

A Letter from our Program Director

Fellowship Faculty

Spring 2016

Dear Fellowship Alumni and friends,

After several years of drought, winter has finally returned to the mountains of Lake Tahoe! Along with the snow, this has brought the usual surge in winter sports injuries for us to deal with. We don't wish injuries on anyone, but treating them is the life blood of Barton Hospital and Lake Tahoe Sports Medicine Fellowship. Over my long career here, it does seem that the severity of the injuries are increasing. Certainly the operative treatment of these injuries has increased over the last 15 years. Our weekly Fellowship conferences provide a great forum for lively discussions of the treatment of some of the more controversial injuries. These conferences provide an essential part of the Fellows' learning program. As most of you know they provide the didactic curriculum for the year long Fellowship. This year Barton has agreed to pay small stipends to outside speakers at these conferences which will enhance the learning environment for the Fellows. Coming in March we will have three outside consultant speakers: Dr. Lauren Hansen graduate of 2014-15 Fellowship, Dr. Hillary Malcarney 2004 graduate and Dr. Tom Schwenk, Dean of Medicine at the University of Nevada School of Medicine and primary care sports medicine specialist. Dr. Hansen is practicing in Grass Valley, CA, and Dr. Malcarney practices in Reno. We look forward to their presentations.

Our current Fellows, Dr. Jessie Dickens and Dr. Mike Schicker are rapidly progressing through their fellowship year. It has been the contributions of all our fellows, current and past, that have made Barton/Lake Tahoe Sports Medicine Fellowship one of the most sought after Sports Medicine Fellowships in the country. This year we broke our record with 86 applicants applying for two spots for the 2017-18 Fellowship. While attending the *Orthopedics Today* Hawaii meeting in January, I was happy to see four of our previous Fellows: Doctors Ted Hofstedt, John Foot, Mike Momont, and Mimi Zumwalt. It is always a great pleasure to see our previous Fellows and hear about their lives.

Dr. Clint Purvance has taken the reins as Barton's new CEO and as expected, has continued to show his strong support for our Fellowship and Graduate Medical Education. It was under his guidance as CMO that Barton agreed to step up to the plate and sponsor The Fellowship in order for us to obtain ACGME accreditation. He continues to work with me and our new CMO, Dr. Rhonda Sneeringer, to develop a Graduate Medical Education department. Barton now not only has our fellows being educated here, but also general surgery residents from UC Davis, occasionally orthopedic residents, and frequently medical students. It is my belief that by having these talented individuals and future medical leaders training in our facility that the quality of patient care and Barton's reputation as a rural healthcare leader are enhanced.



I hope some of you will come visit us. You are always welcome and the skiing is great! If you would like to speak at the weekly fellows conference in the future, please contact Jennifer Gaston.

Warm regards,

Keith R. Swanson, M.D.
D.I.O. and Program Director

Keith Swanson, MD

Program Director
Designated Institutional Official

Rob Rupp, MD

Co-Director, Educational Director

Steve Bannar, MD

Jeff Cummings, MD

Terrence Orr, MD

Dan Robertson, MD

Roger Rogalski, MD

Kyle Swanson, MD

Randy Watson, MD, Emeritus

Edward Tapper, MD, Emeritus

Britta Swanson, PhD

Research Coordinator

Jennifer Gaston

Fellowship Coordinator
Institutional Coordinator

Update on Fellows Interviews

We have broken a record with 86 applicants for the 2017-2018 Fellowship. Our interview dates are Friday, March 11 and Saturday, March 12. We will have a joint reception Friday evening and a planned half-day of skiing at Heavenly Saturday afternoon for all those applicants who are interested.

Anatomy Lab Series

We have instituted monthly Anatomy Labs for the fellows in our Surgical Skills Lab in Zephyr Cove. Attendings rotate a different body part. Dissection and basic anatomy along with surgical procedures are explored.



Kyle Swanson
Shoulder Lab



Robert Rupp
Hip Lab



Terry Orr
Knee Lab

Support the Fellowship

Your tax-deductible donation will help us continue to grow...

Please mail your donation to:

Lake Tahoe Sports Medicine Fellowship
Attn: Jennifer Gaston
P.O. Box 11889
Zephyr Cove, NV 89448

<http://laketahoesportsmed.com/fellowship>
email: jennifergaston54@hotmail.com

If you would like to designate your donation to be used for a specific purpose, i.e. research, to attend a conference, etc., please let us know.


**Lake Tahoe
Sports Medicine
Fellowship**
Barton Health

P.O. Box 11889
212 Elks Point Rd., Ste. 200
Zephyr Cove, NV 89448



Maloff Center of Excellence

Wellness and Sports Performance Center Coming to South Lake Tahoe

The community of South Lake Tahoe is about to receive a healthy serving of wellness. The Barton Foundation was recently given a \$10 million gift to fund the building of a health and sports performance center on the Barton Memorial Hospital campus.



The Robert Maloff Center of Excellence will integrate health, fitness, and medical expertise to treat the person holistically and improve a person's overall well-being. It will expand on Barton's comprehensive offerings for healthy living and preventative medicine, and build on a personalized, patient-centered experience.

Local resident, Lisa Maloff, made the donation in memory of her late husband, Robert Maloff. The Maloffs have always had a heart for promoting wellness, activity, and fitness in the community. Mr. Maloff co-owned and operated the Lake Tahoe Inn and Timber Cove Lodge. Mrs. Maloff was one of the founding members of the Barton Hospital Auxiliary, and the couple has supported many other local endeavors.

