SPORTS MEDICINE
Our commitment to athletes in the Chattahoochee Valley is as strong as ever. It’s been nearly 70 years since Dr. Hughston began standing on the sidelines during Friday night football games. We are proud of our sports medicine team, which continues his legacy of providing sideline coverage, wrestling assessments, Saturday morning injury clinics, and annual preparticipation screenings. The Foundation is also proud to support athletic events, college signing days, and training symposiums for athletic trainers.

RESEARCH, EDUCATION, AND TRAINING
The Hughston Foundation is devoted to achieving its mission of research, education and training. We host monthly Grand Rounds, M&M Overviews, and lectures that provide CMEs not only to local physicians, but also to doctors who want to join a meeting via the Internet. Hughston researchers were involved in 50 different research studies, including 5 ongoing sponsored clinical trials for surgical devices and techniques. The Surgical Education Center hosted 47 surgical education laboratories during the year. Additionally, the Foundation is gearing up for the 2019 Biennial Hughston Society Meeting. We are looking forward to seeing old friends and sharing our experience and knowledge with some of the best orthopaedic physicians and surgeons in the world.

THE HUGHSTON FOUNDATION HELPS GROW THE STEAM INITIATIVE IN OUR COMMUNITIES
The Hughston Foundation Scrubs Camp and Art Gala are perfect examples of the STEAM Initiative that is spreading across the country. The initiative encourages STEAM (science, technology, engineering, arts, and math) programs to help prepare students for advanced technological careers.

Now in its 3rd year, the Hughston Foundation Scrubs Camp continues to grow in popularity. Three Rivers AHEC and Columbus Technical College collaborated with the Foundation to host 2 camps during 2018 for students who have an interest in the medical field, especially orthopaedics, surgery, nursing, and rehabilitation. In addition to tours of each facility and lectures, the students were able to experience many hands-on activities. Planning for next year’s camp is well underway, which includes Columbus State University. This new program will expand the topics covered during camp and increase the number of accepted students.

The inaugural Hughston Foundation Art Gala Exhibit for the Biologically Inclined was a great success with nearly 125 people attending the opening on November 9th. The Hughston Foundation collaborated with Harris County High School Work Based Learning program to offer the competition. High school and middle school students throughout West-Central Georgia counties submitted 96 biologically or medically inspired entries under drawing, painting, photography, 3D, or mixed media categories. More than a hundred parents and students attended the exhibition on November 9.

The Hughston Foundation also participated in the 3rd Annual Let’s Grow STEAMx Youth College and Careers Expo held at the Columbus Convention and Trade Center. Employees at the Foundation booth played a bone naming game with the elementary-grade students and provided information to middle and high school students about our educational Scrubs Camp and Art Gala programs. Throughout the day, over 3,000 students from the greater Columbus area attended the Expo.

The Hughston Foundation continues to make its mark in our community and the medical field by hosting events and through our dedication to education, research, and training.
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The Hughston Foundation is dedicated to helping people of all ages and abilities attain the highest possible levels of musculoskeletal health, physical activity, and work readiness by:

- providing national and international leadership in orthopaedic and sports medicine research, education, and communication; and
- developing innovative concepts that help to advance the practice of orthopaedic surgery.

In the 1960s and ‘70s, the pioneering work Jack C. Hughston, MD, was doing in sports medicine through his private practice, the Hughston Orthopaedic Clinic, began to draw both national and international attention. Soon the leaders of the American Academy of Orthopaedic Surgeons approached him about establishing a pilot project for a resident training rotation in orthopaedic sports medicine. Next, the Chairman of the Department of Orthopaedic Surgery at Tulane University at the time, Dr. Jack Wickstrom, partnered with Dr. Hughston on the project, and thus the discipline of sports medicine was born in Columbus, GA.

In 1968, Dr. Hughston went on to establish the Medical Center Orthopaedic Foundation. His private orthopaedic practice was the primary source of funding for the Foundation which, in turn, paid the stipends for the Tulane University residents who rotated with him. In 1973, realizing that his Foundation had greater potential and purpose, Dr. Hughston and his wife Sarah and son Edgar incorporated the Hughston Sports Medicine Foundation, a private research and education foundation operating out of his own private practice. In 1978, it was incorporated as a 501(c)(3) entity.
Dr. Hughston's vision for a center of excellence where healthcare professionals could learn through research and share their knowledge with others took physical form after he relocated his practice to a 100-acre campus in north Columbus. Additionally, Dr. Hughston forged a strategic partnership with the founder of Hospital Corporation of America (HCA), Dr. Thomas Frist, Sr., to build an orthopaedic specialty hospital on the campus. The hospital opened in 1984 and was immediately hailed as an international resource and referral center. Next, Dr. Hughston and the clinic physicians built the Hughston Sports Medicine Foundation which opened its doors in the spring of 1985. It quickly became the model for privately funded research and education, and thus, the unlikely venue of Columbus, GA, became home to the finest nonuniversity-based orthopaedic academic research and education center in the world.

Dr. Hughston used the Foundation as a vehicle for developing a new subspecialty, sports medicine. It enabled him to educate, train, and mentor physicians in his philosophy. These disciples, who are now members of the Hughston Society, have gone on to work at academic centers and private practices throughout the world, imparting the knowledge and modeling the skills they acquired while at the Hughston Sports Medicine Foundation. In 2005, in order to reflect the broader spectrum of orthopaedic projects beyond sports medicine in which the Foundation was involved, it was renamed the Hughston Foundation.

Now, more than a decade after his death, Dr. Hughston’s organization remains the leader in orthopaedic and sports medicine healthcare, and, by drawing patients from all over the country, continues to make a substantial economic impact on the city of Columbus. The seeds Dr. Hughston planted in the areas of not only treatment, but also training, education, and research are still growing, and we at Hughston remain as green as ever.

Training, education, and research define the Hughston Foundation’s mission and symbolize the late Dr. Jack C. Hughston’s vision for his pioneering work in orthopaedics and sports medicine. These 3 words also describe how the Hughston Foundation contributes to better patient care worldwide. Since its inception in 1968, the Foundation has improved the lives of more than a million patients; in doing so, it has strengthened communities locally and around the world. Our 2018 Annual Report celebrates not only the vision and dedication of Dr. Hughston, but also the many achievements of the Hughston Foundation. We want to highlight how these accomplishments benefit you, beginning with our direct impact on the community.
COMMUNITY SERVICE

Community service is at the core of what we do at the Hughston Foundation. The services we provide are the product of training, education, and research, and inseparable from our mission of improving lives and strengthening communities. At Hughston, we are always looking for ways to give back to our supporters and strive to improve community outreach. Thus we have a long tradition of helping the athlete prepare for competition, being present on the sidelines for Friday night games, offering Saturday morning sports injury clinics, and sponsoring education seminars for coaches and parents.
SIDELINE MEDICAL COVERAGE

Hughston Foundation Fellows, the Jack Hughston Memorial Hospital Residents, Clinic physicians, and athletic training fellows spend a lot of time on the sidelines of area competitions. As the official sports medicine provider for the Muscogee County School District, the Hughston Foundation cares for athletes at sporting competitions and helps plan and implement safety protocols and procedures at sporting events. Whether at the softball fields of South Commons, on the sidelines of the soccer fields at the Woodruff Farm Road complex, or at a sporting event in the Columbus Civic Center, the Hughston Foundation is there to provide medical coverage for area athletes and spectators. Certified athletic trainers (ATCs) not only help with medical coverage at special events, but also work on site daily with many local high school athletes.

WRESTLING ASSESSMENTS

The Hughston Foundation continues to partner with the Georgia High School Association (GHSA) in serving as the regional site for mandated assessments for local wrestling programs. Before student athletes can compete in GHSA-sanctioned events, they must pass an assessment that measures height, weight, hydration status, and overall body fat percentage. These values are then entered into a computer program that calculates the number of pounds an athlete can safely lose during his or her season. During 2018, hundreds of high school student athletes from Harris, Muscogee, and Chattahoochee County schools were assessed at the Foundation. Both the Hughston Foundation and the GHSA are committed to ensuring safe weight management for all area high school wrestlers.

ANNUAL SCREENINGS FOR HIGH SCHOOL ATHLETES

More than 100 employees, physicians, nurses, athletic trainers, and students from the Hughston network, Martin Army Community Hospital, Northside High School, Central High School (Phenix City), and Harris County High School volunteered for the annual preparticipation health screenings for local high school athletes. The screenings and accompanying research are directed and organized by the Institute of Athletic Health Care and Research (IAHCR) and cosponsored by the Hughston Foundation.

The chief objective of these screenings is to detect conditions that could place the athlete or other participants at risk for injury. Each year, athletes from more than 15 area high schools are screened at a local high school facility. This year, we screened over 600 student athletes from the Chattahoochee Valley area at Northside High School. The cost of the screening for each athlete is $10.00, $5.00 of which goes into an account at the athlete’s school for training equipment not covered by the athletic budget and $5.00 towards the cost of the screening supplies.

Under the direction of the late Stephen C. Hunter, MD, the Hughston Foundation created the Institute as a way to serve the athletic community and pursue research in the field of sports medicine. Since 1976, the IAHCR has completed more than 52,500 screenings. The results of these screenings will be added to our database which is used by researchers to study the health of athletes. Thanks to our volunteers and knowledgeable healthcare professionals, the preparticipation screening program has positively impacted the health and safety of the area’s high school athletes.
ATHLETIC TRAINING SIDELINE COVERAGE AND FIRST-AID PROVIDER

The Hughston Athletic Training Program provides regular sideline coverage on Friday and Saturday for local high school sporting events. It is also the official first-aid provider at many athletic and public events throughout the Chattahoochee Valley. In 2018, Hughston athletic trainers provided education materials and medical coverage for the following:

PROVIDED MEDICAL COVERAGE AND RESOURCES FOR:
- Georgia High School Association State Softball Tournament
- Georgia High School Association State Cheerleading Championships
- National Association of Intercollegiate Athletes Swimming and Diving Championship
- Valdosta State University Football National Championship
  - Kurt E. Jacobson, MD, FACS
  - Kevin J. Collins, MD
  - J. Matthew Heaton, MD
- Central-Phenix City Football
- Alabama State Championship
  - Champ L. Baker III, MD
- Colquitt County Football State Runner-Up
  - Kevin J. Collins, MD

TREATING ATHLETES AT SATURDAY MORNING INJURY CLINIC

Every Saturday morning during the 2018 fall sports season, the Hughston Sports Medicine Team, composed of clinic physicians, residents, athletic training fellows, and physical therapists from Hughston came together at the Jack Hughston Memorial Hospital (a primarily orthopaedic hospital located in nearby Phenix City, AL, and owned by Hughston physicians) to examine high school athletes injured during Friday night games. This meant that no athlete had to pass an anxious weekend awaiting treatment. The volunteer healthcare professionals offered on-site diagnoses and treatment plans as well as education on injury management to the athlete and their guardians.

These unique Saturday morning sports injury clinics ran from August through November. Over the past 9 years, the members of the Hughston sports medicine team have treated over 800 high school athletes from the West Georgia and East Alabama region who participated in a variety of sports.
THE HUGHSTON FOUNDATION HOLDS 3RD ANNUAL KICKBALL TOURNAMENT

On Saturday, April 14, players and supporters came out to the 3rd Annual Hughston Foundation Kickball Tournament, held at South Commons Athletic Complex in Columbus to support the Hughston Protect the Athletes campaign. Thanks to sponsorships and team participation, this tournament raised over $35,500 for the program.

Team AFLAC took the top prize, but the Columbus Girls and Boys Club gave them a tough run in the finals. Six teams played 3 games each in the tournament. The team players, who included high school students, physicians, medical students, and corporate leaders, had an enjoyable day at the park.

Generous tournament sponsors made this event a huge success. Our Team Sponsors were AFLAC, Flournoy Partners, and Hughston Clinic. Field sponsors included Robinson, Grimes & Company, Hughston Homes, Arthrex, and GranCo. Thank you to all who sponsored this tournament.

This tournament raises funds to support the athletic sports coverage that Hughston provides at sporting venues and other services, such as first aid, preparticipation exams, and sports injury clinics.

IMPACT OPEN GOLF TOURNAMENT

The Hughston Golf Tournament held Friday, June 1, at Maple Ridge Golf Course in Columbus was another big hit with business leaders and educators this year. All funds raised by the tournament go directly to support the Hughston Protect the Athletes campaign. The mission of the campaign is to raise funds to support the athletic sports coverage that Hughston provides across the Chattahoochee Valley to youth programs, such as sideline coverage at high school sporting events, support of preparticipation exams, and Saturday morning injury clinics.

Besides providing coverage at sporting events, this fundraising project helps purchase much needed ImPACT concussion software for area high schools and other participating colleges.

We would like to thank the following team sponsors for their generous support: Wanda & Shelby Amos Foundation; CB&T; Hughston Clinic; Hutchinson Traylor; Principle Construction; Rivertown Pediatrics; TSYS; and Virginia College of Medicine. Thank you to the following sponsors for their cash or prize donations: ACOM; Arthrex; Levy, Sibley, Foreman & Speir, LLC; Malones Office Supply; Medco; Regions Bank; Rivertown Pediatrics; Southeast Brain & Spine Surgery; The Center for Medical Weight Loss; and Tremco Roofing & Building Maintenance.

HUNDREDS OF HIGH SCHOOL STUDENTS VISIT THE HUGHSTON FOUNDATION ANNUALLY

High school students from across the state of Georgia visit the Hughston Foundation annually. These students are often part of healthcare science classes and have an interest in emergency medical response, surgical technology, nursing, physical therapy, and a variety of other healthcare careers.

Many of our programs start with a short welcome, which includes a video about the Foundation and its mission and a tour of the facility. Additionally, the groups listen to presentations by Foundation and Clinic staff about careers in medical writing, medical illustration, clinical research, athletic training, and physical therapy. Through our programs, we provide an opportunity for these students to hear from surgeons, physical therapists, nurses, physician assistants, and a full array of other healthcare professionals. The students not only have the opportunity to hear the presentations, but they can also ask
questions about how to get started, what education requirements are necessary, and where to receive training. These discussions offer insight into the rewards and challenges in medicine that only an experienced medical professional can provide. We also provide a unique hands-on learning opportunity, so the students can experience medical training laboratories that are usually reserved only for medical students. Students particularly enjoy testing their skills with the laboratory’s arthroscopic simulation equipment during the hands-on sessions in the Surgical Education Center and the cadaver scope and dissections.

