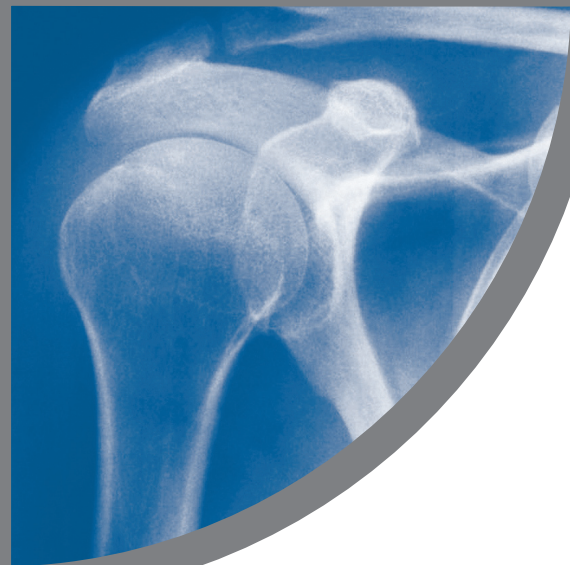


Improving orthopedic health and quality of life through the support of  
RESEARCH • EDUCATION • COMMUNITY SERVICE • ADVOCACY • TRAINING

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# 2010 Annual Report



**TWIN CITIES ORTHOPEDICS**  
**FOUNDATION**

*Research • Education • Community Service • Advocacy • Training*

## *Dear Friends and Supporters of Twin Cities Orthopedics Foundation*



Osteoarthritis is the "wear and tear" type of arthritis that affects virtually all humans as we age. As the baby boomers reach their retirement years, the ability of orthopaedic surgeons to effectively treat the disease will mean the difference between an active retirement that involves many recreational activities or a sedentary one and one that may involve pain and frustration. It has become apparent that good nutrition and regular exercise can have a positive influence on the severity and rate of progression of osteoarthritis.

Those with lifestyles that involve regular exercise, maintenance of ideal weight and diets high in calcium and vitamin D will postpone the onset of osteoarthritis and experience less handicap from the symptoms. When surgical treatments become necessary they recover more quickly and have better outcomes. Each year in August we hold the annual Joint Jaunt, which is becoming a showcase for patients who are thriving on this active lifestyle after recovering from an orthopedic condition.

The mission of the Twin Cities Orthopedic Foundation is to educate the public to slow the progression of joint diseases, to educate care providers on state of the art treatments for these conditions and to fund and conduct research to develop new treatments and determine which treatments are best to treat these conditions. In 2010, we continued this mission by hosting the 5th Annual Practical Orthopedics for Primary Care conference. The conference hosted primary care physicians, allied professionals and PT and PA students as a way of disseminating basic orthopedic knowledge to the providers on the front lines. We also held two special learning sessions for the general public on chronic shoulder pain this last fall. A full schedule of educational sessions for the public is planned in the future as we increase our funding levels.

Our relationship with the Minnesota Orthopedic Sports Medicine Institute, MOSMI, has strengthened as their fellowship, research and education program moved completely into the TCO Foundation in 2010. We look forward to their future growth within the foundation.

This is all possible because of the financial support of our donors. We thank them for their generosity and continued support in the future.

Sincerely,  
Jeffrey C. Dick, MD  
TCOF President

### CONTENTS

<i>About Foundation</i>	1
<i>Contributors</i>	1
<i>Financials</i>	1
<i>Fellowships</i>	2
<i>Publications</i>	3
<i>Upcoming Studies</i>	7
<i>Goals</i>	8
<i>Donate</i>	8
<i>Upcoming Events</i>	8
<i>Board Members and Staff</i>	9

### About the Twin Cities Orthopedics Foundation

Established in 2007 by members of the Twin Cities Orthopedic practice, the Foundation is developing and investing in key activities to improve the quality of life by those affected by bone, joint and muscle injuries and disorders. It is creating opportunities to help educate the public about the prevention of these injuries as well as proper care and treatment options when injuries and disorders do occur.

The Foundation also collaborates to help health care professionals remain current on new and emerging treatment methods and supports research efforts to this same end.

### Mission

The Twin Cities Orthopedics Foundation is 501-C3 non-profit organization whose mission is to advance musculoskeletal health through orthopedic research, education, training, advocacy and community service. The Twin Cities Orthopedic Foundation is committed to improving patient care and quality of life, promote outreach programs and services, and participate in developing and expanding orthopedic knowledge through research and continuing education conferences.

