

Innovations in Orthopedics

Rady Children's

Hospital
San Diego

*Rady Children's - A comprehensive system
focused solely on children and adolescents.*



PEOPLE

Farewell to our fellows: 2016 graduate class

Four fellows from the Division of Orthopedics & Scoliosis at Rady Children's Hospital-San Diego have completed their training and will move on to positions in prestigious pediatric programs.



Keith Bachmann, M.D.

Dr. Bachmann graduated from medical school at Virginia Commonwealth University and completed his residency at the Cleveland Clinic. During his time in San Diego, his research studies included 3-D analysis of syndromic scoliosis progression and the variability of management in acute surgical site infections. He will be joining Dr. Mark Abel (former Rady Children's orthopedic fellow) in an academic position at the University of Virginia Health System in Charlottesville, Va.

Research Project: "3-D Analysis of Scoliosis Progression in Non-Idiopathic Scoliosis: Is It Similar to Adolescent Idiopathic Scoliosis?"



Matthew Ellington, M.D.

Dr. Ellington graduated from medical school at University of Texas Southwestern (Dallas) and completed his residency at Scott & White Memorial Hospital, training with former Rady Children's orthopedic fellow Dr. Chris Souder. During his fellowship, his research focused on sports injury-related subjects, such as the reliability of of the Division's physical therapy return-to-sports test as well as a study of the effectiveness of the Pavlik harness in patients over 6 months of age. Dr. Ellington has accepted a position at Dell Children's Medical Center of Central Texas in Austin, where he will work with former Rady Children's orthopedic fellows Dr. Tony Kahn and Dr. Hilton Gottschalk.

Research Project: "Can Brace Treatment Be Successful in Children Over 6 Months of Age with Subluxated or Dislocated Developmental Dysplasia of the Hip?"



Corey Fuller, M.D.

Dr. Fuller earned his undergraduate degree in biomathematics from La Sierra University in Riverside, Calif., and attended medical school at Loma Linda University School of Medicine. He continued as a resident in the Loma Linda Residency Program, working under Dr. Scott Nelson, a former Rady Children's orthopedic fellow. Dr. Fuller's research during his fellowship included torsional deformities of the lower extremities and the biomechanical analysis of various osteotomies used to treat lower extremity torsional deformities. He will be returning to Loma Linda University Medical Center as a member of the orthopedic faculty.

Research Project: "Torsional Deformities of the Lower Extremity: Radiographic Assessment and Biomechanical Analysis of Osteotomy Types"

Recipient of the Lena Sefton Clark Fellowship Award, for the most innovative research project



David Lazarus, M.D.

Dr. Lazarus graduated from medical school at the University of Tennessee in Memphis and completed his residency at Emory University in Atlanta. While in San Diego, his research included the rate of underlying pathology in patients who present with bilateral hip dislocations and torsional growth modulation of long bones using oblique plating in a rabbit model. Dr. Lazarus has accepted a position at the Greenville Hospital System University Medical Center in South Carolina, where he will join an orthopedic group that includes former Rady Children's fellow Dr. Chris Bray.

Research Project: "Incidence of Underlying Pathology in Bilateral Hip Dislocations"



RECOGNITION

Drs. Wenger, Upasani garner coveted POSNA awards

[Dennis Wenger, M.D.](#), director of the orthopedic training program and co-director of the International Center for Pediatric and Adolescent Hip Disorders, is the recipient of the [Pediatric Orthopaedic Society of North America \(POSNA\) 2016 Distinguished Achievement Award](#), given to a surgeon who has made important contributions to the field of children's orthopedics.

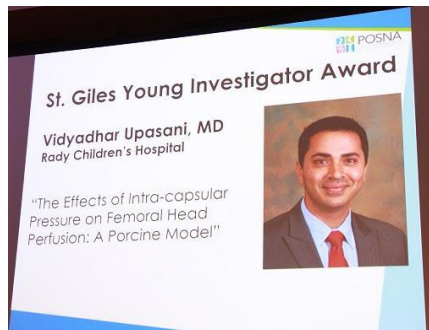


Among these contributions are his groundbreaking work in hip dysplasia, slipped capital femoral epiphysis (SCFE) and Perthes disease; his authorship of "Children's Orthopaedics in North America - History, Genealogy, and Evolution"; his enthusiastic participation as a thought leader at POSNA

annual meetings; and his excellence in teaching fellows and residents in pediatric orthopedics at Rady Children's.

[V. Salil Upasani, M.D.](#), earned the **St. Giles Young Investigator Award**, given to a researcher based primarily on the merit of the submitted proposal.

Dr. Upasani's project, "The Effects of Intra-capsular Pressure on Femoral Head Perfusion: A Porcine Model," focuses on femoral head avascular necrosis, a significant complication in patients with SCFE. Clinical studies have demonstrated increased intra-capsular pressure in patients with SCFE and have reported on the benefits of urgent fracture stabilization and capsulotomy to allow for hip decompression. This treatment approach, however, has not gained wide acceptance in North America.



INNOVATIONS

Energy healing for scoliosis patients: study shows benefits

In an ongoing endeavor to improve pain management and reduce length of stay for patients with adolescent idiopathic scoliosis (AIS), the Division is evaluating energy healing therapy as a potential modality to assist with this effort.

With support from spine surgeons [Peter Newton, M.D.](#), and [Burt Yaszay, M.D.](#), as well as Tracey Bastrom and Carrie Bartley from the Division's research program, Natalie McNeil, the senior radiology technician for the Division, performed a randomized trial of Brennan Healing Science energy therapy for AIS patients undergoing posterior spinal fusion. Ms. McNeil completed a six-year program in Brennan Healing Science, a specialized non-invasive, hands-on technique designed to improve patients' well-being and aid in their recovery process.

The study's results were recently presented at the 23rd [IMAST](#) (International Meeting on Advanced Spine Techniques) in Washington, D.C.



Natalie McNeil at IMAST

In the study, the control group received the standard preoperative/postoperative care, while the energy healing (EH) group received the standard care along with three healing sessions: one before surgery, one just after surgery and one prior to discharge. Fifty patients were enrolled over a period of 2.5 years, with 28 in the control group and 22 in the EH group; the mean age was 14 years.

In his study, Dr. Upasani aims to evaluate if a direct causal relationship exists between intra-capsular hip pressure and femoral epiphyseal perfusion, as well as other factors. The study's findings could directly impact clinical practice and have the potential to change the treatment algorithm for patients with SCFE by either supporting or refuting the current treatment recommendations in question.



innovation
belongs in every moment

The energy healing was shown to not only significantly decrease preoperative anxiety and postoperative pain, as demonstrated by the pre-healing and post-healing assessments, but to reduce the length of stay (three median days to discharge for the EH group versus four for the control group).

Based on the results, the Division is exploring developing an energy healing therapy program for patients undergoing posterior spinal fusion surgery for AIS and is interested in doing further research on this modality. The program would offer three 45-minute healing sessions: one before surgery, one just after surgery and one prior to discharge as in the study.



Read more at RCHSD.org