One was presented to the top scoring middle school aged student, 6th to 8th grades, and the 2nd was presented to the highest rated high school aged student, 9th to 12th grades. Artists, Cameron Pearce received the high school award for “Biological Asymmetry,” and Lila Vasquez received the middle school award for “Beauty.”

Lexi Sirard received the Champ Baker Best Anatomical Award and $250 cash for “L’interieur de la Main.” Additionally, a $500 Columbus State University (CSU) scholarship was awarded to Cameron Pearce. The Columbus State University scholarship went to the high school junior or senior who was selected as a winner. The award will be divided over the first 2 semesters of full-time enrollment. The student must qualify for admission to CSU, remain in good academic standing, and must enroll at CSU with a major or minor in Art, Biology, Kinesiology, or Health Sciences.

Other high school level winners included: 2nd Place Ribbon, Sunil Francis for “Insecurities” and 3rd Place Ribbon to Noah Hehman for “Ink Stipling.” Additional middle school winners included 2nd Place Ribbon to Janiyah Bryant for “What I See, I Feel” and 3rd Place Ribbon to Charlotte Young for “Brain Processing.”

The Hughston Foundation Art Gala for the Biologically Inclined is perfect for art students who have yet to unmask the exciting world of art and science. This biological and medically inspired art competition encouraged students to create artwork while integrating the principle areas of the national STEAM initiative (Science, Technology, Engineering, the Arts, and Mathematics). This was the inaugural year and the goal is to continue to provide annual competitions that will offer awards and scholarships to students.
The Hughston Foundation has a reputation as a premier venue for orthopaedic, sports medicine, and trauma training. Our medical fellowships, orthopaedic surgery residency, athletic training fellowship, and training symposiums attract physicians and athletic trainers of the highest caliber. Moreover, our symposiums provide intensive training experiences and bring in leaders from the field to discuss emerging healthcare trends. The comprehensive training we offer enables our healthcare professionals to give you the combined benefits of Hughston tradition and innovation.
ORTHOPAEDIC TRAUMA FELLOWSHIP

Under the directorship of Hughston Trauma surgeons John C.P. Floyd, MD, FACS, and Robert M. Harris, MD, the Hughston Orthopaedic Trauma Fellowship was established in the summer of 2015. Based at Midtown Medical Center, a Level II trauma center in Columbus, GA, the program is affiliated with the Hughston Clinic and the residency program from Edward Via College of Osteopathic Medicine’s Auburn University campus. This fellowship offers a 1-year intensive experience in orthopaedic trauma with advanced postresidency training. Under the supervision of the attending Hughston physicians, the fellow is directly involved in the daily evaluation and care of trauma patients as well as in weekly follow-up of hospital-managed patients in the outpatient clinic. The fellow also attends weekly conferences where the attending physicians present relevant orthopaedic trauma topics. At quarterly journal club meetings, the fellow reviews and discusses current publications with Hughston physicians. Additionally, scholarly activity is an essential component of the fellowship: research time is built into the weekly schedule, and research methodology and scientific writing are incorporated into the curriculum. By the end of the year, the fellow completes an independent clinical research project suitable for publication or presentation.

The Hughston Orthopaedic Trauma Fellowship program is accredited through the Orthopaedic Trauma Association and leads to certification as an orthopaedic trauma subspecialist.

TRAUMA FELLOWSHIP PROGRAM FACULTY

John C.P. Floyd, MD, FACS
Program Chair
Robert M. Harris, MD
Program Co-Chair
David P. Antekeier, MD
Fred Flandry, MD, FACS
Ryan M. Geringer, DO, FAOAO
David H. MacDonald, DO, FAOAO
James E. McGrory, MD
David C. Rehak, MD
Randall J. Ruark, MD

**The Hughston Foundation acknowledges OMeGA Medical Grants Association and the support of DePuy Synthes and Zimmer Biomet for its generous Trauma Fellowship grant.**

JOHNATHAN HEATH THOMPSON, DO

Johnathan Heath Thompson, DO, a board-eligible orthopaedic surgeon, joined the Hughston Foundation in October 2017 as the 2017-2018 Hughston Trauma Fellow. After pursuing a career in emergency medicine as a paramedic, Dr. Thompson went on to become a surgeon with the ultimate goal of becoming an orthopaedic trauma surgeon.

Dr. Thompson received his certification in paramedic medicine from the Itawamba Community College in Fulton, MS. Then he continued his education, graduating from University of Mississippi in Oxford, MS, with a degree in biology. He went on to complete his medical degree at Lincoln Memorial University, DeBusk College of Osteopathic Medicine, in Harrogate, TN. He finished his internship at Largo Medical Center in Largo, FL, and his residency in orthopaedic surgery at Philadelphia College of Osteopathic Medicine, in Philadelphia, PA. After his internship, he worked with orthopaedic surgeons in the trauma service at Johnson Medical Center, fulfilling his desire to treat traumatic-injured patients.

Since completing the fellowship this past fall, Dr. Thompson is now working with Hughston Trauma in our Central Florida clinic located in Sanford, FL.
QUENTIN K. TANKO, MD

Quentin K. Tanko, MD, a board-certified orthopaedic surgeon, joined the Hughston Foundation in August 2018 as the 2018-2019 Hughston Trauma Fellow. After pursuing a career in general orthopaedics, Dr. Tanko is continuing his education and training through the Hughston Foundation’s Trauma Fellowship program.

Dr. Tanko received a double major Bachelor of Science degree in Biological Chemistry and Chemistry from Seattle University in Seattle, WA. He went on to earn a Master of Science degree in Biomedical Sciences and his Medical Doctorate from Creighton University School of Medicine, in Omaha, NE. He finished his residency in orthopaedic surgery at Grand Rapids Medical Education and Research Center in Grand Rapids, MI.

After his residency, he worked with other orthopaedic surgeons and in private practice, performing total joint replacements of the hip, knee, and shoulder (including reverse total shoulder arthroplasty), arthroscopy of knee and shoulder (including arthroscopic rotator cuff repair), fracture repair ranging from ankle to wrist (including periprosthetic and periarticular subtypes, carpal tunnel and cubital tunnel).

ORTHOPAEDIC RESIDENCY PROGRAM

As a result of a partnership with Edward Via College of Osteopathic Medicine (VCOM), an orthopaedic surgery residency program was established in July 2015 at Jack Hughston Memorial Hospital. The residency program constitutes a 5-year track in orthopaedic education to include training in all areas of general orthopaedic surgery: sports medicine, hand and upper extremity, foot and ankle, pediatric orthopaedics, orthopaedic trauma, adult reconstruction, spine, and rehabilitation. Over the course of the program, the residents also rotate to the following Georgia hospitals: Piedmont Columbus Regional, Augusta University Medical Center, and Martin Army Hospital at Fort Benning.

The Hughston Foundation is devoted to the education and training of Jack Hughston Memorial Hospital Residents. We host monthly Grand Rounds, M&M overviews, and well-attended lectures, which provide residents the opportunity to learn from others and to gain experience in presenting their own research and clinical findings. Residents are involved with research studies and participate in surgical education laboratories throughout the year, as well.

JACK HUGHSTON RESIDENCY PROGRAM FACULTY

Robert M. Harris, MD
Director of Medical Education

David H. MacDonald, DO, FAOAO
Program Co-Director

Fred Flandry, MD, FACS
Designated Institutional Official

JACK HUGHSTON RESIDENCY CLINICAL FACULTY

David P. Antekeier, MD
Todd C. Bonvallet, MD
Patrick J. Fernicola, MD
John C.P. Floyd, MD, FACS
Ryan M. Geringer, DO, FAOAO
Jesse L. Pace, DO
Douglas W. Pahl, MD
David C. Rehak, MD
Randall J. Ruark, MD
B. Collier Watson, DO
Dr. Beals received his undergraduate degree in Molecular Cellular Biology at the University of Illinois Urbana-Champaign in Champaign, IL, and his osteopathic medical degree from Midwestern University, Chicago College of Osteopathic Medicine in Downers Grove, IL. Before starting the residency program, he completed an internship at Good Samaritan Regional Medical Center in Corvallis, OR.

As a resident member, Dr. Beals holds memberships in several professional societies, including the American Academy of Orthopaedic Surgeons, American Osteopathic Academy of Orthopaedics, American Osteopathic Association, and the Alabama Osteopathic Medical Association. He is the resident education coordinator for the residency program.

Dr. Prater served as associate editor for the Hughston Health Alert, Chairman of the Resident Advisory Board, and was a member of the Graduate Medical Education Committee. He also provided team coverage for Carver High School Football in Columbus, GA. Dr. Prater is a member of the American Osteopathic Academy of Orthopedics, American Academy of Orthopaedic Surgeons, American Association of Hip and Knee Surgeons, and the AO Trauma Association.

Dr. Prater has written several articles regarding unique cases involving the hand. In 2017, he published “Mixed lymphangioma and cavernous hemangioma within the ulnar nerve: A case report” in HAND and a patient-education article for print and online publication in the Hughston Health Alert newsletter. He presented his case study, “Management of severe cutaneous mucormycosis infection,” which won the 2016 American Osteopathic Academy of Orthopaedics Scientific paper Award, at the AOAO 2017 Annual Meeting held in Chicago, IL, on October 14, 2017.

Before coming to Hughston, he received his Bachelor of Science degree from Virginia Polytechnic and State University and his Doctor of Osteopathic Medicine from Edward Via College of Osteopathic Medicine in Blacksburg, VA. Dr. Prater completed an internship in osteopathic medicine at University Hospitals Richmond Medical Center in Cleveland, OH, and a family and sports medicine internship at Lewis Gale Hospital Montgomery, in Blacksburg, VA. Currently, Dr. Prater is completing a fellowship in adult reconstruction at the Steadman Hawkins Clinic of the Carolinas at Greenville, SC.

Tim Beals, DO, Samuel C. Pitts, DO, and Samuel Thomas, DO, are the 2018–2019 Jack Hughston Memorial Hospital Fifth Year Residents. During the fall of 2016, these 3 residents took 1st place in the Diagnostic Management Problem Solving competition at the distinguished Enneking Pathology Seminar. They each have represented Hughston as an organizer and participant of the St. Baldrick’s Foundation fundraiser event, which raises money each spring for pediatric cancer research. Throughout their residency, they have provided athletic coverage during high school, college, and professional sporting events in the Chattahoochee Valley. Specifically, they provided sport medicine coverage for assigned high schools, and they covered the Columbus Cottonmouths Professional Minor League Hockey and Columbus Lions Professional Indoor Football teams. They have assisted with athlete physicals at Auburn University, Columbus State University, and preparticipation exams for Muscogee County, GA, high schools. Additionally, they have worked at the Saturday Morning Injury Clinics at Jack Hughston Memorial Hospital during the fall football and basketball seasons, treating student-athletes who experienced Friday night or Saturday morning sports injuries. The residents have also mentored high school students by speaking at several high school programs for students who have an interest in pursuing medicine as a career.

Timothy R. Beals, DO, serves as the Resident Education Coordinator for the residency program. Dr. Beals received his undergraduate degree in Molecular Cellular Biology at the University of Illinois Urbana-Champaign in Champaign, IL, and his osteopathic medical degree from Midwestern University, Chicago College of Osteopathic Medicine in Downers Grove, IL. Before starting the residency program, he completed an internship at Good Samaritan Regional Medical Center in Corvallis, OR.

As a resident member, Dr. Beals holds memberships in several professional societies, including the American Academy of Orthopaedic Surgeons, American Osteopathic Academy of Orthopaedics, American Osteopathic Association, and the Alabama Osteopathic Medical Association. He is the resident education coordinator for the residency program.
delegate to the American Academy of Orthopaedic Surgeons, and serves on the Resident Assembly Education Committee and Head of the Resident Reading List sub-committee.

In April 2018, his peer-reviewed article “Articular incongruity in the lower extremity: How much is too much?” was published in *Orthopaedic Clinics of North America* with co-authors, Dr. Robert Harris and Dr. Darryl Auston. While at Hughston, Dr. Beals has also published 2 posters and presented them at the American Osteopathic Academy of Orthopaedics annual meetings. Additionally, Dr. Beals has presented his research during conferences and training events for athletic trainers and he has presented at a Hughston Ground Rounds continuing education event. Dr. Beals will continue his ongoing research at the Hughston Foundation in rerupture risks of the ACL, biceps tenodesis, risk factors for dislocation after posterior total hip arthroplasty, and rotator cuff suture fixation.

**SAMUEL C. PITTS, DO**

Samuel C. Pitts, DO, serves on the hospital’s Graduate Medical Education Committee and the Surgical Services Committee. Dr. Pitts received his undergraduate degree in Biology at Augusta State University in Augusta, GA, and his osteopathic medical degree from Edward Via College of Osteopathic Medicine in Blacksburg, VA. Before starting the residency program, he completed an internship in family medicine at Carolinas HealthCare System Blue Ridge, in Morganton, NC. As a resident member, Dr. Pitts holds memberships in the American Academy of Orthopaedic Surgeons, and the American Osteopathic Academy of Orthopaedics.

While at Hughston, Dr. Pitts has presented his research during conferences and training events for athletic trainers and he has presented at a Hughston Ground Rounds continuing education event. During his medical career, he has participated in international mission trips to El Salvador and Nicaragua, providing care to patients in dire need of medical help and who would not otherwise receive any. While finishing the residency program, Dr. Pitts will continue his ongoing research at the Hughston Foundation concerning the effect of magnesium and ketamine given perioperatively to patients undergoing orthopaedic surgical procedures.