### Twin Cities Orthopedics Foundation Statement of Activities

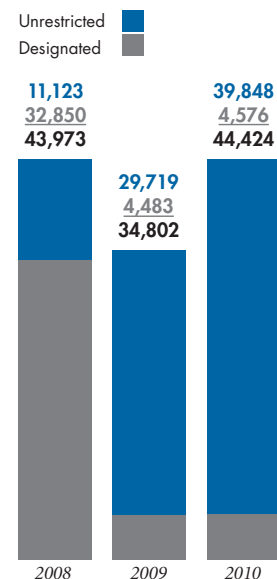
Year Ended  
December 2010

	Unrestricted	Designated	Totals
<b>Revenues</b>			
Interest Income	34	-	34
Education Conference - Sponsorships	-	12,800	12,800
Education and Research	-	27,048	27,048
Joint Jaunt (race) Receipts	27,290	-	27,290
Unrestricted Contributions/Donations	7,667	-	7,667
<b>Total Revenues</b>	<b>34,991</b>	<b>39,848</b>	<b>74,839</b>
<b>Expenses</b>			
<b>Program Activities</b>			
Biomet Grant (MOSMI research)	-	4,483	4,483
Joint Jaunt Expenses	10,851	-	10,851
<b>Total Program Activities</b>	<b>10,851</b>	<b>4,483</b>	<b>15,334</b>
<b>Supporting Services</b>			
Advertising and Marketing	5,107	-	5,107
Banking Fees	94	-	94
Miscellaneous Expense	75	-	75
Office Expense	631	-	631
Office Supplies	118	-	118
Payroll Expense	42,218	-	42,218
Printing Expense	589	-	589
Professional Fees - Accounting	1,500	-	1,500
<b>Total supporting services</b>	<b>50,333</b>	<b>-</b>	<b>50,333</b>
<b>Total expenses</b>	<b>61,184</b>	<b>4,483</b>	<b>65,667</b>
<b>Change in net assets (2010 net income)</b>	<b>(26,193)</b>	<b>35,365</b>	<b>9,172</b>
<b>Net assets, beginning of year</b>	<b>30,769</b>	<b>4,483</b>	<b>35,252</b>
<b>Net assets, end of year 2010</b>	<b>4,576</b>	<b>39,848</b>	<b>44,424</b>

### Thank you 2010 Contributors

Dr. John Anderson  
Dr. Kurt Anderson  
Dr. Scott Anseth  
Dr. Paul Biewen  
Dr. J. Chris Coetzee  
Dr. Paul Crowe  
Dr. Jeffrey Dick  
Dr. Paul Diekmann  
Dr. Douglas Drake  
Dr. Patrick Ebeling  
Dr. David Gesensway  
Mr. Jay Hempe  
Dr. David Holte  
Dr. Jay Johnson  
Ms. Jody Keller  
Dr. Desiree Kempke  
Dr. Christopher Larson  
Dr. Clare McCarthy  
Dr. Steven Moen  
Dr. Chris Meyer  
Dr. Frank Norberg  
Dr. Kayvon Riggi  
Dr. Guy Rudin  
Dr. J. Patrick Smith  
Dr. Robert Tuttle  
Dr. Joseph Teynor  
Dr. Loren Vorlicky  
Ms. Mary Wolf

### Net Assets – in dollars



## *Fellowship – IRB Approved Research Studies*

### *Dr. Christopher M. Larson*

Larson CM, Smith JP, Rakow J, Nippert A, Giveans MR, Erickson C. The Effects of a Specific Neuromuscular/Agility Program on Early Functional Recovery after Anterior Cruciate Ligament Reconstruction: A Prospective, Randomized, Controlled Trial

Larson CM, Smith JP, Giveans MR, Erickson K, Johnson M, Asuma M, Fahey M. The Effects of graft type on Early Functional Recovery of ACL Reconstruction Patients Following a Specific Neuromuscular/Agility Program: A Retrospective Study

Larson CM, Heikes C, Ellingson C, Giveans MR. Outcomes after Transphyseal ACL Reconstruction in Patients with Open Growth Plates

Larson CM, Ellingson C, Giveans MR. Outcomes of Transphyseal ACL Reconstruction in Adolescent and Skeletally Immature Patients

