

Research • Education • Community Service





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Advancing musculoskeletal health through community service, orthopedic research, education and training.

TCOFoundation.org



MESSAGE FROM THE PRESIDENT

As I sit down to write this President's letter, I begin to truly appreciate all that the Twin Cities Orthopedics Foundation has accomplished over the past several years, and 2016 was no exception. It was a great year, and we could not have done any of it without your generous support. There is a lot of detail on the report, so let me recap some of the highlights for you.

TWIN CITIES ORTHOPEDICS FOUNDATION

- Supported thousands of ImPACT concussion testing for high school athletes
- Supported an "Adopt an Athletic Training Room" for 3 local high schools
- · Provided scholarships for TCO employees to go on a medial mission trip to Nicaragua
- · Started a Medical Mentorship program through Twin Cities Orthopedics
- · Partnered with Empower to help girls gain confidence, leadership skills, critical-thinking skills and decision-making skills
- Partnered and supported CycleHealth, an organization which enables kids to understand the importance of their
 physical health, as well as their mental health, through athletic events and activities

TCO physicians and employees, through Dr. Adam Bakker's hard work and leadership, started the Medical Mentorship Program for high school kids interested in a future medical career. These kids joined forces with TCO employees at our Edina location to help them gain insight, knowledge and understanding in medical fields that they have interest in including physical therapy, radiology, nursing, surgical technician, occupational therapy, physician assistant and MD fields.

TCO physicians and employees completed their fourth trip to Nicaragua on a medical mission focused on education, training and surgical skills for orthopedic residents. On the trip, 29 surgical cases on needy individuals were performed and more than 800 pounds of needed medical supplies were donated. The group recently returned from our fifth trip in April 2017, where multiple upper extremity surgeries, as well as 11 total knee arthroplasty cases were performed.

OUR GOAL FOR 2017

- Continue to expand on all of the initiatives as listed above. In addition, we will plan on bringing two Nicaraguan residents to Minnesota for our second "International Scholarship Program." This program allows physicians from a third-world country to follow orthopedic surgeons in the United States in a clinical and surgical setting and participate in the Hennepin County Trauma Conference to help further their education and knowledge. We hope to provide them with laboratory experience with cadavers for additional hands-on surgical training.
- We want to expand the Medical Mentorship Program, which was successful in 2016, with the ongoing enthusiastic help of many of our TCO employees.

Thank you for your generous support in 2016. We are excited about our goals for 2017. None of this could be done without financial support from our generous donors, and all TCO physicians recognize the foundation as an important part of Twin Cities Orthopedics. As I stated in my letter last year, all donated dollars go into the general fund. Only those funds that are specifically dedicated for research, requested by the donor, go toward research activities. Our overhead is extremely low since we do not have any paid positions on the foundation, so all of your donations go specifically to the goals and initiatives I've outlined in this report.

Thank you again for your generous support.

Sincerely,

Kurt D. Anderson, MD

ABOUT THE FOUNDATION

Established in 2007 by members of the Twin Cities Orthopedics practice, the Foundation is developing and investing in key activities to improve the quality of life for those affected by bone, joint and muscle injuries and disorders.

Our Mission

To advance musculoskeletal health through community service, orthopedic research, education, and training.

Our Vision

- Supporting Community Programs and Services
- · Promoting an Active Lifestyle
- Increasing Orthopedic Scientific Knowledge Through Research and Education
- Fostering Volunteer
 Orthopedic Services to
 Underserved Local and
 International Communities

2016 Accomplishments

- · Community Partner Support
 - CycleHealth
 - Empower
 - Bolder Options
- · Adopt an Athletic Training Room
 - Funding to 3 area high school athletic training rooms
- · ImPACT Concussion Testing Funding
 - Funding support for more than 9,700 tests across metro area student-athletes since 2014
- TCO Medical Mentorship Program
 - Launched inaugural year of program
- · International Medical Volunteer Scholarships
 - Provided financial scholarships for 6 TCO employees to travel on medical mission trip