**SAMUEL THOMAS, DO**

Samuel Thomas, DO, serves on the hospital’s Graduate Medical Education Committee, and he has organized and led the monthly Journal Club for the residency program. Dr. Thomas received his undergraduate degree in Biology and a minor in Comparative Cultural Studies, graduating Cum Laude, from Susquehanna University in Selinsgrove, PA. He attended Binghamton University in Binghamton, NY, while he worked as an assistant athletic trainer, and then he went on to earn his osteopathic medical degree from Lake Erie College of Osteopathic Medicine-Bradenton Campus in Bradenton, FL. Before starting the residency program, he completed an internship at Inspira Health Network, in Vineland, NJ. Currently, Dr. Thomas holds memberships in several professional societies, including the American Osteopathic Academy of Orthopaedics and the American Osteopathic Association as a resident member.

While at Hughston, Dr. Thomas presented a poster presentation for his research, “Nonoperative Treatment and Early Mobilization in a Patient with Bilateral Posterior Shoulder Fracture Dislocations: A Case Report” at the American Osteopathic Academy of Orthopaedics annual meeting. Likewise, Dr. Thomas has presented his research during conferences and training events for athletic trainers and he has presented at a Hughston Ground Rounds continuing education event.

Dr. Thomas has mentored high school students and he has allowed several students who have an interest in pursuing medicine as a career to shadow him during clinic and surgery. He also participated in the Bal Shalyakriya Mission, an international pediatric surgical mission in Nagpur, India. He was part of a 29-member team who provided care to pediatric patients in dire need of medical help and who would not otherwise receive any. Dr. Thomas will continue his ongoing research at the Hughston Foundation, studying risk factors for dislocation after posterior total hip arthroplasty, and outcomes of fixation techniques for distal femoral fractures.
Gil Gomez, DO, a third year resident in the Jack Hughston Memorial Hospital Residency program has been appointed Secretary/Treasurer of the resident branch of the American Osteopathic Academy of Orthopedics (RAOAO).

Before coming to Hughston, Dr. Gomez received his Bachelor of Science degree from College of the Holy Cross in Worcester, MA, and a Masters in Science, Sports and Fitness from University of Central Florida in Orlando. He received his Doctor of Osteopathic Medicine from Philadelphia College of Osteopathic Medicine in Suwanee, GA.

Under the direction of Champ Baker III, MD, and Champ L. Baker, Jr., MD, Dr. Gomez is involved in the current study, “Does distance of tunnel in mini open subpectoral bicep tenodesis matter?” at the Hughston Foundation. His recent poster presentation at AOAO on “Ancient hematoma: An important differential diagnosis” was favorably received at the annual meeting.

Dr. Gomez serves as the Osteopathic Medical Network of Excellence in Education Representative and he is a member of the Graduate Medical Education Committee. He also provides team coverage for Kendrick High School Football in Columbus, GA. Earlier this year, Dr. Gomez was voted to receive the “Most Likely to Succeed Resident” award by the residency staff.

According to the AOAO website, RAOAO unifies osteopathic physicians and enhances communication between residents. In addition to serving on the board, residents may participate in AOAO committees and join the specialty sections. The RAOAO acts as the collective “voice” of the residents to the AOAO Board of Directors and provides information and mentorship to osteopathic medical students interested in orthopaedic surgery.
Participants in the Hughston Athletic Training Fellowship Program complete a 2-year assistantship exposing them to a variety of sporting events. While working toward a master’s degree in kinesiology with concentration in either physical education or exercise science through an online program with the University of North Georgia, each fellow is responsible for coverage of a local school, as assigned. The Hughston Foundation pays tuition and yearly stipends for the fellows.

Over the course of the fellowship, each participant must either complete a research project with the approval of the Institutional Review Board (IRB) or write 2 patient education articles for publication. In addition, the staff conducts weekly meetings to discuss important events, community outreach opportunities, and monthly educational sessions with Hughston physicians. Hughston’s community outreach program allows the members of the Hughston Athletic Training Fellowship to give back to the community by helping out at local events, such as preparticipation screenings for high school athletes, civic athletic activities, various state championships, Georgia high school wrestling assessments, and the Saturday morning high school sports injury clinics.

In 2010, the Hughston Athletic Training Fellowship Program became the official sports medicine provider for the Muscogee County School District. The athletic training fellows, along with support from Hughston physicians, now also provide coverage for Harris County High School, Calvary Christian School (Calvary Baptist Church), Chattahoochee Valley Community College, and the Auburn University Recreation Club Sports. The program represents a partnership between the Hughston Foundation, the Hughston Clinic, and the Jack Hughston Memorial Hospital. The Hughston Foundation oversees its administration.

**Since the Program’s Inception in 1998**

- Graduated over 125 Certified Athletic Trainers
- Published patient education articles online and in print
- Covered over 1600 sporting events at local high schools
- Provided annual coverage for major community sporting events

**Class of 2017-2018**

Chelsea Adams, ATC  
Cassandra Bryant, ATC  
Jack Elliott-Gower, ATC  
Anna Francois, ATC  
Dabrisha Garner, ATC  
Adam Gellios, ATC  
Samantha Libby, ATC  
Adelait Loper, ATC  
Mackenzie Mertz, ATC  
Charles Robinson, ATC  
Joanna Sunnes  
Aubre True, ATC  
McKenzie Wakefield, ATC  
Jingyao Zheng, ATC
TRAINING SYMPOSIUMS

HUGHSTON GRAND ROUNDS
On the first Wednesday of each month, a diverse group of local healthcare professionals—which often includes physicians from Hughston, Columbus, and Fort Benning; Hughston fellows and residents; Hughston physician assistants and physical therapists; and medical students—come together for grand rounds lectures on evolving trends in orthopaedics. Grand rounds constitute a ritual of medical education and provide an excellent supplement to medical school and residency. Moreover, grand rounds help doctors and other healthcare professionals stay current in their specialty or areas of core practice. The physician lectures offer expertise on specialized topics and cover the latest evidence-based research and treatments emerging in the field of medicine. CMEs are provided for these events.

HUGHSTON WORKERS’ COMPENSATION PROGRAM
On October 26, the Hughston Foundation hosted the workers’ compensation program, “Understanding & Managing the Medical Aspects of a Workers’ Compensation Claim,” in Macon, GA. Speakers for this program included Norman L. Donati, MD; Garland K. Gudger, Jr., MD; Robert Hopkins, PT, SCS; Douglas W. Pahl, MD; Randall J. Ruark, MD; and Matthew G. Stewart, MD. The keynote speaker for the seminar was the Honorable Tasca Hagler who discussed the role of medical evidence in the workers’ compensation hearing and she took the time to answer numerous questions from the audience. Hughston physicians presented topics on common injuries of the foot, ankle, shoulder, hip, knee, and spine.

Hughston workers’ compensation programs are designed to educate orthopaedic and occupational health nurses, workers’ comp administrators, safety and OSHA directors, insurance adjusters, lawyers, and caseworkers. Attendees appreciate the opportunity to gather relevant information directly from legal and medical professionals. Credits for this event included 5.25 contact hours of General CEUs applied for through the Division of Continuing Education at Georgia Southern University and 6.3 contact hours of Nursing Continuing Education applied for through Alabama Board of Nursing (ABN). Attendees were given certificates upon completion of the conference.

SONORAVILLE HIGH SCHOOL VISITS THE HUGHSTON FOUNDATION
High school students from the Healthcare Pathway class of Sonoraville High School visited the Hughston Foundation on May 16, 2018. The group traveled 3 hours from the Gordon County School District in Calhoun, GA, to Columbus to spend the school day learning about careers in healthcare.

The group started their visit with a short welcome from Belinda Klein, executive director of the Foundation, which included a video presentation about the Foundation and its mission and a tour of the facility. Then Elizabeth Pittman, a nurse practitioner and Travis Benn, a physical therapist, presented information about the career paths and educational requirements. Belinda Klein did an anatomy review with the students so they would be ready for the laboratory presentation. The group particularly enjoyed the dry and wet laboratory experiences. The students were split into groups—while half performed arthroscopic surgery using the arthroscopy equipment and plastic knee models in the dry laboratory, the other half were in the wet laboratory for a scope and dissection of a cadaver knee presented by Patrick J. Fernicola, MD. Then they switched roles so everyone had an opportunity to participate in both sessions. After the laboratories, Belinda Klein provided illustrated materials, such as the Hughston Health Alert newsletter, and plastic models to help explain knee anatomy as a reference for the students as they watched a total knee replacement video. After the event, their teacher, Cristy Smith, said the group thoroughly enjoyed the time they spent at the Foundation.
SCRUBS CAMP – HANDS-ON ADVENTURE IN HEALTHCARE

Sixty-three high school and first-year college students came from across Georgia to attend Scrubs Camp in Columbus, GA, June 12-14 and July 17-19, 2018. The Hughston Foundation, Three Rivers AHEC, and Columbus Technical College hosted 2 camps for students who have an interest in the medical field, especially orthopaedics, surgery, nursing, and rehabilitation.

Every student received their own scrubs top, which many wore to camp each day. In addition to tours of each facility and lectures, the students were able to experience many hands-on activities. Some of the speakers and topics covered during camp included, optometry, orthopaedic technologist, nutritionist, medical writing, medical illustration, radiology, surgical nursing, surgical technologist, physician and medical residency program, occupational therapy, physical therapy, and athletic training. Additionally, at Columbus Tech the students enjoyed surgical technology in the operating room, emergency medicine and paramedicine, respiratory care, nursing, and obstetrics.

The Hughston Foundation hosted the program during the first 2 days. In the athletic training and rehabilitation component, students learned how to apply athletic tape to help prevent injuries. During the presentations, the students watched videos that show athletic injuries as they happened and how athletic trainers assist athletes immediately after an injury occurs. The students learned how casts are applied and how to fit different types of braces. They watched a demonstration of rehabilitation techniques, made their own thumb splints with the occupational therapists, and learned about concussions.

Some of the most exciting things they were able to do at the Hughston facility involved knee and shoulder anatomy and surgery. A surgical resident discussed shoulder anatomy and demonstrated an arthroscopic technique and open dissection using a cadaver shoulder. Additionally, they watched a total knee replacement surgery that was narrated by an orthopaedic surgeon as he performed the surgery. The students were also able to try suturing techniques using pigskin in the wet laboratory and basic IV setup in the dry laboratory using simulators. The students especially enjoyed trying their hand at knee surgery using the arthroscopic knee simulators where they removed “loose bodies” from the knee.

The 3rd day of the camp took place at Columbus Technical College where students had the opportunity to learn about the different associate degrees that are available and had a chance to observe “real life” medical environments and scenarios. Respiratory simulators were used for the students to practice doing intubations and laparoscopy simulation boxes tested their hand-eye coordination. The emergency medicine and paramedicine instructors showed the students their training facilities and talked about their experiences in the medical field. The nutritionist discussed the updated nutritional guidelines and advised on how one can make healthy choices on a budget.

The camp received excellent reviews from the students who participated and the planners are already working on new and exciting presentations and experiences for next year. Program organizers and sponsors were the Hughston Clinic and Foundation, Three Rivers AHEC, Columbus Technical College, Arthrex, and NuVasive, while Renasant Bank and Columbus State University sponsored the lunch and learn programs.
All residents in the Jack Hughston Memorial Hospital Orthopaedic Residency Program and fellows in the year-long postdoctoral sports medicine fellowship program are eligible to become members of the Hughston Society. The society is an alumni group of over 500 physicians—including orthopaedic surgeons, physicians from other specialties, and medical researchers from the United States and abroad—who are trained in the Hughston philosophy and bound by a genuine concern for athletes and a desire to help them return to competition, injury free. The society's current president is Michael Oberlander, MD.

FREDDIE H. FU, MD, TO SPEAK AT HUGHSTON SOCIETY MEETING

Freddie H. Fu, MD, has graciously accepted to be our Presidential Guest Speaker. Dr. Fu is the chairman of the Department of Orthopaedic Surgery at the University of Pittsburgh School of Medicine and the University of Pittsburgh Medical Center (UPMC) and he is the head team physician for the University of Pittsburgh, Department of Athletics.

Dr. Fu is known worldwide for his pioneering surgical techniques in treating sports-related injuries to the knee and shoulder and his extensive scientific and clinical research in the biomechanics of such injuries. He was instrumental in the establishment of the Sports and Preventive Medicine Institute and under Dr. Fu's medical directorship the facility, now called the UPMC Rooney Sports Complex, has grown into a highly regarded sports medicine clinical and research center. The complex also houses the training facilities of the University of Pittsburgh Panthers and the Pittsburgh Steelers.

Dr. Fu received undergraduate and post-graduate degrees at Dartmouth College and Dartmouth Medical School before earning his medical degree at the University of Pittsburgh. Continuing his training at Pittsburgh, he then completed a residency in orthopaedic surgery and a fellowship in orthopaedic research. Dr. Fu also fulfilled an internship in general surgery at Brown University and an international fellowship at the Hanover Trauma Center in Germany.

Dr. Fu holds secondary appointments as professor of physical therapy and health physical and

SPEAKERS FOR THE 2019 HUGHSTON SOCIETY BIENNIAL MEETING

The program committee has crafted an outstanding scientific program and enjoyable social events for attendees and their family for next year’s Hughston Society Meeting. For the conference, Freddie H. Fu, MD, has cordially accepted to be our Presidential Guest Speaker; Bruce Becker, MD, will give the Hunter Memorial Lecture; Carlton G. Savory, MD, FACS, is the Hughston Legacy speaker; Richard J. Hawkins, MD, FRCSC, is the Foundation Guest Speaker; and Colonel Francis G. O’Connor, MD, MPH, has graciously accepted to be our Society’s Guest Speaker.
recreational education at the University of Pittsburgh School of Health and Rehabilitation Sciences. He also holds honorary doctorates of science degrees from Point Park University and of public service from Chatham College. He also established the University of Pittsburgh’s Sports Medicine Fellowship Program.

He is the editor of 26 major orthopaedic textbooks and author of 79 book chapters on the management of sports injuries. He has contributed to more than 215 international peer-reviewed research publications and has given more than 650 national and international presentations to his peers. He is the former president of the Pennsylvania Orthopaedic Society and he has been a member of 55 other professional and academic medical organizations during his career.

CARLTON G. SAVORY, MD, FACS, HUGHSTON LEGACY SPEAKER

Colonel (Retired) Carlton G. Savory, MD, FACS, our Hughston Legacy Speaker, has been practicing orthopaedics for 40 years and specializes in adult hip and knee reconstruction and total hip and total knee replacements. Dr. Savory graduated from the United States Military Academy at West Point, NY, and earned his medical degree at the University of Arizona. He completed an orthopaedic residency at Letterman Army Medical Center in San Francisco, CA, as well as a fellowship in adult reconstructive surgery at Johns Hopkins University School of Medicine.