Larson CM, Dietrich ME, Swaringen JC, Giveans MR. The Effect of Generalized Hypermobility and Body Mass Index on Outcomes after ACL Reconstruction Surgery

Larson CM, Taylor M, Giveans MR. Effect of Osteoarthritis on Outcomes after Arthroscopic Management of Femoroacetabular Impingement

Larson CM, Johnston C, Giveans MR. Return to Athletics Following Fasciotomy for Chronic Exertional Compartment Syndrome

Larson CM, Popkin C, Giveans MR. Cam Impingement in Hockey Players

Larson CM, McCormick J, Giveans MR. Muscle Activation and Force Production in Patients Following Proximal Hamstrings Repair

### *Dr. Gregory N. Lervick*

Lervick GN, McCormick J, Popkin C, Freeman M, Giveans MR. Reliability And Reproducibility Of A New Method For Classifying Acromioclavicular Separations

Lervick GN, Merhi O, Muffenbier M, Giveans MR. Outcome of all Arthroscopic Rotator Cuff Repair using a Single Row Fixation Technique

Lervick GN, Marger M, Merhi O, Giveans MR, Cooperman A, Fritts H, Gundry C. Correlation of Shoulder Pain Location with Physical Examination and Magnetic Resonance Imaging

Wulf CA, Giveans MR, Lervick GN. MRI after Arthroscopic Microfracture of Capitellar Osteochondritis Dissecans

Brcka D, Lervick GN, Giveans MR. Incidence of Asymptomatic Labral Pathology in the Dominant Shoulder

### *M. Russell Giveans, Ph.D.*

Tabaddor R, Giveans MR. Biomechanics of the Wii Shoulder



## MOSMI 2010 Publications

### Dr. J. Chris Coetzee

Naal F, Rippstein P, Coetzee JC, Huber M. Total ankle replacement using a new three-component implant. JBJS Accepted for Publication 2011.

Ellington JK, Myerson M, Coetzee JC, Stone RM. The use of the Lapidus procedure for recurrent hallux valgus. Foot Ankle Int, Accepted for Publication 2011.

Coetzee JC. Surgical strategies: lateral ligament reconstruction as part of the management of varus ankle deformity with ankle replacement. Foot Ankle Int, Mar. 2010;31(3):267-74.

### Book Chapters

Coetzee JC, Ebeling PB, Easley ME. Revision Hallux Valgus Correction. In: Wiesel S. Operative Techniques in Orthopaedic Surgery. Philadelphia, PA: Lippincott Williams & Wilkins; 2011: Volume 4; Chapter 15:3564–3576.

Coetzee JC, DeOrio JK. Total Ankle Replacement Systems Available in the United States. In O'Connor M, Egol, KA. Academy of Orthopaedic Surgeons Instr Course Lect; Jan. 2010;59 Chapter 31:367-374.

Coetzee JC, Pena FA. Minimally Invasive Closed Reduction and Internal Fixation of Calcaneal Fractures. In: Scuderi, GR; Tria, AJ. Minimally Invasive Surgery in Orthopedics. New York, NY: Springer Science + Business Media, LLC, 2010. Chapter 57:473-477.

### Dr. Christie S. Heikes

Ames PS, Heikes CS. Femoroacetabular Impingement in a Running Athlete. Journal of Orthopaedic & Sports Physical Therapy. Feb 2010;40(2):20.

### Dr. Christopher M. Larson

Larson CM, Stone RM. The Rarely Encountered Rim Fracture that Contributes to both Femoroacetabular Impingement and Hip Stability: A Report of Two Cases of Arthroscopic Partial Excision and Internal Fixation. Arthroscopy 2011;27(7):1018-1022.

Larson CM, Pierce BR, Giveans MR. Treatment of Athletes with Symptomatic Intra-articular Hip Pathology and Athletic Pubalgia / Sports Hernia: A Case Series. ARTH-10-414R2. Arthroscopy 2011 Jun;27(6):768-75.

Hackney JM, Wade MG, Larson CM. Does the nervous system constrain lower extremity force output of the uninvolved limb during running in patients after ACL reconstruction? (UPTP-2011-0001) Physiotherapy Theory and Practice. Submitted 2011

\*Study – Effect of Osteoarthritis on Outcomes after Arthroscopic Management of Femoroacetabular Impingement

## Patients benefit from orthopedic research\*

### Mother resumes active lifestyle

"I couldn't run, move laterally or pick up heavy objects. I could no longer play tennis or soccer with my kids," the once active mother in her 40s said. Shelley G., a former college gymnast, and avid horse enthusiast, was thrown from her horse and landed on her hip.