2017 Objectives

- · International Orthopedic Visiting Scholar Program
- International Medical Volunteer Scholarship Program: Provide financial support to staff volunteering on medical service trips
- Medical Mentorship Program: Year-long mentorship program with a focus on health care careers for underprivileged youth
- Community Support: CycleHealth, Empower, and Bolder Options; financial support to local high schools
- ImPACT Concussion Testing Program
- Support community educational seminars focused on orthopedic preventative care

DIRECTORS



Kurt Anderson, MD
PRESIDENT



Troy Simonson TREASURER



John Anderson, MD



Scott Anseth, MD



Adam Bakker, MD



David Gesensway, MD



Jay Johnson, MD



STATEMENT DECEMBER 31, 2016 STATEMENT OF ACTIVITIES

CONTRIBUTIONS		
REVENUES		
Research & Education Fund	\$142,067	
Other Designated Funds	\$0	
Unrestricted Funds	\$44,052	

Total Contributions \$186,119

DISBURSEMENTS

EXPENSES	
Research & Education	\$191,423
Concussion Program	\$2,500
Strategic Partner Support	\$19,105
Scholarship Program	\$6,359
Administrative Costs	\$8,288

Total Disbursements \$227,675

2016 TOTALS

Total Expenses	\$227,675
Change in Net Assets	\$-41,556
Net Assets, Beginning of Year	\$213,713
Net Assets, End of Year 2016	\$172,157

SUPPORTING OUR COMMUNITIES

LOCAL INVOLVEMENT

CycleHealth: Kid-Powered Wellness

CycleHealth teams with leaders in business and health care to equip kids with tools to create a new cycle of health in America. World-class events and programs, delivered through CycleHealth's innovative Sweat Rx, allow kids to lead the way to wellness.













Empower — Leadership Academy for Girls

Empower's mission is to inspire, develop and empower the next generation of leaders by offering events for girls in grades 5–12. Empower's four pillars of focus are Leadership, Confidence, Resilience and Well-Being.











SUPPORTING OUR COMMUNITIES

LOCAL & GLOBAL INVOLVEMENT

TCO FOUNDATION'S GLOBAL MISSION OF SERVICE

Ten years after being established, the Twin Cities Orthopedics Foundation continues to develop and invest in key activities to improve the quality of life for those affected by bone, joint and muscle injuries and disorders through education, research and community service.

Part of that includes thinking and acting globally with medical mission trips.

The foundation helps facilitate medical mission trips to a number of countries, including Nicaragua and Tanzania, for TCO physicians and team members to help in underserved international communities. It primarily provides funds for team members to travel with physicians, focusing on treating local communities through clinics and surgery.

Each year in Leon, Nicaragua, the group perform orthopedic surgeries and provide much-needed medical equipment and implants for long-term use and is involved in the education and training of orthopedic providers at a university hospital in Leon that serves as one of only two orthopedic residency programs in the country. The program has a huge impact on orthopedic health care for the country because the orthopedic surgeons in the program go on to be the primary orthopedic caregivers in Nicaragua.

"TCO being involved in this type of volunteer work is invaluable, both for the patients and doctors in Leon as well as the volunteer," Kurt Anderson, MD, President of the TCO Foundation, said. "You come back with an understanding of the common needs of all people. I wish every TCO team member and physician could experience an international volunteer experience like this; it changes you."





Orthopedic hand surgeons David Gesensway, MD, and Adam Bakker, MD, joined Dr. Anderson for the April 2016 trip, along with hand therapists Kristin Anderson and Trish Kloeckl, physical therapist Eva Martinez, DPT, who also served as an interpreter, and John Muelken, OPAC, and Kaitlyn Jensen, CST, who helped with supplies and in the operating room.

The volunteer service team worked with the teaching hospital's staff surgeons in the education of 14 orthopedic residents and assisted with 36 surgeries on complex cases. There were lectures every day at 7 a.m. and daily rounds on hospital patients.

