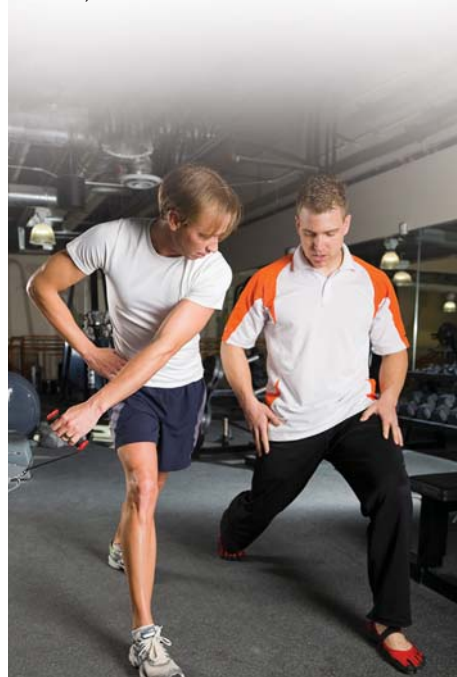
Pelvic osteotomy is a major surgical procedure that involves cutting the socket of the hip joint to correct biomechanical problems. It is the procedure of choice in young patients with early hip arthritis and noninflammatory arthropathy. Attachments to the pelvic bones are removed and the acetabular segment is rotated to pro-

vide better coverage of the femoral head. Bone screws are used to maintain the new realignment. This reconstruction has good longevity as healthy joint cartilage in the socket now covers the whole femoral head.

## **Femoral Head/Acetabular Osteoplasty**

Femoroacetabular impingement is a hip-joint deformity caused by abnormal contact between the proximal femur and the acetabulum, which creates unbearable hip pain. Femoral head or acetabular osteotomy can correct the problem and reduce or eliminate the pain. The aim of femoroacetabular surgery is to improve range of movement and to reduce any unwanted contact in the hip joint. The femoral head or acetabulum is reshaped with the focus on improving the clearance for hip motion and alleviation of femoral abutment against the acetabular rim.

**For more information about the MOR Healthy Hip Program, visit us online at [www.rushortho.com](http://www.rushortho.com) or e-mail [pstrandquist@rushortho.com](mailto:pstrandquist@rushortho.com). To schedule an appointment at the Clinic, call 877 MD BONES.** ■



## Video Game Orthopaedic Injuries



**Mark Cohen, M.D.**  
**Midwest Orthopaedics**  
**at Rush Hand, Wrist**  
**and Elbow surgeon**

The tremendous popularity of the video game system Nintendo Wii™ and games such as Guitar Hero® is largely due to their interactive physical experience. With the increased physical activity demanded by virtual tennis or air guitar, however, it shouldn't be surprising that video game injuries are also becoming more common.

Orthopaedic-related video game injuries typically come in the form of simple tendonitis, but I have also treated bone fractures from blunt trauma injuries related to these activities. And these injuries are not

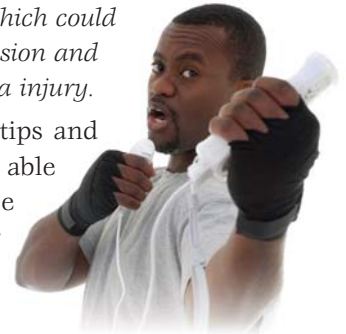
reserved for couch potatoes. When the Detroit Tigers lost flame-throwing relief pitcher Joel Zumaya for three games of the 2006 American League Championship Series, it wasn't due to the rigors of Major League pitching. Zumaya suffered inflammation in his throwing wrist and forearm from playing too much Guitar Hero®.

What causes video game injuries? The problem with simulated games is that there is no resistance to movement: you're essentially swinging, throwing, or jabbing through thin air. This often causes the player to over swing, stressing his or her arms and wrists. Also, in games such as Guitar Hero®, repetitive movements combined with high muscle tension are a perfect recipe for tendonitis.

You don't have to give up video games completely to stay healthy. Here are three tips for avoiding injury:

- *Try not to over swing, which places excess torque on muscles and tendons.*
- *Take a 5-10 minute break every half hour or so to give your muscles and tendons a chance to rest.*
- *Make sure your activity area is clear of tables and other obstructions which could cause a collision and blunt trauma injury.*

Follow these tips and you should be able to continue playing your video games safely. ■



## Dr. Della Valle to Assist Operation Walk in Peru



**Dr. Craig Della Valle** and MOR clinical staff will be traveling to Lima, Peru, with Operation Walk Maryland to perform Total Hip and Knee

Arthroplasties on patients who would not normally have access to advanced orthopaedic care. The trip is scheduled for October of this year.

Advanced joint replacement procedures, routinely performed in the United States, are typically not available to residents of developing countries. Operation Walk is a private, not-for-profit, volunteer medical services organization which provides free surgical treatment for patients in developing countries that have no access to life-improving care for arthritis or other debilitating bone and joint conditions.