Certified by the American Board of Orthopaedic Surgeons, he holds memberships in many professional societies including the American Orthopaedic Association and the American Academy of Orthopaedic Surgeons. Dr. Savory regularly lectures and teaches at symposiums on topics related to total hip and knee replacements throughout the US and internationally.

Dr. Savory’s distinguished military career began after he was commissioned in the Infantry and he completed the Infantry Officer Basic Course as well as Airborne and Ranger Training. He was assigned to the 197th Infantry Brigade and led the first federal troops into Baltimore during the riots of 1968 that followed the assassination of Dr. Martin Luther King, Jr. He served in Vietnam as a platoon leader with the 173rd Airborne Brigade and Company “E”, 20th Long Range Patrol, which in January 1969 was redesignated Company “C” Rangers, 75th Infantry. He later served as Operations Officer of this unit.

Following Vietnam, he was an Infantry Battalion Operations Officer in the 3rd Armored Division in Germany. He was accepted and attended medical school at the University of Arizona under the auspices of the Army’s Health Professional Scholarship Program. Upon graduation in 1974, he completed a surgical internship and an orthopaedic residency at Letterman Army Medical Center in San Francisco, CA.

After residency, Dr. Savory was assigned to Fort Bragg as the Chief of Orthopaedics at Womack Army Hospital. As an extra duty, and at the request of the Surgeon General and Colonel Charles Beckwith, the commander of Delta Force, he assumed the lead in establishing a medical support program for 1st Special Forces Operations Detachment (Delta). As such, he selected, trained, and equipped the personnel involved, later deploying this ad hoc forward surgical team in real-world situations. He was the chief medical officer on the failed Iranian hostage mission, the first Delta Force surgeon, and later the first command surgeon of the Joint Special Operations Command (JSOC).

The Surgeon General next appointed him the Consultant for the Medical Support of Special Operations, a position held until retirement. Soon after establishing the medical package to support Delta, he briefed the commander of Health Services Command on the program. His basic concept of the forward surgical team was later adopted and developed into what is now a well-established doctrine for Army Medical Department.

After 4 years in direct support of JSOC and Delta, he completed a fellowship in adult reconstructive surgery and joint replacement at Johns Hopkins University School of Medicine. He then became the Assistant Chief of Orthopaedics at Walter Reed Army Medical Center, the Director of the Residency program and Chief of the Joint Replacement Service. He retired as a Colonel from active duty on June 30, 1987.

Dr. Savory then accepted a position at the Hughston Clinic in Columbus, GA. Soon after starting private practice, retired Chairman of the Joint Chiefs of Staff Jack Vessey, on behalf of President Reagan, asked him to make several trips to North Vietnam to facilitate the resolution of POW/MIA issues. These talks were the beginning of the ultimate normalization of diplomatic relations between the 2 countries. After the first visit in August 1987, several MIA remains were repatriated,
numerous political prisoners were released, and a number of Amerasian children were allowed to come to the United States. In December 1990, he was recalled to active duty in support of the first Gulf War. During the invasions of Iraq, he was assigned to the 274th Forward Airborne Surgical Team.

Following the war, Dr. Savory returned to Columbus to practice orthopaedics and joint replacement. He married his wife Carol in June of 2012 at West Point Cadet Chapel. After 29 years at the Hughston Clinic, he retired in January of 2016. Dr. Savory is on the Board of the National Infantry Museum and Soldier Center and developed the Hughston Leadership Lecture Series, bringing noted leaders to Columbus to lecture on various aspects of leadership and to raise awareness for the National Infantry Museum. He was inducted into the US Army Ranger Hall of Fame in 2009 and the Georgia Veterans Hall of Fame in 2015. He is also a recipient of The Order of Saint Maurice and the Order of Military Medical Merit.

**RICHARD J. HAWKINS, MD, FRCSC, THE HUGHSTON FOUNDATION GUEST SPEAKER**

For the upcoming Hughston Society Meeting, Richard J. Hawkins, MD, FRCSC, will be our Hughston Foundation Guest Speaker. Dr. Hawkins relocated from his native Canada to Vail, CO, in October 1990, where he teamed with Dr. J. Richard Steadman to form the Steadman Hawkins Clinic. In 2004, Dr. Hawkins opened an expanded practice in South Carolina, the Steadman Hawkins Clinic of the Carolinas, which has grown to 5 locations and 27 physicians. Dr. Hawkins is past program director for the Steadman Hawkins Clinic of the Carolinas Fellowship Program and Chairman of the Hawkins Foundation.

Dr. Hawkins graduated from the University of Western Ontario where he later became Professor of Orthopaedics and Director of the Residency Program. He is fellowship trained in the knee, shoulder, and spine and was an ABC Traveling Fellow to Great Britain in 1979.

Dr. Hawkins is a founding member of the American Shoulder and Elbow Surgeons, Past President of the same organization, Past President of the Orthopaedic Learning Center of the American Academy of Orthopaedic Surgeons, Past President of the Canadian Academy of Sports Medicine, former Director of the Sports Medicine Council of Canada, former team physician to the Canadian Olympics in Calgary in 1988, and a former consultant to the United States Ski Team. He was the National Medical Director for the U.S. Disabled Ski Team, and was team physician for the 1998 and 1999 Super Bowl Champions Denver Broncos. He served as medical director and team physician for the Colorado Rockies and the Denver Broncos. He currently serves as team physician for the South Carolina School for the Deaf and the Blind. During his career, Dr. Hawkins has cared for many teams and many athletes from high school to the professional level. If you look around his office you will see pictures of Ray Lewis, John Elway, Terrell Davis, Kobe Bryant, Monica Seles, Billy Jean King, Greg Norman, and many others.

Dr. Hawkins has published over 200 articles and videotapes and has presented over 800 pieces at both national and international meetings serving as visiting professor and guest speaker at many programs. He has published 9 textbooks in orthopaedics with 1 being published in Chinese. He is a professor of clinical orthopaedic surgery at the University of South Carolina, adjunct professor of the Department of Bioengineering in the College of Engineering and Science - Clemson University, and is a former clinical professor at the University of Colorado and the University of Texas Southwestern Medical School. His primary focus in academic orthopaedics has been the shoulder, both basic and clinical research. He is presently on the editorial board of several orthopaedic journals. Dr. Hawkins is currently focused on outcomes related to the shoulder and is working with ASES and AAOS to establish a national scoring system for outcomes of the shoulder.

Dr. Hawkins has trained over 200 fellows worldwide in shoulder and sports medicine with many now serving in leadership positions in national societies. He received the 2011 Jack Hughston Award presented by the American Physical Therapy Association’s Sports Section for contribution to Sports Physical Therapy, the 2013 George D. Rovere Award for Education and the 2015 Robert E. Leach Sports Medicine Leadership Award, both from the American Orthopaedic Society for Sports Medicine. He received the Samuel F. Hulbert Award, College of Bioengineering, Clemson University in 2014, and the Order of the Palmetto for South Carolina given by Governor Nikki Haley in 2016, the highest civilian honor awarded by the Governor.
BRUCE E. BECKER, MD, MS, TO GIVE THE HUNTER MEMORIAL LECTURE

A graduate of Tulane University School of Medicine, Bruce E. Becker, MD, MS, completed his residency training in Physical Medicine and Rehabilitation at the University of Washington. Prior to moving to Spokane, Dr. Becker was Associate Professor at Wayne State University School of Medicine as well as Residency Program Director for the Department of Physical Medicine and Rehabilitation of Wayne State University School of Medicine. He served as Vice President of Medical Affairs for the Rehabilitation Institute of Michigan from 1992 until 1998 when he moved to Spokane to serve as Medical Director of St. Luke's Rehabilitation Institute serving there until 2006. Dr. Becker served as Founding Director of the National Aquatics and Sports Medicine Institute at Washington State University, pursuing physiologic research during aquatic activity until Institute closure in 2015. He has held the appointment of clinical professor in the Department of Rehabilitation Medicine at the University of Washington School of Medicine since 1999.

He has been interested in fitness, conditioning and the effects of exercise on physiology, aging, and disability throughout his career. He has a major interest in aquatic rehabilitation, and is President of the American Society of Medical Hydrology. In 1997, Dr. Becker and Andrew Cole, MD, co-authored the textbook Comprehensive Aquatic Therapy published by Butterworth-Heinemann, which was also published in Portuguese and German. Elsevier published the 2nd edition of the textbook in 2002. Comprehensive Aquatic Therapy, 3rd ed. was published in 2011 by Washington State University Press and is also published in Chinese. He has published chapters on aquatic therapy in most of the leading textbooks in rehabilitation, authored aquatic research articles in numerous journals and lectures nationally and internationally in the area of aquatics.

In 1996, Dr. Becker was chosen for listing in Best Doctors in America, Midwest Edition by Woodward and White, and has been honored by his peers every year from 1998 until his retirement in 2010 through his selection to the Best Doctors in America: Physical Medicine & Rehabilitation listing. In 1999, the Aquatic Therapy and Rehabilitation Institute named Dr. Becker as Aquatic Professional of the Year at their annual meeting in San Diego. Aquatics International Magazine named him to the Power 25 in Aquatics in 2006 and again in 2011. He was the recipient of the John K. Williams Award from the International Swimming Hall of Fame in May 2011 for his work in adapted aquatics. In 2017, he was awarded the Excellence in Aquatic Therapy Award, from the American Physical Therapy Association Aquatic Physical Therapy Section. He is the recipient of major aquatic research grants from the National Swimming Pool Foundation, and was the Director of Health Benefit Research for that foundation.

He currently supervises the national Chinese aquatic therapy training program, directing a group of 8 international senior aquatic therapists conducting training programs throughout southeastern and eastern China. Dr. Becker, as a principal in Aquatic Science Associates, LLC does extensive forensic consultation and has participated in numerous legal cases involving aquatic activity, physiology, and adverse events across the nation.

COLONEL FRANCIS G. O’CONNOR, MD, MPH, TO SPEAK AT HUGHSTON SOCIETY MEETING

Colonel Francis G. O’Connor, MD, MPH, has graciously accepted to be the Society’s 2019 Guest Speaker. Dr. O’Connor graduated from the United States Military Academy with a Bachelor of Science degree. He earned his degree in medicine from the State University of New York, Syracuse, NY, and obtained a Master’s in Public Health from Uniformed Services University of the Health Sciences (USUHS). He completed a residency in family medicine at St. Joseph’s Hospital Health

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Center in Syracuse, and a sports medicine fellowship at the Nirschl Orthopaedic and Sports Medicine Center, Arlington, VA. He is board certified in family medicine, sports medicine, and musculoskeletal ultrasound.

Dr. O’Connor’s military postings have included Chief of Family Medicine, Fort Dix, NJ, Director of Sports Medicine at the Fort Belvoir Community Hospital (FBCH) Family Medicine Residency, Sports Medicine Fellowship Director, USUHS, Chief of the Family Medicine Department, FBCH, and Medical Director, Consortium for Health and Military Performance, USUHS. Selected in 2012, Dr. O’Connor is currently the Professor and Chair, Military and Emergency Medicine as well as the USUHS Professor of Military Science. He has been deployed twice; initially as the ARCENT K Surgeon to Kuwait, and he served a year as a command surgeon with Special Operations in the Middle East.

Dr. O’Connor has been a leader in sports medicine education and research for the military for over 25 years. He has authored over 100 peer-reviewed articles in scientific journals and numerous book chapters, technical reports, and health promotion resources for the military. In addition, Dr. O’Connor is the editor of 10 texts on sports medicine including, the Textbook of Running Medicine, and Sports Medicine for the Primary Care Physician 4th Edition and ACSM’s Sports Medicine: A Comprehensive Review. He is an authority on running injuries and a subject-matter expert in the areas of exertional heat illness and exertional rhabdomyolysis. He has been on the board of several leading organizations in sports medicine including the American College of Sports Medicine (ACSM), and the American Medical Athletic Association and is a past President of the American Medical Society of Sports Medicine. He is a Fellow of the ACSM.

Dr. O’Connor is the recipient of multiple military awards including the Order of Military Medical Merit and the Army “A” Proficiency-designator. He graduated from the Army Command and General Staff College and he was selected for AOA academic recognition. His military medals include the Defense Meritorious Service Medal with Oak Leaf Cluster, the Meritorious Service Medal with Oak Leaf Cluster, the Joint Army Commendation Medal with Oak Leaf Cluster, the Military Outstanding Volunteer Service Medal, and the Parachutist Badge. Dr. O’Connor is additionally the recipient of several civilian awards for excellence in sports medicine research and education, including the Korey Stringer Institute’s Lifesaving Research Award, presented by the NFL and Gatorade in 2012, and he was selected for an ACSM 2016 Citation Award.
The Hughston Foundation continually educates its physicians and healthcare professionals with the goal of helping you live a healthier life. Our Surgical Education Center offers physicians a place to learn new techniques, build their existing surgical skills, and conduct hands-on research. The Foundation also sponsors educational events to keep professionals current, and provides scholarships for outstanding individuals wishing to continue their education in athletic training and sports medicine. Additionally, we produce patient educational materials, such as quarterly issues of the Hughston Health Alert, a newsletter designed to help you make the best decisions when it comes to your health and greater well being.
For 30 years, the Hughston Foundation has published the *Hughston Health Alert*, an 8-page quarterly patient education newsletter prepared by our writing and imagery departments. It focuses on orthopaedic and sports-related topics, including injury prevention and treatment, and is circulated at no charge to patients, coaches, students, and anyone requesting a subscription. Issues are shipped to the YMCA, fitness centers, the Girls Club, and Girls Inc. They are also distributed to participants at sporting events, such as the Georgia High School Soccer Association Championship, and at meetings for healthcare professionals across the Southeast. Moreover, the *Hughston Health Alert* is available online at www.Hughston.com where it attracts over a million visitors annually. In addition to a print readership of over 50,000 a year, the number of *Hughston Health Alert* e-mail subscriptions has risen to over 60,000.