The orthopedic patients are cared for in one wing of the five-story, open-air hospital with two male rooms and two female rooms for adults with orthopedic needs, each filled with seven beds, and a bathroom down the hall. Children are on a different ward.

The medication supply is limited, and patients with big fractures or surgeries only get an ibuprofen-like medication and Tylenol for pain. There are no narcotics used outside of the operating room. The volunteer team provided help by donating and hand-carrying nearly 800 pounds of medical supplies and surgical equipment. The patients, hospital staff and orthopedic residents were appreciative of the team's assistance.

INTERNATIONAL SCHOLAR PROGRAM

The TCO Foundation's work has provided resident physicians from Leon the opportunity to travel to Minnesota and shadow TCO physicians in clinic and surgery, participate in lectures, and workshop technique labs, and conduct a presentation at the HCMC Orthopaedic and Trauma Seminar.

"The purpose of the program is to help advance orthopedic care in the guest nation by helping train and educate young orthopedic surgeons to become educators and leaders in their community," Dr. Gesensway said.





2003

COAN'S INAUGURAL TRIP TO NICARAGUA

4

NUMBER OF TIMES PER YEAR
COAN SENDS TEAMS TO
HEODRA IN LEÓN

8

NUMBER OF TEAM MEMBERS
WHO PARTICIPATED IN THE
APRIL 2016 TRIP

800

POUNDS OF HAND-CARRIED DONATED MEDICAL SUPPLIES

60+

NUMBER OF PRE-SCREENED
PATIENTS EVALUATED IN CLINIC
FOR SURGERY

24

NUMBER OF SURGICAL CASES PERFORMED

5

NUMBER OF PRESENTATIONS
GIVEN TO HEODRA STUDENTS

29

NUMBER OF PATIENTS TREATED
IN HAND THERAPY



RESEARCH STUDIES

TCO – IRB Approved Research Studies

Dr. John T. Anderson

Long-term Patient Outcomes and Return to Activity After Total Knee Arthroplasty

Dr. Scott D. Anseth

FDA Clinical Trial- A Randomized Clinical Study to Compare the Safety and Efficacy of the Oxford Cementless Partial Knee System

Anseth SD, O'Neill OR, Bryan SM, Giveans MR. Does Total Knee Arthroplasty Range of Motion have a Greater Improvement with Home Care or a Skilled Nursing Facility?

Dr. J. Chris Coetzee

Coetzee JC, Nilsson LJ, Stone RM, Fritz JE. Lateral ankle ligament reconstruction with InternalBrace $^{\text{TM}}$ augmentation: A prospective randomized study

- **Oliver SM, Coetzee JC, Samuelson KM, Stone RM, Fritz JE, Giveans MR. Early Results on a Modern Generation Fixed-Bear Total Ankle Arthroplasty
- **Coetzee JC, Denker AJ, Stone RM, Management of a Failed Total Ankle Replacement with a Revision Prosthesis. A multi-center study of the indications, surgical techniques and short term outcomes.

Coetzee JC, Stone RM. Treatment Outcomes of Hallux Rigidus

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Coetzee JC, Nilsson LJ, Stone RM, Fritz JE. Functional Outcome of Sesamoid Excision in Athletes

Coetzee JC, Stone RM, Nilsson LJ. Retrospective Chart Review of the InternalBrace Ligament Augmentation Repair in Conjunction with Open Brostrom Surgery in Foot and Ankle patients.