Treatment Shelley received at other doctors lead to misdiagnosis of "sprained hip," she explained.

Then Shelley learned about the Arthroscopic Debridement procedure. "My doctor and I ultimately decided that this surgery was the best answer since the pain was still pretty bad," Shelley said. "About 10 months after the surgery I was doing much more than before. Today I am barely limited."

"The surgery was a huge success. I am thrilled that this option was available to me as I know it was a fairly new procedure. My active husband, children and Figaro (my horse) are thrilled!"

– Shelley G., Excelsior, MN

### Tennis-playing doctor gets relief

"In October 2010 I had severe pain in my left hip for over a year. Imaging of the hip confirmed bony deformities – femoroacetabular impingement syndrome. I also had torn the hip's labrum and damaged cartilage. The damage was beyond the ability of the surgical expertise in my country, Canada, to fix."

"Prior to this hip pain, I was extremely active, training up to 20 hours a week on and off the tennis court. My ability to train eroded until I could play tennis only a few hours per week. I could not properly bear weight on my left leg."

"I underwent hip arthroscopy November 2010 and have been pain free since, and the prognosis is quite favorable. I have steadily increased my activity level. Now I can move without sharp jolts of pain and the hip moves far more fluidly than it ever did pre-operatively. My workouts on and off the court have improved dramatically, as has the quality of my life."

– Dr. Bruce M., Toronto, Ontario

### *MOSMI 2010 Publications (continued)*

Larson CM, Giveans MR, Taylor M. Does Arthroscopic FAI Correction Improve Function with Radiographic Arthritis? CORR 2011;469(6):1667-1676.

Hackney JM, Wade MG, Larson CM, Smith JP, Rakow JH. Impairment in people with anterior cruciate ligament reconstruction in adjusting ground reaction force in running Physiotherapy Theory and Practice. Jul 2010;26(5):289-296.

Larson CM. Arthroscopic Management of Pincer-Type Impingement. Sports Medicine and Arthroscopy Review. June 2010;18(2):100-107.

### *Book Chapters*

Larson CM, Stone RM, Wulf CA. Management of Chondral Lesions. In: Byrd. Operative Hip Arthroscopy, 3rd Edition. Springer, New York, NY. Accepted for publication.

Larson CM. Management of Chronic Proximal Hamstring Ruptures: Surgical Treatment. Operative Techniques in Sports Medicine. Accepted for publication 2010. OTSM-D-09-00033.

Larson CM, Taylor M. Arthroscopic Synovectomy and Treatment of Synovial Disorders. In: Sekiya JK, Safra M, Ranawat AS, Leunig M. Techniques in Hip Arthroscopy and Joint Preservation Surgery. Saunders. Oct 2010; Chapter 21:172-178.

Larson CM, Stone RM. Arthroscopic Management of Femoroacetabular Impingement. In: Wiesel S. Operative Techniques in Orthopaedic Surgery. Philadelphia, PA: Lippincott Williams & Wilkins; 2011: Volume 1; Chapter 26:213-221.

Larson CM, Wolters, B., Fritts, H., Fetzer, G. Stress Fracture of the Pelvic Ring and Hip. In: Guanche C. Hip and Pelvic Injuries in Sports Medicine. Philadelphia, PA: Lippincott Williams & Wilkins; 2010:207-216.

Wulf CA, Larson CM. Chondral Lesions. In: Ryu RKN, Byrd, JWT, Guanche CA. AANA Advanced Arthroscopy series: The Hip. AANA. Rosemount, IL. Elsevier 2010:33-50.

### *Video Publication*

Larson, CM. Orthopaedic Trauma/Arthroscopic Challenges. Audio-Digest Orthopaedics June 7, 2011;34(11).

- 1) Femoroacetabular Impingement: Pincer Management
- 2) The Snapping Hip

### *Dr. Gregory N. Lervick*

Lervick GN, Klepps S. Return to Play: Shoulder Dislocations, Clavicle Fractures, and Acromioclavicular Separations. American Academy of Orthopaedic Surgeons Web site: Orthopaedic Knowledge Online 2011;9(3): [http://orthoportal.aaos.org/oko/article.aspx?article=OKO\\_SHO042](http://orthoportal.aaos.org/oko/article.aspx?article=OKO_SHO042). Accessed February 28, 2011.