The *Hughston Health Alert* has placed in the international APEX publication competition every year since 2002 and, for the past few years, has won an Award of Excellence in the newsletter category. For 2018, it won an Award of Excellence in the newsletter writing category. The APEX competition is an annual international competition that recognizes outstanding publications, including newsletters, magazines, annual reports, brochures, and websites, from both corporations and nonprofit organizations.
The Hughston Foundation’s Surgical Education Center is designed and equipped for hands-on training so users can build on their existing skills or learn and develop new techniques in arthroscopic and open surgical procedures. The Center consists of 2 bioskills laboratories: a dry laboratory with surgical simulators and plastic models of human limbs and joints, and a wet laboratory for training on cadaveric tissue. The dry laboratory's Sawbones® plastic models give students and physicians unlimited opportunity to practice their surgical skills. The Foundation's wet laboratory hosts a cadaveric dissection series for fellows, residents, and medical students along with lectures on specific anatomical sites. Audiovisual integration within the Foundation's facilities allows larger groups seated in the auditorium to observe and interact with those working in the laboratories. Additionally, the Center has welcomed guests from the community as well as from regional, national, and international locations.

**EVENTS HOSTED IN THE CENTER**

- 15 Hughston fellowship educational programs
- 4 product or procedure training demonstrations
  - 12 individual practice sessions
  - 16 educational programs for high school and college students
- 47 total surgical education laboratories

**COMMUNITY AND STUDENT EDUCATION PROGRAMS**

The Center plays a role in your local community by providing both secondary and postsecondary students with experiences that might encourage them to pursue a career in healthcare.

**May 16** – Knee Arthroscopy Sawbones Demo
  – Sonoraville High School Students

**EDUCATIONAL TRAINING PROGRAMS**

The Surgical Education Center supports the curriculum of our fellowship and residency programs by offering laboratory experience as a supplement to lectures.

- **January 29** – Arthrex Total Shoulder Arthroplasty & Reverse Total Shoulder Arthroplasty – Ryan M. Geringer, MD, FAOAO, & JHMH Residents
- **February 27** – Stryker Total Knee Arthroplasty – Randall J. Ruark, MD, & JHMH Residents
- **March 27** – Open Ankle Surgery – JHMH Residents
- **April 10** – Finger & Hand Surgery – David C. Rehak, MD, & JHMH Residents
- **April 24** – Arthrosurface Shoulder Resurfacing – Patrick J. Fernicola, MD, & JHMH Residents
- **May 29** – Foot Surgery – Matthew G. Stewart, MD; Norman L. Donati, Jr., MD; & JHMH Residents
- **June 27** – Casting Demo – Jay Graham
- **June 28** – Traction Pins – John C. P. Floyd, MD, FACS
- **June 28** – Hand and Fingertip Injuries – David C. Rehak, MD
- **June 29** – Sawbones Fracture Plating & External Fixation – Robert M. Harris, MD
- **June 29** – Compartment Syndrome & Fasciotomy – Robert M. Harris, MD, & Samuel Pitts, DO
- **July 17** – Sawbones Knee Arthroscopy – Surgical Tech Demo
- **August 2** – Hand Surgery – David C. Rehak, MD; David H. MacDonald, DO, FAOAO; & JHMH Residents
- **September 26** – Ulnar Collateral Ligament Reconstruction – Champ L. Baker III, MD, & JHMH Residents
- **October 29** – Ankle External Fixation Test – Robert M. Harris, MD, & JHMH Residents
May 16 – Knee Anatomy – Sonoraville High School Students

June 11 – Sawbones Knee Arthroscopy Demo
  – Griffin Region College & Career Academy Students

June 12 – Sawbones Knee Arthroscopy & Surgical Tech Demo
  – Scrubs Camp

June 12 – Shoulder Arthroscopy Demo – Scrubs Camp

June 12 – IV Insertion Demo – Scrubs Camp

June 12 – Basic Suturing – Scrubs Camp

June 13 – Shoulder Anatomy – Scrubs Camp

June 13 – Casting Demo – Scrubs Camp

July 17 – Sawbones Knee Arthroscopy & Surgical Tech Demo
  – Scrubs Camp

July 17 – Shoulder Arthroscopy Demo – Scrubs Camp

July 17 – IV Insertion Demo – Scrubs Camp

July 17 – Basic Suturing – Scrubs Camp

July 18 – Shoulder Anatomy – Scrubs Camp

July 18 – Casting Demo – Scrubs Camp

December 11 – Sawbones Knee Arthroscopy Demo
  – Central High School HOSA Students

DEMONSTRATIONS AND TRAINING

Device manufacturers and outside institutions support the Foundation by sponsoring laboratory sessions and providing cadaveric specimens, implants, and instruments for use in product demonstrations and surgical training.

January 25 – AmeriMed/Citieffe External Fixator Video
  – Bruce H. Ziran, MD, FACS

November 16 – Arthrex Foot/Ankle Sawbones Demo
  – Local Podiatrists

November 27 – OrthAlign Total Knee Arthroplasty
  – Hughston Staff & JHMH Residents

December 3 – Smith & Nephew Regeneten for Rotator Cuff Repair
  – Hughston Staff & JHMH Residents

INDIVIDUAL PRACTICE AND RESEARCH SESSIONS

The Center is also a resource for medical professionals. Just as pilots pursue periodic simulator training, surgeons and ancillary medical workers may periodically wish to refine a particular skill or review anatomy to prepare for an upcoming procedure. Additionally, physicians use the Center and laboratory resources for their research endeavors.

January 8 – Stryker Total Knee Arthroplasty Practice
  – Nathan Lanham, MD, & James Foster, MD

January 29 – Sawbones Shoulder Arthroscopy Practice
  – JHMH Residents

February 6 – Arthrex Anterior Cruciate Ligament/Posterior Cruciate Ligament Reconstruction Practice
  – JHMH Residents

May 12 – Stryker Superior Approach Total Hip Arthroplasty
  – Fred Flandry, MD, FACS

June 25 – Arthrex Arthroscopic Triangular Fibrocartilage Complex Repair – David C. Rehak, MD

September 14 – Arthrobox Research Pre-Test Knee Arthroscopy – JHMH Residents

September 19 – Arthrobox Research Pre-Test Knee Arthroscopy – JHMH Residents

September 21 – Wrist Surgery Practice - David C. Rehak, MD

September 21 – Arthrobox Research Pre-Test Knee Arthroscopy – JHMH Residents

September 29 – Arthrobox Research Pre-Test Knee Arthroscopy – JHMH Residents

October 11 – Smith & Nephew Rotator Cuff Repair
  – Vishnu Potini, MD

October 31 – Elbow Surgical Approach Practice
  – David C. Rehak, MD
2016 SCHOLARSHIPS

CHAMP L. BAKER, JR., MD, SCHOLARSHIP

The Champ L. Baker, Jr., MD, Scholarship is awarded to a deserving graduate-assistant athletic trainer attending school in the Southeastern United States. Scholarship winners are chosen for their dedication to the profession, academic standing, and recommendations from coaches and supervising athletic trainers. The applicant should have a cumulative GPA of 2.75 or higher and be a junior in good academic standing during the spring semester. The application deadline is October 31st each year and the recipient is notified by the scholarship committee at the end of February the following year.

The scholarship presented by the Hughston Foundation honors the legacy that Dr. Baker has built and continues to build in orthopaedics, sports medicine, and arthroscopic surgery. Dr. Baker's passion for sports medicine spans nearly 4 decades, during which he built a reputation as a dedicated educator, author, researcher, physician, and surgeon. His commitment to teaching and sharing his knowledge and experience with athletic trainers rests on the traditions he learned from his own mentor, and later partner, Jack C. Hughston, MD. Dr. Baker's years on the field as team physician—for high school, college-level, Olympic, and professional sports—have earned him the titles of "Mr. Sports Medicine," "Physician of the Year," and "mentor."

JIM MADALENO, MS, ATC, UNDERGRADUATE SCHOLARSHIP WINNER ANNOUNCED

Lindsay Perrin, from Georgia Southern was the 2018 recipient of the Jim Madaleno, MS, ATC, Undergraduate Scholarship (pictured left). The scholarship is awarded annually to a deserving undergraduate athletic training student in the Southeastern United States. Scholarship winners are chosen from CAATE-accredited programs and are individuals who have performed with distinction in and out of the classroom. Perrin, a junior athletic training student at Georgia Southern, will graduate May 2019. Perrin has used her experience at a number of venues in addition to her university's sports programs. She has achieved clinical experience working at Screven County High School, RehabWorks at Kennedy Space Center, USA Ultimate Frisbee tournament, and at the Haunted Forest in Statesboro. The Hughston Foundation Scholarship Committee is pleased to recognize Perrin's hard work with a $1,500 scholarship to assist her as she pursues a graduate-level education and a career as a certified athletic trainer.

The Hughston Foundation is proud to honor the legacy that Jim Madaleno, MS, ATC, has built and continues to build with student athletes and student athletic trainers. It is a privilege to sponsor this scholarship for deserving undergraduate athletic training students—those who display the drive and determination that allowed Madaleno to work in multiple settings from professional sports, collegiate athletics, and clinic administration. A consummate professional and educator, Madaleno established the benchmark for aspiring young athletic trainers.
Hughston physicians publish regularly in their areas of specialization and present their work worldwide. As part of their training, our fellows and residents are also involved in individual and collaborative research projects for publication. Through the research they do at the Foundation, our healthcare professionals not only stay current but on the cutting edge of orthopaedics and sports medicine. This enables them to offer you the best and most innovative patient care.
THE BASIS OF OUR PATIENT CARE

Research endeavors at the Hughston Foundation include Food and Drug Administration (FDA)-regulated clinical trials, and staff-, fellow-, and student-conducted research studies. Industry sponsors have come to rely on the thorough and professional work done by Hughston researchers, and our investigators and staff are in great demand as participants in the latest orthopaedic clinical trials. Thanks, in part, to Dr. Hughston’s legacy of meticulous data recording and indexing, we have the ability to conduct follow-up studies on the long-term outcomes of surgical procedures and treatments.

THE SCOPE OF OUR RESEARCH

- 5 studies are ongoing sponsored clinical trials for surgical devices and techniques
- Fellows and students were responsible for 29 different research studies during the year, including long-term follow-up studies, comparisons of surgical procedures, health-risk behavior surveys, and sports medicine.
- Hughston researchers were involved in 50 different research studies.

INDUSTRY SPONSORED RESEARCH AND CLINICAL TRIALS

The approval of a new drug or device developed under the auspices of the United States Food and Drug Administration (FDA) requires a tiered approach. Devices are tested mechanically and drugs biologically to determine whether they are not only advantageous but also safe. Only after passing all the benchmarks is the device or drug approved for human trials. The FDA permits trials in a limited number of volunteer subjects and then reviews their outcomes. If the drug or device is safe and effective in accomplishing its stated purpose, it can then be released for patient use.

For 3 decades, the Hughston Foundation has been involved with the FDA in carrying out clinical trials. The integrity we bring to our oversight, data collection, and record maintenance, as well as to the protection of patients’ rights and safety, has made us a trusted FDA study site. Patients who participate in such studies receive the benefits of cutting-edge technology years before it is available to the general public.

- Multi-Center ACL Revision Study (MARS)
  Sponsor: American Orthopaedic Society for Sports Medicine
- A Prospective, Randomized, Controlled, Multicenter Pivotal Clinical Trial of the Artificial Cervical Disc–LP at Two Levels for Symptomatic Cervical Disc Disease
  Sponsor: Medtronic
- Spine ReCORD
  Sponsor: AO Foundation
- Prospective Study Examining Treatment of Lumbar Fusion with Bone Marrow Concentrate and General Fluid Concentrate in a HA Scaffold
  Sponsor: Celling Biosciences
- A Prospective, Randomized, Double-Blind, Placebo Controlled Study to Evaluate the Safety and Efficacy of Pulsed Electromagnetic Field (PEMF) Therapy as an Adjunctive Treatment to Surgical Repair of Full Thickness Rotator Cuff Tears
  Sponsor: Orthofix, Inc.

FOUNDATION-SUPPORTED RESEARCH

Foundation-supported research may focus on comparing an existing treatment or operation with a new one, and for decades, Hughston surgeons have pioneered surgical procedures now accepted as standards of care worldwide. Additionally, our clinical research presentations have been highlights on annual national and international subspecialty meeting programs.

Since most of the clinical research carried out annually at the Foundation involves a new treatment protocol or operative technique rather than a drug or device, it does not fall directly under FDA oversight. Regardless of this, the Hughston Foundation and its Institutional Review Board (IRB) strive to provide the same quality oversight, research guidelines, and patient advocacy and protection afforded to participants in FDA trials.

Whether developing new procedures or testing new protocols, our research goal is always better patient outcomes.

- Safety and Efficacy of Lipogems Fat Cell Transfer in Patients with Osteoarthritis of the Knee
In June 2010, I fell and broke my left ankle. That was the beginning of 8 years of pain, swelling, limping, using crutches or a walker, surgery, wearing walking boots, and getting shots in my ankle. Despite treatment, the ankle pain continued and it began affecting my life. During vacations, I sat on the deck and watched as my family played on the beach, because walking in sand was difficult and the pain it caused was unbearable. As an avid deer hunter, I had to have others help me, or I had to use an ATV to get to my hunting location.

In early 2018, my doctor in Brunswick, GA, told me that I needed surgery. I went to Savannah for a second opinion and that physician also told me I needed a total ankle replacement. Fortunately, I was able to talk to a lady who had total ankle arthroplasty and she was doing great, so I was hopeful for good results too.

Whereas arthritis in the knee and hip often results from normal wear and tear of the joint due to aging, ankle arthritis most commonly occurs after trauma to the ankle, whether this is from an ankle fracture, chronic ankle instability, or malalignment of the leg. Only a small percentage of ankle arthritis arises from just wear and tear of the joint alone. Initially, physicians treat ankle arthritis nonsurgically with anti-inflammatory medications, physical therapy, bracing, and steroid injections. If these conservative measures fail to provide pain relief and the arthritis continues to affect your ability to do everyday activities, surgical options such as an ankle fusion or ankle replacement can help relieve your pain.