If you are interested in making a donation to Operation Walk please visit [www.operationwalkmd.com/donation-form.pdf](http://www.operationwalkmd.com/donation-form.pdf) or contact Operation Walk Maryland directly at 410-229-9800. 100% of all donations will directly assist with providing patient care including the purchase of dressings, crutches, and the surgical implants. ■

## DePaul Selects MOR as Team Physicians



Orthopaedic Sports Medicine physicians from Midwest Orthopaedics at Rush have been selected to serve as team physicians for DePaul University athletics.

MOR physicians will provide DePaul home game and tournament coverage. These physicians also will provide care

for visiting team players, coaches, and officials. Kathleen Weber, M.D., will serve as the head team physician.

The physicians will work closely with the training staff to help keep the athletes in peak playing condition. When injury does occur, the physicians will provide an accurate, rapid diagnosis and initial care to minimize time away from competition.

Dr. Weber will be supported by sports medicine physicians Jeffrey Mjaanes, M.D., and Trish Palmer, M.D., along with orthopaedic surgeons Bernard Bach Jr., M.D., Charles Bush-Joseph, M.D., Brian J. Cole, M.D., Gregory P.

Nicholson, M.D., Anthony A. Romeo, M.D., and Nikhil N. Verma, M.D.

**For more information on the Midwest Orthopaedics at Rush and DePaul athletics relationship, please visit [www.rushortho.com](http://www.rushortho.com) or call 877 MD BONES.** ■



## Physicians

Howard An, M.D.	Joshua Jacobs, M.D.
Gunnar Andersson, M.D., Ph.D.	Monica Kogan, M.D.
Bernard Bach Jr., M.D.	Simon Lee, M.D.
Richard Berger, M.D.	Johnny Lin, M.D.
Charles Bush-Joseph, M.D.	Jeffrey Mjannes, M.D.
Mark Cohen, M.D.	Gregory Nicholson, M.D.
Brian Cole, M.D., M.B.A.	Trish Palmer, M.D.
Craig Della Valle, M.D.	Wayne Paprosky, M.D.
Christopher DeWald, M.D.	Frank Phillips, M.D.
David Fardon, M.D.	Anthony Romeo, M.D.
John Fernandez, M.D.	Aaron Rosenberg, M.D.
April Fetzer, D.O.	Mitchell Sheinkop, M.D.
Jorge Galante, M.D.	Kern Singh, M.D.
Steven Gitelis, M.D.	Scott Sporer, M.D.
Edward Goldberg, M.D.	Nikhil Verma, M.D.
K.W. Hammerberg, M.D.	Walter Virkus, M.D.
George Holmes Jr., M.D.	Kathleen Weber, M.D.

1725 W. Harrison St., Suite 1063  
Chicago, Illinois 60612  
Phone: 312.243.4244

25 N. Winfield Rd.  
Winfield, Illinois 60190  
Phone: 630.682.5653

800 S. Wells St., Suite M30  
Chicago, Illinois 60607  
Phone: 312.431.3400

610 S. Maple Ave., Suite 1400  
Oak Park, Illinois 60304  
Phone: 312.243.4244

2450 South Wolf Road, Suite F  
Westchester, Illinois 60154  
708.236.2750



TEAM PHYSICIANS

Chicago Bulls & Chicago White Sox

Midwest Orthopaedics at Rush

Administrative Center

One Westbrook Corporate Center

Suite 240

Westchester, IL 60154



## In the Community MOR & Special Olympics Illinois

Midwest Orthopaedics at Rush is pleased to announce a corporate partnership with Special Olympics Illinois.

The mission of Special Olympics Illinois is to provide year-round training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. Participation in athletics provides disabled children with continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympic athletes, and community.

Today there are Special Olympics programs in more than 175 countries. Special Olympics Illinois has grown from one area program in 1968 to the 17 area programs today, offering year-round training and competition in 19 sports for more than 21,000 athletes.

To celebrate the Special Olympics 40th Anniversary, Special Olympics Illinois will be hosting the first Inspire Greatness Gala on Saturday, July 19, at the Chicago Hilton. Proceeds from the event will support Special Olympics Illinois programming. The event includes cocktails, dinner, dancing, and a signature sports-themed silent and live auction. For more

information, please contact Kathy McLaughlin at (773) 278-5492 or [kmclaughlin@soill.org](mailto:kmclaughlin@soill.org), or visit us on the web at [www.soill.org](http://www.soill.org). ■

## New Physicians

MOR welcomes Brett Levine, M.D., and Yejia Zhang, M.D., Ph.D., to the physician staff. Dr. Levine, a joint replacement and reconstruction surgeon, will join the practice on August 1st. Dr. Zhang, a Physical Medicine/Pain Management specialist, returns to MOR on September 1st. To find out more information about Dr. Levine and Dr. Zhang, visit [www.rushortho.com](http://www.rushortho.com). ■