Coetzee JC, Stone RM. Comparing Ankle Arthrodesis to Ankle Arthroplasty

Coetzee JC, Stone RM. Retrieval and Analysis of Total Ankle Arthroplasty Implants and Periprosthetic Tissue: Correlating Radiographic, Clinical, Damage Mode and Inflammatory Marker Data to Elucidate the Path Toward Revision and Clinical Failure

Coetzee JC, Stone RM. Post Market, Longitudinal Data Collection Study of Articular Cartilage Lesions in the Ankle Treated With DeNovo NT Natural Tissue Graft

Coetzee JC, Stone RM. Multi-Center, Randomized, Controlled Study of Subtalar Arthrodesis Using AlloStem Versus Autologous Bone Graft

Coetzee JC. Treatment Outcomes of Ankle Osteoarthritis

Dr. Thomas K. Comfort

Comfort TK, Mehle SC. Impact of Cup Geometry and Fixation on Survival in Total Hip Arthroplasty

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Dr. Christopher M. Larson

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Larson CM, Ross JR, Moser, BR, Giveans MR, Stone RM, Ramos NM, Bedi A. The Dancers Hip: Extreme ROM Impingement / Instability: Arthroscopic Clinical Outcomes

Larson CM, Ross JR, Stone RM, Samuelson KM, Ramos NM, Giveans MR, Bedi A. Arthroscopic Management of Dysplastic Hip Morphologies: Predictors of Success and Failures and Comparison to an Arthroscopic FAI Cohort

Larson CM, Giveans MR, Stone RM, Samuelson KM, Ramos NM. Complications after Hip Arthroscopy

Larson CM, Giveans MR, Stone RM. Arthroscopic Treatment of Femoroacetabular Impingement: Early Outcome Evaluation of Labral Refixation / Repair vs. Debridement

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

**Larson CM, Cornelsen GD, Rust D, Giveans MR, Stone RM. Cam Impingement in Hockey Players

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

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

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- **Larson CM, Safran MR, Brcka D, Vaughn Z, Giveans MR, Stone RM. Prevalence of Hip Pathomorphologies and Predictors of Clinically Suspected "Intra-articular" Hip Symptoms
- **Larson CM, Johnston C. Return to Athletics Following Fasciotomy for Chronic Exertional Compartment Syndrome

Dr. Gregory N. Lervick

Lervick GN, Stone RM. Outcomes following primary repair acute triceps rupture comparing transosseous drill tunnels versus suture anchor fixation

Lervick GN, Stone RM. Post-Market Evaluation of the Rotation Medical Rotator Cuff System

- **Lervick GN, Oliver SM, Giveans MR. Incidence of Positive Bacteria Cultures in Clean, Primary Shoulder Arthroplasty Procedures
- **Brcka D, Lervick GN, Giveans MR. Incidence of Asymptomatic Labral Pathology in the Dominant Shoulder

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

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Dr. Brad R. Moser

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Moser BR, Giveans MR. Hip Labral Tears, Articular Cartilage Degeneration, and Musculoskeletal Characteristics of Dancers

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Dr. Owen R. O'Neill

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O'Neill OR, Anseth SD, Lehman-Lane JJ, Teske AS, Giveans MR. Timing of Pre-Operative History & Physical Clearance in Total Knee & Hip Patients

Dr. Corey A. Wulf

Wulf CA, Stone RM. A Stratified, Post-Market Study of DeNovo NT Graft for Treatment of Femoral and Patellar Articular Cartilage Lesions of the Knee

RESEARCH PUBLICATIONS

TCO Research Publications

Dr. Matthew S. Butterfield

PEER REVIEW JOURNALS

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Dr. J. Chris Coetzee

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VIDEO

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Dr. Patrick B. Ebeling

PEER REVIEW JOURNALS

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Dr. Ryan W. Hess

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Dr. Christopher M. Larson

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Dr. Gregory N. Lervick

PEER REVIEW JOURNALS

CORR Insights®: Economic Decision Model Suggests Total Shoulder Arthroplasty is Superior to Hemiarthroplasty in Young Patients With Endstage Shoulder Arthritis. Clin Orthop Relat Res. 2016 Nov;474(11):2493-2495. Epub 2016 Sep 6.

Dr. Kevin E. Lindgren

PEER REVIEW JOURNALS

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Dr. Steven W. Meisterling

PEER REVIEW JOURNALS

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Dr. Jeffrey D. Seybold

PEER REVIEW JOURNALS

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Dr. John E. Sherman

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MOSMI Fellowship Research Publications

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