### *MOSMI Fellowship 2010 Publications*

Larson CM, Giveans MR, Taylor M. Does Arthroscopic FAI Correction Improve Function with Radiographic Arthritis? CORR 2011; 469(6):1667-1676.

Larson, CM, Taylor, M. Arthroscopic Synovectomy and Treatment of Synovial Disorders. In: Sekiya JK, Safra M, Ranawat AS, Leunig M. Techniques in Hip Arthroscopy and Joint Preservation Surgery. Saunders. Oct 2010: Chapter 21: 172-178.

Wulf CA, Larson CM. Chondral Lesions. In: Ryu RKN, Byrd, JWT, Guanche CA. AANA Advanced Arthroscopy series: The Hip. AANA. Rosemount, IL. Elsevier 2010:33-50.

### *MOSMI Fellowship – IRB Approved Research Studies*

#### *Dr. David R. Anderson*

Anderson D., Larson CM, Moser BR, Smith PJ. Double-Blind, Multicenter Phase 3 Study Comparing the Efficacy and Safety of OMS103HP with Vehicle in Patients Undergoing Allograft ACL Reconstruction

#### *Dr. J. Chris Coetsee*

Coetsee JC. Treatment Outcomes of Ankle Osteoarthritis

Coetsee JC. Post Market, Longitudinal Data Collection Study of Articular Cartilage Lesions in the Ankle Treated with DeNovo NT Natural Tissue Graft

Coetsee JC. Multi-Center, Randomized, Controlled Study of Subtalar Arthrodesis Using AlloStem versus Autologous Bone Graft

Coetsee JC, Ebeling PB, Beckley T, Stone R, Giveans MR. Prospective Randomized study comparing the screw fixation versus a custom plate and screw fixation for the 1st Tarsometatarsal joint fusion in a Lapidus bunion repair

Coetsee JC, Ebeling PB. A Prospective, Randomized, Multi-Center Trial of the Mobility Total Ankle System

Coetsee JC, Myerson M, Ellington, K, Stone R. The Use of the Lapidus Procedure for Recurrent Hallux Valgus.

Coetsee JC. OP-1 Implant: HDE

Coetsee JC. Longitudinal case-controlled study of arthroscopic ankle fusions

Coetsee JC. Functional outcome syndesmosis injuries with the use of the “tight rope” system.

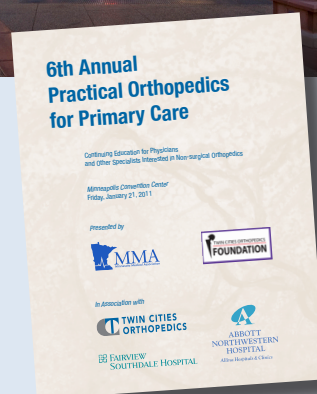
Coetsee JC. Follow Up After Total Ankle Arthroplasty

### *2011 Primary Care Conference attracted health care professionals*

The 6th Annual Practical Orthopedics for Primary Care conference was held on January 21, 2011 at the Minneapolis Convention Center. More than 200 primary care providers including family practice physicians, chiropractors, nurses, physical and occupational therapists, nurse practitioners, and athletic trainers attended this day-long conference focusing on the diagnostic and pertinent treatment for common orthopedic injuries and conditions.

The conference consisted of presentations by the board certified surgeons of Twin Cities Orthopedics and featured a hands-on breakout session designated to educate the participants on the proper examination techniques necessary for the proper diagnosis of common orthopedic injuries and conditions.

