



STEADMAN PHILIPPON RESEARCH INSTITUTE<sup>SM</sup>

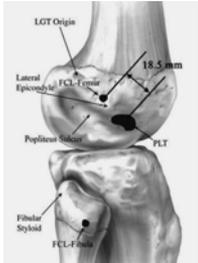
## • DONOR IMPACT REPORT •

Unrestricted gifts like yours to the Steadman Philippon Research Institute provide flexible funding that we can direct wherever it's needed most. In this report, we share just a few examples of ways you advanced our ability to *keep active people active* in 2013.

### Improving Outcomes for Posterolateral Knee Injuries

The posterolateral corner (PLC) of the knee stabilizes the joint. PLC injuries from external trauma or hyperextension are difficult to diagnose and treat. They can be debilitating for you and me, and career-ending for gymnasts and other athletes who play soccer, basketball or football.

A team led by SPRI's Dr. Robert LaPrade recently completed a comprehensive research program to improve understanding of the complex anatomy of the posterolateral knee. Investigators studied PLC diagnostic approaches, surgical techniques and post-op protocols. They then developed better radiographic diagnostic measures, and biomechanically validated ligament reconstructions. Following treatment, patient outcomes have significantly improved. Dr. LaPrade presented the team's findings in 2013 at the Annual Meetings of the Orthopaedic Research Society and the American Academy of Orthopaedic Surgeons.



### Arthroscopic Treatment for Patients with Osteoarthritis of the Knee

Over the years, gifts from friends like you helped Dr. Richard Steadman and his team at SPRI develop "The Package," a comprehensive series of procedures to treat and preserve pre-arthritis and arthritic knees. Patients who have received "The Package" have been understandably worried about if or when they might have to require total knee replacement (TKR).

Long-term monitoring by SPRI of the repaired knee's "survivorship" has shown that many patients have been able to delay TKR for up to 10 years. Thanks to your support, this landmark study was shared with the world through its publication in 2013.



Photos by Charlie Booker

**You helped bring home a Bronze from the Winter Olympics in Sochi!**

"Skeleton" is a winter sport in which an athlete push-starts a small sled and leaps on board to race head-first down an ice track at 80 miles per hour. Matt Antoine has been competing in the sport for 12 years. In 2012, when chronic knee pain had reached the point where he had trouble walking, climbing stairs, and even sitting, he turned to SPRI's Dr. Peter Millett. ►

Dr. Millett treated Matt with “The Package”, developed and refined at SPRI. “It was July and the season was going to start in October,” Matt recalls. “Eighteen months after that, I wanted to be ready for the Olympics. Dr. Millett was positive about me being able to compete not only in the upcoming season, but for the rest of my career.”

Matt says his knee feels better now than two years before surgery. And this February, he became the first U.S. member of the skeleton team to earn an Olympic medal since 2002: a Bronze!

### **A New Landscape for Hip Surgery**

Injuries to the acetabular labrum (cartilage lining the rim of the hip socket) can be caused by impingement (mechanical disorder), dysplasia (abnormal formation) and acute trauma. Female athletes are more susceptible due to their pelvic anatomy.

Thanks to philanthropic support, SPRI has validated the long-term results of an innovative technique developed by Dr. Marc Philippon and his team, in which the labrum is reconstructed using a segment of the patient’s own iliotibial band – fibrous tissue extending from the upper hip to the tibia, a bone in the lower leg.

The results, published in 2013, show 76 percent of patients monitored for between 36 and 70 months after the operation reported high satisfaction with the outcome – changing the landscape of arthroscopic hip surgery.

Dawn followed Dr. Philippon as a patient when he came to us. When she saw how SPRI continuously seeks to improve surgical outcomes, she was inspired to apply to medical school to become a sports medicine physician.

Today, Dr. Ommen – whose own medical records are part of our famous database – holds a Research Assistantship with SPRI. Her long-term goal is to establish a sports medicine center to address the surgical, rehabilitational and other needs of female athletes.

**These achievements are just a few examples of how your contributions result in life-changing, patient-centered care through procedures developed or refined at SPRI. Thank you for your generosity in 2013 – and for being part of our world-class team.**



***Your philanthropy can change lives in more ways than one!***

*Dawn Ommen’s interest in sports and medicine led her to become a certified physical therapist. While teaching a physical therapy student, she injured her hip. Pain from the injury, misdiagnosed and mistreated for almost five years, became more and more debilitating. Under the hands of Dr. Marc Philippon, not yet at SPRI, her hips received the world’s first ligamentum teres reconstruction via iliotibial band. Afterward, she was able to return to a high level of competition as a triathlete.*