Total ankle arthroplasty, also called total ankle replacement, is a surgical procedure that helps to relieve pain and maintain motion in an arthritic or injured joint. The replacement is an alternative treatment to ankle fusion, which can relieve pain, but often limits motion of the joint since the procedure permanently fuses the bones together. Depending on your condition, age, weight, and activity level, your doctor may recommend total ankle arthroplasty rather than ankle fusion.

After hearing my prognoses, I knew I would go to Hughston in Columbus because of the seriousness of the surgery and their great reputation. My family and I did some research and decided that Dr. Benjamin Watson was the physician we wanted to do the surgery. After meeting with Dr. Watson, we set a date for the surgery. He did a total ankle replacement and lengthening of the Achilles tendon. The surgery was a success with a short recovery time. I was in a walking boot in 3 weeks. Within 5 months, I was hunting from a tall ladder stand, which was the place where I got a nice buck!

It is a blessing to be able to walk, free of pain and swelling and without limping. I am so thankful to be able to do the things I need to do and the things I enjoy doing—like walking on the beach, hunting, and shopping. The people at Hughston are the best—highly professional and helpful and I cannot thank Dr. Benjamin Watson enough for giving me the freedom to be able to go and do whatever I want.

- Bonnie R. Wells

- Clinical and Radiographic Assessment of a Porous PEEK Interbody Fusion Device in the Cervical Spine Used in the Treatment of Degenerative Cervical Disc Disease
- Clinical and Radiographic Assessment of PEEK Interbody Fusion Device in the Lumbar Spine Inserted Through Extreme Lateral (XLIF) Approach
- Distal Biceps Repair: A Retrospective Review and Current Outcomes
- Clinical Results Following Subpectoral Biceps Tenodesis After Long Head of Biceps Rupture
- Hughston Shoulder Outcomes Registry
- Hughston ACL Registry
- Incidence of Abductor Tendon Tears in Elective Total Hip Arthroplasty
- Sharing of Information on iFuse Implant System with SI-BONE
- Review of Carbon Fiber Nails: Preliminary Report
- Hip Fracture Fixation Protocol Effectiveness 2016
- Fibular Fracture Morphology in Distal Third Tibial Shaft Fractures (AO-42) with Intraarticular Extension
- Efficacy of Local Inter-operative Injection of Exparel vs Bupivacaine Cocktail or Placebo in Primary Total Knee Arthroplasty
- Osteochondral Allograft Reconstruction of the Femoral Head for Arthrosis Secondary to Avascular Necrosis
- Tenex Ultrasound Guided Tenotomy for Treatment of Gluteal Tendinitis - One Surgeon’s Experience
- Carbon Fiber Nails: Evaluation Compared to Titanium
I was subcontracting for the power company, cutting branches away from the lines, when a limb fell and hit me, causing me to twist my leg. To treat the injury, I had knee surgery to replace a ligament. Unfortunately, I got a staph infection, which caused the surgery to fail. In all, I had 10 surgeries involving my knee that ranged from cartilage repair, multiple ACL grafts, to total knee arthroplasty.

After all the treatment failures, in December 2014, my doctor recommended a knee fusion. At the time, I agreed that this was the best solution. For a knee fusion, a metal rod is inserted just below the hip and it goes all the way down just above the ankle. Once it was done, my life changed!

You don’t realize just how different your life will be with a fused knee. You cannot bend your knee, so there are things you can no longer do or you have to do differently because your leg is straight all the time. For me, simple activities like walking became difficult, especially on uneven ground. I had to use a walker, especially if the terrain wasn’t level. I had to prop my leg up when sitting at the table or to go to the bathroom, and I couldn’t get behind the wheel of a car, instead I had to sit in the back seat with my leg up.

After a while, my leg muscles became weak because I wasn’t using them. I started looking for a doctor to either amputate or reverse the fusion. Finding the right doctor was hard, a physician trained and willing to do the surgery was not easy. I finally found a surgeon who was willing to take a look at me, but his clinic was in Georgia. I moved from Michigan to Georgia to be closer to family, but I immediately made an appointment to see Dr. Fred Flandry. At my first appointment, instead of talking about an amputation, we talked about reversing the fusion and trying a different type of knee replacement implant. The first operation was to remove screws from my right hip, which I broke while trying to walk with the fused leg. After the first surgery healed, I came back and he removed the rod and did a hinge total knee replacement.

In total knee replacement, damaged bone and cartilage are removed and replaced with components that recreate the surface of the joint. In cases where the knee is extremely unstable or a large amount of bone is missing, it may be necessary to join the femur and tibia with a metal hinge in the center. Reconstruction using a hinge total knee implant can provide substantial improvement in function and a reduction in pain for the patient. The procedure is usually reserved for patients with severe ligament deficiencies, bone loss, stiffness, post-traumatic deformity, or when revision surgery has failed.

Since the surgery, my life has changed. Walking is no longer a challenge and I can drive. The other day, I put in 126 minutes on the treadmill, walking 8.88 miles, plus I walked to the gym and back, which means I logged over 10 miles. I’m happy where I’m at today and I am grateful to my doctor and everyone involved in my treatment.

- James Mason
During 2 separate injuries years ago, I tore the ACL in my knees. When I tore my right ACL, I also suffered a tibial plateau fracture. I came to Hughston because I had been having a lot of pain and swelling in my knees and it was beginning to affect my job and my life. I am a physical therapist, which requires me to get up and down all day long to take care of patients. By the end of the day, my knees were really sore. Going up and down stairs was difficult. My knees had so much crepitus that when I got up in the middle of the night, the sound from my joints was so loud it would wake up my husband. I had already quit Zumba and went from walking the hills in my neighborhood to finding a flat track so I could avoid the pain of uneven terrain. I knew I had to try something to see if I could get back to my normal lifestyle. After seeing my physician, I was told it was getting to the point where something had to be done and I wasn’t far from needing a knee replacement. I had heard about Lipogems and I had read some literature on the topic, but what convinced me was talking with a patient who was treated by Dr. Champ Baker, Jr. I saw him as a physical therapy patient before and after the treatment and it was an amazing difference. His magnificent results convinced me to try the Lipogems treatment too. If it works, I thought maybe I can have 6 to 10 more years before I have to have total knee surgery.

An FDA cleared system, Lipogems is used by physicians to treat patients who experience pain and swelling from an array of orthopaedic conditions and injuries. The sterile medical device and closed-loop processing system is used by physicians to remove adipose (fat tissue) from a patient’s body and then transfer it via an injection into the patient’s injured or diseased joint or soft tissue.

Your own fat is loaded with reparative cells that can assist with healing orthopaedic conditions that affect your joints, ligaments (tissues connecting 2 bones), tendons (tissues connecting muscle to bones), and muscles. The Lipogems procedure uses fat because it has reparative properties that can help heal soft tissues or cushion a joint, which may delay a more traumatic treatment, such as total joint replacement. In fact, fat has a great number of reparative cells, they are easier to get to, and the procedure is more comfortable for patients, compared to other options.

I went and saw Dr. Baker and he took some x-rays. He told me that my cartilage was really bad in the right knee, but he said for sure the procedure would work for the left knee. He treated the left knee with only Lipogems and for my right knee he did a surgical procedure and included a Lipogems treatment. My results are amazing. I don’t have pain in either knee. I walk up and down hills and stairs, I get up and down without a problem, I’ve gone back to Zumba, I go hunting and fishing, and I climb in and out of a boat. I work on our farm, climbing on and off a tractor and I get up and down all day long working with patients as a physical therapist. Insurance doesn’t pay for this treatment yet, because they view it as experimental, but to me it was worth it. I’m able to do my old routines again. I can pretty much do anything. Lipogems worked for me and it has been worth every penny. I can do anything I want to do now and I don’t have any pain.

- Tara Okon, PT
• Outcomes of Arthroscopic Rotator Cuff Repair in Patients with Workers’ Compensation Claims vs Patients without Workers’ Compensation Claims: A Comparison Study

• Incidence of Lumbar Spondylolisthesis in Patients with Hip Pain

• Do Visual Aids Improve Patient Satisfaction in Orthopaedic Trauma Patients?

• Synergistic Effect of Magnesium and Ketamine Given Perioperatively on Postoperative Pain

• A Retrospective Review of Multi-ligamentous Knee Injuries, Treatment and Outcomes

• A Cost Effective Intramedullary Device for the Treatment of Transverse Metacarpal Shaft Fractures

• Joint Position Sense and Risk of Anterior Cruciate Ligament Rerupture, a Prospective Series

• Radiographic and Clinical Review of Patients Undergoing Stand Alone Lateral Lumbar Interbody Fusion (LLIF)

• Patient Factors Contributing to Low Energy Tri-Malleolar Ankle Fractures

• Anterior Knee Pain as a Risk Factor for Anterior Cruciate Ligament Injury in Division I Athletes

• The Utility of Arthrobox Training in Arthroscopic Skills Development of Orthopaedic Trainees

• Inter- and Intra-observer Reliabilities of a Novel Acetabular Fracture Classification

• The Use of Negative Pressure Wound Therapy After Surgical Fasciectomy of Dupuytren’s Disease Utilizing an Open Palm Technique

**INSTITUTIONAL REVIEW BOARD**

All research involving human subjects is reviewed and monitored by our own Institutional Review Board (IRB). The Hughston IRB operates according to federal regulations set forth by the US Department of Health and Human Services and the Food and Drug Administration. The IRB meets quarterly to review research activities and each study is reviewed on an annual basis. Additionally, the IRB ensures that patients’ rights and welfare are protected and that all Health Insurance Portability and Accountability Act (HIPAA) requirements are met with regard to patient access and the privacy of protected health information.
PRESENTATIONS

ROMAN I. ASHMYAN, DO (4TH YEAR RESIDENT)
HUGHSTON RESIDENT RESEARCH DAY
June 15, 2018 - Columbus, GA
• Sarcoma vs Ancient Hematoma: An Important Differential Diagnosis

HUGHSTON GRAND ROUNDS
July 11, 2018 - Columbus, GA
• A Case of Rod Failure Following Vertebral Column Resection for Congenital Kyphoscoliosis

CHAMP L. BAKER, JR., MD
AAOS MEETING INSTRUCTIONAL COURSE
March 9, 2018 - New Orleans, LA
• How I Use Adipose

HERODICUS MEETING
July 3, 2018 - San Diego, CA
• Ultrasonic Guided Tenotomy for Gluteal Tendonitis

CHAMP L. BAKER III, MD
HUGHSTON GRAND ROUNDS
February 7, 2018 - Columbus, GA
• Subchondroplasty of the Knee

GEORGIA SHOULDER AND ELBOW SOCIETY
April 2018 - Atlanta, GA
• Elbow: Current Concepts

MARK BAKER, CEO, PT
ATLANTA TRAUMA SYMPOSIUM
April 19-21, 2018 - Atlanta, GA
• Practice Management: Trends in Employment

DAVID BARNES, DO (4TH YEAR RESIDENT)
HUGHSTON RESIDENT RESEARCH DAY
June 15, 2018 - Columbus, GA
• Posterior Tibial Slope as a Potential Risk Factor in Patients with PCL Injuries

HUGHSTON GRAND ROUNDS
July 11, 2018 - Columbus, GA
• Stand-Alone Lateral Lumbar Interbody Fusion (LLIF): Case Series and Review of Literature

TIMOTHY R. BEALS, DO (5TH YEAR RESIDENT)
HUGHSTON RESIDENT RESEARCH DAY
June 15, 2018 - Columbus, GA
• Occupational Radiation Exposure In Upper Extremity Surgery

HUGHSTON GRAND ROUNDS
October 3, 2018 - Columbus, GA
• Ancient Hematoma

DEVIN W. COLLINS, DO (2ND YEAR RESIDENT)
HUGHSTON RESIDENT RESEARCH DAY
June 15, 2018 - Columbus, GA
• Single Antegrade Intramedullary Kirschner Wire Fixation for Transverse Metacarpal Shaft Fractures: A Retrospective Review

J. KENNETH BURKUS, MD
INTERNATIONAL SOCIETY FOR THE ADVANCEMENT OF SPINE SURGERY
April 11-13, 2018 - Toronto, Canada
• Long-term Outcomes of Arthroplasty for Cervical Myelopathy versus Radiculopathy and Arthroplasty versus Arthrodesis for Cervical Myelopathy
• Comparison of 7-Year Results of One-Level versus Two-Level Cervical Disc Arthroplasty and Fusion

SOUTHERN ORTHOPAEDIC ASSOCIATION’S ANNUAL MEETING
July 11-14, 2018 - Palm Beach, FL
• Interim Study Results of Anterior Cervical Fusion Using a Porous PEEK Interbody Implant
CARTER DEVIN, BS  
SOUTHERN ORTHOPAEDIC ASSOCIATION’S ANNUAL MEETING  
July 11-14, 2018 - Palm Beach, FL  
• Wasted Disposable Supplies in the Orthopaedic Surgery Operating Rooms

NORMAN L. DONATI, JR., MD  
UNDERSTANDING & MANAGING THE MEDICAL ASPECTS OF A WORKERS’ COMPENSATION CLAIM  
October 26, 2018 - Macon, GA  
• Idiopathic Conditions

JOHN D. DORCHAK, MD  
GLOBAL MEDICAL CADAVERIC TRAINING PROGRAM  
December 1, 2018 - Miami, FL  
• Lateral Spine Surgery: Transpsoas vs. Anterior-to-Psoas

FRED FLANDRY, MD, FACS  
SOUTHERN ORTHOPAEDIC ASSOCIATION’S ANNUAL MEETING  
July 11-14, 2018 - Palm Beach, FL  
• BOC Report

CLINICAL ORTHOPAEDIC SOCIETY  
September 26-29, 2018 - Austin, TX  
• Resident Paper Sessions Moderator  
• Sports Medicine Rapid Fire Session Moderator

JOHN C.P. FLOYD, MD, FACS  
SOUTHEASTERN FRACTURE SYMPOSIUM  
February 8, 2018 - Greenville, SC  
• Infection Following Fixation: Maintain or Remove the Hardware?