For information on attending or sponsoring this educational event on January 20, 2012, visit [www.practicalortho.com](http://www.practicalortho.com)



## *MOSMI – IRB Approved Research Studies (continued)*

### *Dr. Christopher M. Larson*

Larson CM, Sikka Robby, Sardelli Matthew, Byrd, JW Thomas, Giveans MR. Prevalence of Radiographic Abnormalities and Femoroacetabular Impingement and the Relationship to Athletic Related Groin Pain in NFL Prospects: An Epidemiologic Study

Larson CM, Giveans MR. Arthroscopic Debridement vs Refixation of Acetabular Labrum Associated with Femoroacetabular Impingement; A Two Year Update (submitted for publication)

Larson CM, Pierce BR, Giveans MR. Association of Symptomatic Hip Joint Pathology and Sports Hernias in Athletes: Outcomes after Staged and Same Setting Hip Arthroscopy and Sports Hernia Repair

Larson CM, Giveans MR. Arthroscopic treatment of femoroacetabular impingement; early outcome evaluation of Labral refixation / repair vs. debridement

Larson CM, Giveans MR. A Multicenter Prospective Analysis of Hip Impingement Surgery

Larson CM, Stone RM, Giveans MR. Management of Acetabular Rim Fractures and Os Acetabuli Associated with Femoroacetabular Impingement: A Comparative Outcomes Study

Larson CM, Giveans MR. Maximal Isometric Force Generation Comparison in patients After Proximal Hamstring Rupture

Larson CM, Smith JP, Anderson DR. Phase 3 Multicenter Clinical Trial "Randomized, Prospective, Blinded study" evaluating early functional recovery after use of an anti-inflammatory irrigation solution during ACL allograft reconstruction (Ended 2010)

Larson CM, Smith JP, Anderson DR. Phase 3 Multicenter Clinical Trial "Randomized, Prospective, Blinded study" evaluating early functional recovery after use of an anti-inflammatory irrigation solution during ACL autograft reconstruction (Ended 2010)

Larson CM, Nippert A. Prospective outcomes evaluation of patients undergoing Hip arthroscopy and predictive value of % relief with preoperative intraarticular anesthetic injection





## *MOSMI – IRB Approved Research Studies (continued)*

### *Dr. Gregory N. Lervick*

Lervick GN, Giveans MR. A Comparison of Reversed (semiconstrained) and Unconstrained Total Shoulder Arthroplasty

Lervick GN, Giveans MR, Stone RM, Ash JR. Reversed Total Shoulder Arthroplasty using a Deltpectoral Approach and Conservative Aftercare

Lervick GN, Giveans MR. Correlation Of Objective Shoulder Function With Patient Self Assessment Following Reversed Total Shoulder Arthroplasty

Lervick GN, Giveans MR, Stone RM. Arthroscopic Distal Clavicle Resection For Treatment Of Residual Type II Acromioclavicular (ac) Separations

Lervick GN, Armstrong T, Stone RM, Giveans MR. Patient Satisfaction With Cosmesis And Function Following ORIF Of Mid-shaft Clavicle Fractures

### *Dr. Brad R. Moser*

Moser BR, Giveans MR. Hip labral tears, articular cartilage degeneration, and musculoskeletal characteristics of dancers

Moser BR, Giveans MR. An evaluation of Dance-related Injuries and Movement Patterns

Moser BR, Coetzee JC, Giveans MR. Ankle Posterior Impingement

## *Upcoming Studies – beginning 2011*

### *Dr. David R. Anderson*

- Long term patient outcomes and return to activity after Total Knee Arthroplasty
- A Randomized, Double-Blind, Parallel Group, Vehicle-Controlled Study to Evaluate the Safety and Efficacy of the OMS103HP-S Administered in Joint Irrigation Solution to Subjects Undergoing Arthroscopic Meniscectomy

### *Dr. John T. Anderson*

- Long term patient outcomes and return to activity after Total Knee Arthroplasty Joint registry (in conjunction with Fairview)
- A Randomized, Double-Blind, Parallel Group, Vehicle-Controlled Study to Evaluate the Safety and Efficacy of the OMS103HP-S Administered in Joint Irrigation Solution to Subjects Undergoing Arthroscopic Meniscectomy

### *Dr. Jeffrey C. Dick*

- Ongoing Spinal Surgery Outcomes Registry
- Outcomes of Outpatient Lumbar Discectomy
- Anterior Cervical Discectomy and Fusion Using the BAK-C Implant Adjacent to a Prior Fusion
- A Self-Selected, Randomized Trial of Acute Adolescent Spondylolysis Comparing Brace Treatment and Activity Restriction to Active Therapies
- Stabilization of Symptomatic Lumbar Instability Using Dynesys Instrumentation

## *Joint Jaunt*

The second annual Joint Jaunt 5K Run/Walk was hosted at the beautiful Cornelia City Park, across from the new Twin Cities Orthopedics Edina Clinic. The Joint Jaunt promotes orthopedic health, celebrates active lifestyles and improved quality of life for those who have benefited from orthopedic care.