The Center of Excellence will house a team of Barton's medical experts, state-of-the-art equipment, and a place for patients to receive coordinated, team-based care in one location. Barton will host educational wellness lectures for the community and employ a Health Navigator to guide community members on their journey to optimal health through Barton Health or other community services. It will also offer facilities for physical therapy, sports medicine and sports performance, and diagnosis-specific fitness and nutrition programs designed to support and enhance the lives on an active population.

The donation will fund an estimated 25,000 square foot orthopedic, sports performance, and wellness center next to Barton Memorial Hospital overlooking Barton Meadow.

The Center of Excellence is expected to open in 2017.

Tahoe Center for Orthopedics' Providers Take First Place in MedWAR Challenge

On January 16, staff and physicians from the Tahoe Center for Orthopedics implemented their medical skills and physical talent at the MedWAR Challenge in Mesa, Arizona.

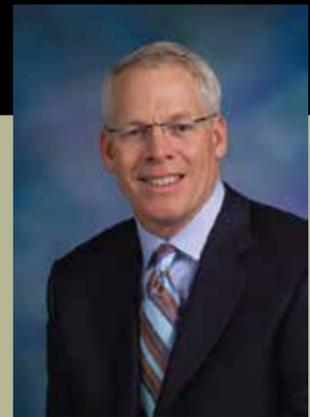
MedWAR, which stands for **Medical Wilderness Adventure Race**, is a unique race that combines physical challenges and wilderness medicine in a day long race. On this course, teams of competitors participated in a multi-sport race - canoeing, mountain biking, trekking, and orienteering their way through an adventure course. Along the adventure, they were expected to address and treat patients in mock wilderness medicine scenarios. Some of the "incidents" they encountered this year were a bear bite and a potential spine injury.

Two teams of providers from Tahoe Center for Orthopedics volunteered their time to compete against other teams from across the nation. Lauren Hansen, MD, former fellow Christine Kozlowski, PT, and Alby Dean, ATC, finished in first place. The second team, comprised of Terry Orr, MD, Khristy Gavigan, RN, and Caitlin Robinson, RN, placed fourth.



Dr Orr providing medical care to mock wilderness scenario.

Spotlight on Teaching Faculty



Stephen Howell MD www.drstevehowell.com

We have been fortunate to have Dr. Stephen Howell as part of our teaching faculty for Lake Tahoe Sports Medicine Fellowship for a number of years. Our fellows rotate through his facility during their year fellowship here.

Dr. Howell is a clinician in private practice in Sacramento, CA and an experienced researcher in the areas of anterior cruciate ligament reconstruction, sports medicine, and knee replacement. Academically, he is a Professor of Mechanical Engineering at the University of California at Davis and collaborates with Prof. Maury Hull PhD on biomedical engineering projects concerning anterior cruciate ligament reconstruction (ACL), disorders of the meniscus, and total knee arthroplasty. Together they have mentored and graduated 23 masters and two PhD students in biomedical engineering. Their research team has improved the placement of the tibial and femoral tunnels and the fixation of the soft tissue ACL graft. Both of these contributions have enabled aggressive rehabilitation without injuring the soft-tissue ACL graft and improved the clinical outcome. He has over 120 publications in peer-review journals. He is a graduate of Northwestern University Medical School in 1981 and the orthopedic residency program at Thomas Jefferson University.

Dr. Howell has been fortunate enough to share the information from his research team at international and national meetings. He is Past President of the International ACL Study Group and a member of the American Association of Hip and Knee Surgeons, International Society of Arthroscopy Knee Surgery and

Orthopedic Sports Medicine, American Academy of Orthopedic Surgeons, North American Arthroscopy Association, and past member of American Shoulder and Elbow Surgeons and Herodius Society. He is on the editorial board of the American Journal of Sports Medicine and Orthopedics.

In terms of product development he has published extensively and promoted world-wide adoption of a surgical approach called kinematic alignment for total knee arthroplasty (TKA) which he developed in 2005. Kinematically aligned TKA provides better pain relief, patient satisfaction, function, and flexion than traditional or mechanical aligned TKA. He developed the Kinematic Alignment Procedure Pack, which are the first clinically available manual instruments for performing kinematically aligned TKA with Zimmer. He is the designer of the 65 degree Tibial Guide and EZLoc/WasherLoc anterior cruciate ligament reconstruction system for Biomet Sports Medicine. He is also a consultant for ThinkSurgical with the assignment to integrate kinematically aligned TKA into robotic surgery.

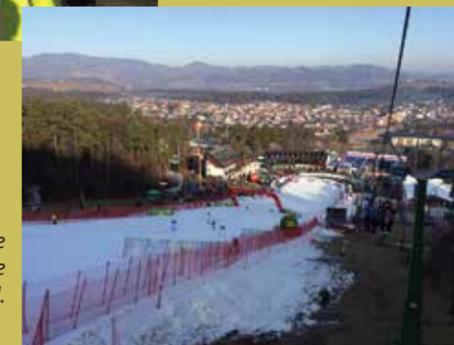
"I find that interacting with the smart, dedicated, and energetic fellows and being a member of the faculty of Lake Tahoe Sports Medicine keeps them up to date with the latest trends, treatments, and surgical techniques in sports medicine."

Fellows travel with the U.S. Womens' World Cup Team



Lindsey Vonn getting ready to compete in her first giant slalom run of the day.

Dr. Mike Schicker had an opportunity to travel to Slovenia with the Womens' U.S. Alpine Ski Team to assist with the team's medical support.



Downhill race course with the city of Maribor in the background.



Mike Schicker and Paula Moltzen at the finish after her slalom run.