ATLANTA TRAUMA SYMPOSIUM  
April 19-21, 2018 - Atlanta, GA  
• Failed Ankle ORIF: Non-Operative Modalities  
• Periprosthetic Fractures: What To Know and Do

GIL GOMEZ, DO (3RD YEAR RESIDENT)  
HUGHSTON RESIDENT RESEARCH DAY  
June 15, 2018 - Columbus, GA  
• Does Location of Tunnel Matter In Biceps Tenodesis

AMERICAN OSTEOPATHIC ACADEMY OF ORTHOPAEDICS  
October 18-20, 2018 - Atlanta, GA  
• Ancient Hematoma: An Important Differential Diagnosis

FRANK H. STELLING PEDIATRIC ORTHOPAEDIC CONFERENCE  
November 2018 - Augusta, GA  
• Atypical Scoliosis: Case Presentation

GARLAND K. GUDGER, JR., MD  
HUGHSTON GRAND ROUNDS  
August 1, 2018 - Columbus, GA  
• Arthritis Treatment Options Panel Discussion

UNDERSTANDING & MANAGING THE MEDICAL ASPECTS OF A WORKERS’ COMPENSATION CLAIM  
October 26, 2018 - Macon, GA  
• Treatment and Surgical Intervention for Common Shoulder Injuries

ANDY GRUBBS, JR., MEd, ATC  
January 27, 2018 - Jacksonville, FL  
• New Advances and Techniques in Therapeutic Modalities and Rehabilitation Protocols
June 6, 2018 - Jackson, TN
• New Advances and Techniques in Therapeutic Modalities and Rehabilitation Protocols

ROBERT M. HARRIS, MD
CLINICAL ORTHOPAEDIC SOCIETY
September 26-29, 2018 - Austin, TX
• New technology and Techniques in Orthopedic Trauma
• Rapid Fire Session Trauma Section Moderator

SOCIETY OF MILITARY ORTHOPEDIC SURGEONS
December 10-14, 2018 - Keystone, CO
• New Tool Less External Fixator for Military Use

ROBERT HOPKINS, PT, SCS
UNDERSTANDING & MANAGING THE MEDICAL ASPECTS OF A WORKERS' COMPENSATION CLAIM
October 26, 2018 - Macon, GA
• Physical Therapy Intervention: Avoiding Pitfalls in Postoperative Knee and Shoulder

EMILY M. KEENER, DO
AO TRAUMA SEMINARS
January 11-14, 2018 - Charlotte, NC
• Basic Principles of Fracture Management: Diaphyseal Management: Radius & Ulna
  • Olecranon and Patellar Fractures
  March 1-4, 2018 - Birmingham, AL
  • Diaphyseal Management: Radius & Ulna
  • Special Fracture Problems: Infection
  March 22-25, 2018 - Kansas City, MO
  • Plate Design and Function
  • Special Fracture Problems: Infection
  November 1-4, 2018 - Chicago, IL
  • Questions / Answers and AIRS
  • Diaphyseal Management: Radius & Ulna
  November 29, 2018 - Baltimore, MD
  • Tension Band Principles

December 1, 2018 - Baltimore, MD
• Olecranon and Patellar Fractures

OTA SPRING RESIDENT COMPREHENSIVE FRACTURE COURSE
April 4-7, 2018 - Chicago, IL
• Pelvis and Trauma Module

J. RYAN MAHONEY, DO (4TH YEAR RESIDENT)
HUGHSTON RESIDENT RESEARCH DAY
June 15, 2018 - Columbus, GA
• Ultrasound Guided Percutaneous Tenotomy for Gluteal Tendinopathy

HUGHSTON GRAND ROUNDS
July 11, 2018 - Columbus, GA
• Early Outcomes of Anterior Cervical Discectomy and Fusion Using a Porous PEEK Interbody Fusion Device

WILLIAM MIN, MD, MS, MBA
INTERNATIONAL TRAUMA LIFE SUPPORT
January 10, 2018 - Dacula, GA
• Extremity Trauma

OTA 2018 RESIDENT ADVANCED TRAUMA TECHNIQUE COURSE
May 4, 2018 - Nashville, TN
• Ankle Fractures

ACUмед ADVANCED SALES REPRESENTATIVE TRAINING
August 2-3, 2018 - Hillsboro, OR
• Reduction and Fixation Tactics
  • Case Studies 1: Rotational Ankle Injuries
  • Ankle Surgical Exposures: Rotational Ankle Injuries
  • Key Concepts of Rotational Ankle Injuries
  • Acquiring Fund of Knowledge
  • Case Simulation and Knowledge Summarization
  • Case Studies 3: Calcaneus Injuries
  • Extensile Calcaneus Exposure and Sinus Tarsi Exposure
  • Key Concepts of Calcaneus Injuries
  • Review and Case Studies 2: Rotational Ankle Injuries

INTERNATIONAL TRAUMA LIFE SUPPORT
December 26, 2018 - Dacula, GA
• Extremity Trauma
CHRISTOPHER D. MUNCIE, DO (3RD YEAR RESIDENT)  
HUGHSTON RESIDENT RESEARCH DAY  
June 15, 2018 - Columbus, GA  
• Inter- and Intra-Observer Reliability of a Novel Acetabular Classification System

M. CANAAN PRATER, DO (GRADUATED RESIDENT)  
HUGHSTON RESIDENT RESEARCH DAY  
June 15, 2018 - Columbus, GA  
• Prevalence of Lumbar Spondylolisthesis in Adults with Hip Pain

DOUGLAS W. PAHL, MD  
HUGHSTON GRAND ROUNDS  
July 11, 2018 - Columbus, GA  
• Stand-Alone Lateral Lumbar Interbody Fusion (LLIF): Case Series and Review of Literature

DAVID C. REHAK, MD  
WORKERS’ COMPENSATION LAW INSTITUTE  
October 4-6, 2018 - Jekyll Island, GA  
• Common Hand/Upper Extremity Problems In Workers’ Compensation Patients

UNDERSTANDING & MANAGING THE MEDICAL ASPECTS OF A WORKERS’ COMPENSATION CLAIM  
October 26, 2018 - Macon, GA  
• Common Back Injuries

PASQUALE REINO, DO  
PATIENT EDUCATION SEMINARS  
January 31, 2018 - Del Webb, FL  
• Carpel Tunnel  
March 21, 2018 - Solivita, FL  
• Hand Pain  
June 18, 2018 - Poinciana, FL  
• Total Joint Replacement  
November 14, 2018 - Solivita, FL  
• Total Joint Replacement

SAMUEL C. PITTS, DO (5TH YEAR RESIDENT)  
HUGHSTON GRAND ROUNDS  
February 7, 2018 - Columbus, GA  
• Tibial Tuberosity Fracture Combined with Entrapped Meniscus

GIANNI RICCI, DO (2ND YEAR RESIDENT)  
HUGHSTON RESIDENT RESEARCH DAY  
June 15, 2018 - Columbus, GA  
• Femoral Head - Stem Dissociation and Trunnionosis in a Restoration Modular Stem: A Case Study

RANDALL J. RUARK, MD  
HUGHSTON GRAND ROUNDS  
August 1, 2018 - Columbus, GA  
• Arthritis Treatment Options Panel Discussion

HUGHSTON RESIDENT RESEARCH DAY  
June 15, 2018 - Columbus, GA  
• Acute Carpal Tunnel Syndrome Associated with Pronator Quadratus Compartment Syndrome: A Case Report

HUGHSTON GRAND ROUNDS  
December 5, 2018 - Columbus, GA  
• Traumatic Manubriosternal Dislocation

UNDERSTANDING & MANAGING THE MEDICAL ASPECTS OF A WORKERS’ COMPENSATION CLAIM  
October 26, 2018 - Macon, GA  
• Surgical Intervention for Common Knee and Hip Problems
SOCIETY FOR ARTHRITIC JOINT SURGERY
September 28, 2018 - Newberg, OR
• Anterior Hip Surgery: Is It All That?

REAL LIFE ORTHOPAEDICS
November 16, 2018 - Atlanta, GA
• Trunnionosis: A Case Series

CARLTON G. SAVORY, MD, FACS
HUGHSTON LEADERSHIP LECTURE SERIES
January 27, 2018 - Columbus, GA
• Vietnam War Symposium Chairman and Moderator

ADULT RECONSTRUCTIVE SURGERY CONFERENCE
February 8-11, 2018 - Albany, GA
• Chairman, Moderator, and Speaker

14TH ANNUAL CONNECTICUT SWAT TEAM CHALLENGE
August 19-24, 2018 - West Hartford, CT
• Special Guest Speaker

REAL LIFE ORTHOPAEDICS CONFERENCE SWAT TEAM CHALLENGE
November 16, 2018 - Atlanta, GA
• Speaker

HUGHSTON LEADERSHIP LECTURE SERIES
December 12, 2018 - Columbus, GA
• The Color of War; Chairman and Moderator

JULIA STEJBACK, DO (2ND YEAR RESIDENT)
HUGHSTON RESIDENT RESEARCH DAY
June 15, 2018 - Columbus, GA
• Tenex Ultrasound Guided Tenotomy for the Treatment of Gluteal Tendinosis- One Surgeon's Experience

MATTHEW G. STEWART, MD
UNDERSTANDING & MANAGING THE MEDICAL ASPECTS OF A WORKERS' COMPENSATION CLAIM
October 26, 2018 - Macon, GA
• Common Foot and Ankle Injuries

PAYAM TABRIZI, MD, FRCS(C)
ORTHOPAEDIC TRAUMA & FRACTURE CARE: PUSHING THE ENVELOPE
February 2018
• Cross Service Conflicts
• Retrograde Nailing of Tibial Fractures
• Medico-legal Issues (Off-Label Use & Consent)
• Total Hip Arthroplasty for Acetabular Fractures
• Radial Head Fracture Laboratory

AO BASIC RESIDENTS COURSE
March 2018
• Open Fractures

MEMORIAL HOSPITAL LECTURE
March 2018 - Jacksonville, FL
• Unstable Pelvic Fractures

EOA ANNUAL MEETING
October 2018
• Non-union & Complex Fractures of the Lower Extremity
• Health Care Economics Moderator
• Meta-analysis, Outcome Methodology and Technology Moderator

AO BASIC RESIDENTS COURSE
November 2018
• Pelvic Ex-Fix Laboratory Moderator
• Special Fractures Moderator
• Mal-Union
SAMUEL THOMAS, DO (5TH YEAR RESIDENT)
HUGHSTON RESIDENT RESEARCH DAY
June 15, 2018 - Columbus, GA
• Patient Height as a Risk Factor for Dislocation After Posterior Total Hip Arthroplasty, A Retrospective Analysis

HUGHSTON GRAND ROUNDS
November 7, 2018 - Columbus, GA
• Nonoperative Treatment of Bilateral Posterior Shoulder Dislocations

R. PAUL WALDROP, BS
SOUTHERN ORTHOPAEDIC ASSOCIATION’S ANNUAL MEETING
July 11-14, 2018 - Palm Beach, FL
• Two-Level Cervical Disc Arthroplasty Compared with Fusion

B. COLLIER WATSON, DO
AOAO 2018 ANNUAL MEETING
October 18-20, 2018 - Atlanta, GA
• A Cost Conscious Approach to Achilles Tendinosis

BRUCE H. ZIRAN, MD, FACS
AUSTRALIAN FOOT AND ANKLE UPDATE
November 2018 - Sydney, Australia
• Soft Tissue Management of Lower Extremity Injuries
  • The Posterior Pilon
  • Ankle Fracture Update
  • Acumed Cadaver Laboratory

GEORGIA MEDICAL COLLEGE GRADUATE MEDICAL EDUCATION GRAND ROUNDS
September, 2018 - Atlanta, GA
• Update in Orthopaedic Trauma

OTA: YOUNG PRACTITIONERS FORUM
October, 2018 - Orlando, FL
• Panel on Modern Employment Models

CHICAGO TRAUMA SYMPOSIUM
August 2018 - Chicago, IL
• Decision Making In Acetabular Fractures
• Update on Composites in Fracture Treatment

CLINICAL RUDELLI HIP CONFERENCE
August 2018 - Sao Paolo, Brazil
• Anterior Approaches to the Acetabulum
• Posterior Approaches to the Acetabulum
  • Periprosthetic fractures
  • Intracapsular Hip Fractures
  • Peritrochanteric Fractures
  • Femur fractures

GEORGIA MEDICAL COLLEGE TRAUMA ROUNDS
August 2018 - Atlanta, GA
• Update in Orthopaedic Trauma

JOINT SPECIAL OPERATIONS COMMAND
June, 2018 - London, England
• New Concepts in External Fixation

COLOMBIA SUPLEMEDICOS ANKLE ROAD SHOW
June, 2018 - Medellin/Bogota, Colombia
• Update on Ankle Fractures

ATLANTA TRAUMA SYMPOSIUM
April 2018 - Atlanta, GA
• Update on External Fixation
• Composites in Fracture Care
• Non-op Treatment of Proximal Humerus
• IMHS treatment of peritrochanteric fractures
• Update in Distal Femur Fractures

AAOS
March 2018
• Symposium on Composites in Orthopaedic Trauma

SAN DIEGO FRACTURE COURSE:
PUSHING THE ENVELOPE
February, 2018 - San Diego, CA
• Use of Composites in Fractures
• New Ankle Fixator Frame Methods
• Proximal Humerus Fractures
• Use of APP in Fracture Care


Carpenter RD, Klosterhoff BS, Torstrick FB, Foley KT, Burkus JK, Lee CSD, Gall K, Guldberg RE, Safranski DL. Effect of porous orthopaedic implant material and structure on load sharing with simulated bone ingrowth: A finite element analysis comparing titanium and PEEK. *Journal of Mechanical Behavior of Biomedical Materials*. 2018;80:68-76. (supported by NuVasive Grant)


RESOURCES

The Hughston Foundation supports its physicians, fellows, and residents in all phases of the research and publication process. To encourage scholarly activity, our library collections and online services are available to Hughston researchers virtually anytime. Additionally, our medical writers provide writing and editing services while Hughston Medical Imagery, including 2 medical illustrators and a videographer, offers a wide range of photography and digital imaging services.