As one of the main fund raising events of the year, the Joint Jaunt provided patients, TCO employees and friends of the Foundation, the opportunity to take an active role in supporting the Twin Cities Orthopedics Foundation mission and program.

Over 150 participants enjoyed the festivities. From runners and walkers to children, all participated in the fun and enjoyed the comforts of the new Edina facility where they could visit with our sponsors, take a look around and enjoy a light breakfast and post-race snack.

Funds raised from the Joint Jaunt will be used to provide additional funding for the continuation of TCOF programs; increase awareness of how to prevent musculoskeletal conditions over a lifetime of activities; assist patients in learning more about the best treatment options; and support research that identifies better treatment options and provides better outcomes for those affected by common orthopedic conditions.

### **Many thanks to our sponsors:**

- |                            |                    |
|----------------------------|--------------------|
| • Aircast                  | • Biomet           |
| • Bird & Cronin            | • Depuy            |
| • Ferring                  | • Medtronic        |
| • Pharmaceutical           | • Suburban         |
| • Sanofi-Aventis           | Imaging            |
| • Twin Cities Orthopedics, | presenting sponsor |



## *Upcoming Studies – beginning 2011 (continued)*

### *Dr. Christie S. Heikes*

- Long term patient outcomes and return to activity after Total Knee Arthroplasty
- A Randomized, Double-Blind, Parallel Group, Vehicle-Controlled Study to Evaluate the Safety and Efficacy of the OMS103HP-S Administered in Joint Irrigation Solution to Subjects Undergoing Arthroscopic Meniscectomy

### *Dr. Christopher M. Larson*

- A Randomized, Double-Blind, Parallel Group, Vehicle-Controlled Study to Evaluate the Safety and Efficacy of the OMS103HP-S Administered in Joint Irrigation Solution to Subjects Undergoing Arthroscopic Meniscectomy

### *Dr. Gregory N. Lervick*

- Bankart Repair Study
- Infection Rate of TSA
- The effects of bracing on shoulder kinematics in patients with traumatic glenohumeral dislocation.

### *Dr. Frank B. Norberg*

- Outcomes of PRP For Lateral Epicondylitis of the Elbow

### *Dr. J. Patrick Smith*

- Long term patient outcomes and return to activity after Total Knee Arthroplasty
- A Randomized, Double-Blind, Parallel Group, Vehicle-Controlled Study to Evaluate the Safety and Efficacy of the OMS103HP-S Administered in Joint Irrigation Solution to Subjects Undergoing Arthroscopic Meniscectomy

## TCOF GOALS FOR 2011

- Develop partnerships with organizations that promote active lifestyles for adults and children.
- Secure additional grants to fund our research and education and sports medicine fellowship program.
- Increase participation in the Third Annual Joint Jaunt 5K/10K Run/Walk to celebrate successful orthopedic treatments.
- Expand the topics for our community education presentations.
- Develop continuing education courses for Allied Health Professionals.

*Donate to the Twin Cities Orthopedics Foundation*  
**NEW! Donate online at [www.TCOFoundation.org](http://www.TCOFoundation.org)**

For more information about how you can help, please contact us at (952) 512-5615.

### *TCOF coming events*

Aug. 20, 2011; 3rd Annual Joint Jaunt; Lake Harriet, Minneapolis

Jan. 20, 2012; 7th Annual Orthopedics for Primary Care Conference

### *TCOF has a New Director*

TCOF is proud to introduce our new director, Teresa Medina, who joined us in June. Teresa brings a wealth of experience from her past positions including the Midwest Orthopaedic Research Foundation, the Director of Education at the Gustilo Medical Education Center and the former Vice President of New Business Development at Scripsys.

Her volunteer work includes coordinating medical mission trips to the Philippines through the Philippine Minnesotan Medical Association and multiple other non-profit events including Fraser, the Special Olympics and more.

We are excited about having her on board and expect that she will direct the foundation into a new era.



*Teresa Medina*

Twin Cities Orthopedics Foundation Director

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Cell: (612) 558-4038

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*President  
Jeffrey Dick, MD*



*Treasurer  
David Gesensway, MD*



*John Anderson, MD*



*J. Chris Coetzee, MD*



*Paul Diekmann, MD*



*Christopher Larson, MD*



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