HUGHSTON FOUNDATION MEETING ROOMS AVAILABLE

The Hughston Foundation has the unique ability to support the medical community by hosting events in our facility. The Foundation offers an auditorium with large drop-down screens, tables and chairs, a 7’ x 45’ stage with podium, lighting, and sound system that is perfect for presentations and large groups. Our Surgical Education Center contains a 4-station surgical training laboratory for cadaveric demonstration and practice, and an additional 4-station workshop for training on plastic models. Both laboratories are equipped for audiovisual presentations and have the ability to broadcast laboratory activities to other meeting spaces. Our VIP boardrooms have large conference tables, executive chairs, and drop-down screens that are perfect for smaller private meetings. The Foundation also offers plenty of parking, accommodations for catered events, ice machine, commercial refrigerator, and free secure WiFi. Additionally, the Foundation has a spacious atrium lobby, library, and the Hughston gardens that are available for events. Go to www.Hughston.com for more information about our rates.
MEDICAL WRITING

PUBLISHING THE DISCOVERY

One of the purposes of science is to make discoveries through research, but if the findings are not published, then it is as if the research never took place. The Hughston Foundation’s Medical Writing Department has medical writers/editors who support the Hughston physicians and healthcare professionals in their writing efforts and in preparing scientific manuscripts for submission to medical journals, textbooks, and publications for public consumption. Our medical writers also help the residents and fellows complete their research projects, write and edit papers, and develop PowerPoint and poster presentations. To date, Hughston authors have published hundreds of articles in national peer-reviewed journals and are in great demand as contributors to medical texts. Over the years, the writing department has edited and produced a number of medical texts in-house, including The Hughston Clinic Sports Medicine Book, The Hughston Clinic Sports Medicine Field Manual, and Operative Treatment of Elbow Injuries. From 1972 to 1994, it prepared the American Journal of Sports Medicine—begun by Dr. Hughston as the Journal of Sports Medicine—for publication, and from 1996 until 2013, it managed the production of the Journal of Athletic Training.

Additionally, the department performs services for the Foundation and Clinic, such as creating patient education brochures, presentations, video scripts, and teaching aids. It also manages and edits the Hughston Health Alert.

SHARING RESEARCH RESULTS

- Edited and submitted 17 physician- or allied healthcare professional-authored scientific manuscripts for publication in medical literature.
- Published 14 scientific articles in peer-reviewed medical journals or textbooks
- Submitted 6 scientific abstracts for presentation at national meetings

LIBRARY

The Hughston Foundation Library is uniquely designed for the use of physicians, fellows, residents, physical therapists, nurse practitioners, teachers, and other healthcare professionals. It boasts a specialized collection that grew out of Dr. Hughston’s personal collection and archives. While the library’s holdings focus on orthopaedics and sports medicine, they also include the standard texts for all medical disciplines. Reference, bibliographic, and research services are available, as well as online searching and interlibrary loan. Additionally, an electronic author’s database tracks the publications of our physicians and associated staff. The library also serves as a resource center for local students from middle-school through graduate-school levels. Our library assistant helps daily visitors and patrons and answers reference questions from people all over the country. The facility offers a comfortable setting for study and the latest technology with computers, scanners, and high-quality printers. The Hughston Foundation Library belongs to the National Medical Library Association, the National Network of Libraries of Medicine, and the Georgia Health Sciences Library Association.

MUSEUM

The Hughston Museum was created as an educational forum for visitors to the campus. The museum features multimedia vignettes that depict various aspects of medical research. Along the focal wall of the museum is a permanent display highlighting the life and accomplishments of Dr. Hughston.
MEDICAL IMAGERY

GRAPHICS, ILLUSTRATION, & PHOTOGRAPHY

Hughston Medical Imagery supports the Foundation’s medical education and research efforts through the production of original illustrations, photographs, and animations. The department’s primary function is to illustrate projects for Hughston physicians and the more than 500 Hughston Society members as well as medical fellows, residents, medical students, athletic training fellows, staff, and even outside contract companies, using a wide array of media and software. Each year, the department produces numerous PowerPoint presentations for meetings and illustrates figures for journal and textbook manuscripts. In addition to creating images and directing layout for the Hughston Health Alert, Medical Imagery designs and lays out the Foundation’s Annual Report.

The medical photography division of the imagery department provides digital photography for a variety of purposes. During surgery, the medical photographer documents the procedure, the technique used, the instrumentation, and the pathoanatomy. The photographs are used in electronic presentations and can be reproduced for scientific exhibits or for journals and textbooks. Moreover, the before and after photographs taken of surgery patients aid research efforts. Our photographers also take studio portraits and produce graphic and marketing material. Additionally, they document sporting and campus events, meetings, and demonstrations in the Surgical Educational Center.

EDUCATIONAL CONTRIBUTIONS

• Illustrated and photographed more than 66 figures for the 2018 Hughston Health Alert newsletters
• Contributed figures and graphs for 15 Hughston scientific publications
• Produced tables, figures, photographs, and illustrations for 47 Hughston presentations
• Provided photographic documentation of product reviews

ANNUAL REPORT RECEIVES AMERICAN GRAPHIC DESIGN AWARD

For the fifth year in a row, an issue of The Hughston Foundation Annual Report has won the American Graphic Design Award. Art Director Belinda Klein, MA, and Medical Illustrator and Graphic Designer Tiffany Davis, MS, accepted the award for the 2017 Annual Report on behalf of the Hughston Foundation’s Medical Imagery Department.

The American Graphic Design Award is a premier competition. It provides a unique opportunity for art and illustration departments within corporations and non-profits, as well as publishing, government, and educational institutions to be recognized for their talent, the challenges they face, and the exceptional contributions they make to their respective fields.

Under the direction of Fred Flandry, MD, FACS, Foundation team members Dennise Brogdon; Tiffany Davis, MS; Andy Grubbs, MEd, ATC; Belinda Klein, MA; Cholly Minton; and Robbie Ross write and edit the Annual Report.

For nearly 5 decades, Graphic Design USA has sponsored this design competition, which receives more than 6,000 entries from all over the country each year.

1985
Emily Craig, PhD, completed the anatomical knee, shoulder, and ankle wax model series

2017
Wax models were refurbished
PROVIDED SERVICES FOR:
- Athletic Trainers Education Meeting
- Blue Cross Blue Shield Columbus
- Columbus High School
- Columbus Hospice
- Columbus Lions
- Columbus Occupational Health Nurses
- EMS Director, Regional 4 Retirement Reception
- Georgia Athletic Trainers Association
- Georgia Healthy Cities
- Griffin High School
- HealthCare Financial Management Association
- Healthy Living Series
- Hughston Foundation Art Gala
- Hughston Clinic
- Jack Hughston Memorial Hospital
- ImPACT Golf
- Kickball
- Managed Care Training
- Medical Association of Georgia
- Muscogee County Medical Society
- Pacelli High School
- Relay for Life
- Scrubs Camp
- Sonoraville High School
- Tri-Community Directors of Volunteer Services
- Total Joint Protocol Meeting
- United Healthcare Medicare
- United Way

SELECTED PROGRAMS PRODUCED:
- Employee development videos
- Patient testimonials for Hughston physicians
- Surgical Education Center laboratory & research videos
- Physical therapy patient education videos
- Product review surgical videos
- Continuing education lecture videos & PowerPoint presentations
- Physician spotlight marketing videos
- Hughston spotlight marketing videos
- Hughston event celebration videos

VIDEOGRAPHY

Over the years, Hughston Studios has produced hundreds of instructional videos and interactive DVDs. It maintains a resource library of more than 5,000 hours of surgical footage. Programs produced by the department are recognized worldwide as educational tools for physicians, the community, and patients alike.

In addition, Hughston Studios provides audiovisual support for the interests and activities of the Foundation. The department houses a fully lighted studio, an 8-camera fiberoptic integrated television system linked to Piedmont Northside Medical Center, 3 nonlinear editing suites, and has DVD-authoring capabilities. The Foundation’s 200-seat auditorium is equipped with 4 large projection screens. Its Crestron Control system offers complete audiovisual support for meetings and seminars requiring PowerPoint presentations, annotation capabilities, stage lighting, and the projection of live surgical procedures to be broadcast nationally as well as internationally.
RECOGNITIONS

Each year, Hughston physicians and staff are recognized for making exceptional contributions to their fields. Equally important, they are often recognized for reaching out and using their expertise to benefit others, locally, nationally, and internationally. In turn, the Hughston Foundation sponsors awards that honor their dedication and outstanding work.
ANDY GRUBBS, MED, ATC, RECEIVES ATHLETIC TRAINING AWARD

On December 13, 2018, physicians and Hughston Clinic dignitaries gathered at the St. Luke Community Hall in Columbus, GA, for the 11th Annual SPORTSVISIONS High School Football Awards Luncheon. During the program, Andy Grubbs, MEd, ATC, was presented the 2018 Hughston Clinic Outstanding Trainer Award for his exceptional leadership of the Hughston Foundation’s Athletic Training Fellowship Program.

In addition to honoring outstanding coaching and athletic staff, the organization also recognized the 2018 High School Players of The Year. Twenty-Four high schools from the Chattahoochee Valley area were represented at the awards program. The guest speaker for the event was Nick Saban, head coach of the University of Alabama football team.

This is the 2nd time Andy has been recognized for his outstanding work in athletic training. In 2014, he was awarded the SPORTSVISIONS Community Service Award.

PHYSICIANS HELP CHILDREN IN INDIA

This year, marked the 4th year that Dr. David Antekir of the Hughston Clinic and Jack Hughston Memorial Hospital has participated in the Bal Shalyakiya Mission, International Pediatric Surgical Mission. On January 28, a 29-member team called Peedh Parai arrived in Nagpur, India, for an 8-day stay; providing care to pediatric patients in dire need of medical help who would not otherwise receive any.

The entire team consisted of pediatric surgeons—orthopaedic, plastic, urology, ophthalmology, thoracic, and general. Volunteers also included 4 anesthesiologists and 5 non-medical staff members. Overall, the group performed nearly 100 surgeries over the course of a week.

Dr. Antekir headed up the orthopaedic surgery team, hailing from Columbus, GA. The team also consisted of Dr. Sam Thomas, resident (Jack Hughston Memorial Hospital); Dr. Raj Arora, anesthesiologist, (Columbus Piedmont Hospital); Kim Lozada, neuromonitoring technician (Accurate Neuromonitoring); Zach Cerny, spinal implant rep. (Globus Medical); and Kim Antekir and her daughter, Ali Mac who volunteered their time and energy. Through donations from a church group, they supplied toys and craft items for the children as well. Travel funds were provided to the surgeons by Globus Medical and to the technician by Accurate Neuromonitoring.

One of the marquee cases of the trip was a 16-year-old girl named Saloni who developed a significant right-sided chest wall deformity. At the age of 2, this child survived necrotizing fasciitis, but only after undergoing multiple surgeries which ultimately stunted the growth of her chest wall; leaving her with a major concavity and scar to the side of her chest. Although she recovered to full health with time, this basically left her with a permanent deformity. Correction of this deformity took nearly 10 hours to complete and required the skills of orthopaedics, pediatric thoracic surgery, and plastic surgery. The entire right side of her chest wall was reconstructed, with the use of autograft ribs harvested from the other side of her chest, and custom plates. She then required a muscular flap to be placed over this area to reconstruct a more normal appearing chest.

Dr. Antekir and the orthopaedic surgery team completed many more cases, the majority of which were complex scoliosis surgeries, both congenital and idiopathic, as well as a revision. The team also performed pelvic osteotomies on patients with bladder extrophy. Undoubtedly, the team’s most memorable moments from the trip were to see the smiles on the faces of the children and families after surgery.

The overall goal of the mission is to deliver the advances of surgical sciences to the deprived parts of the world. Children suffering with treatable surgical conditions are direct beneficiaries of this mission. In addition, the mission strives to provide training, education, and support to the local medical teams to promote continuation of medical care for these children. Further information can be found at: http://www.peedhparaiinternational.org.
DR. PAHL SELECTED AS CHAIRMAN OF THE NASS PUBLIC AFFAIRS COMMITTEE

Douglas W. Pahl, MD, has been selected as the Public Affairs Committee Chairman for the North American Spine Society (NASS). In 2016, he was nominated and then elected to the committee; now, he will spend the last year of his 3-year term as chairman.

Dr. Pahl and other Public Affairs Committee members will develop content and provide oversight for NASS public information efforts that target consumers, NASS members, and the broader spine community. Activities include the promotion of NASS’s mission through websites, campaigns, and other print, electronic, or broadcast endeavors.

HUGHSTON SURGEONS PARTICIPATE IN MISSION TO ECUADOR

Champ L. Baker, Jr., MD, and Roman I. Ashmyan, DO, recently traveled to Portoviejo, Ecuador for a 9-day surgical mission. Paul Fellers, MD, and his wife, Flor Fellers, RN, started the mission 7 years ago to address the lack of accessible orthopaedic care in the region. Dr. Fellers and Dr. Baker are both alumni of Louisiana State University and were recently reunited after almost 50 years. Dr. Ashmyan is a 4th year orthopaedic resident with Jack Hughston Memorial Hospital who has worked closely with Dr. Baker on a variety of sports medicine cases.

When Dr. Baker and Dr. Ashmyan arrived in Manta, Ecuador, they were taken to the La Vida Clinic in Portoviejo where dozens of patients were waiting. Dr. Ashmyan stated, “We are fortunate to have access to such great medical care in the US and we feel very lucky to have been given the opportunity to give back to those less fortunate.” Dr. Baker added, “to make a difference in someone’s life, you don’t have to be great or perfect. You just have to care enough and be there.”

The surgeons spent the day seeing patients who had a variety of problems, including local soccer players with ligament injuries, victims of assault, failed prior surgeries, and congenital anomalies. Over the course of the week, they completed over half a dozen knee ligament reconstructions, and various other surgeries focusing on knee pathology. “The organization of the entire trip was superb and ultimately resulted in great patient care which is always our number-one priority,” Dr. Ashmyan said.

DR. FLANDRY SERVES 2ND TERM AS CHAIRMAN OF MAG

Fred Flandry, MD, FACS, has been the chairman of the Medical Association of Georgia’s Board of Directors since October, 2017. He is in his second 1-year term, which will expire in October, 2019. Dr. Flandry was elected to this position by MAG’s Board of Directors, which decides the association’s matters between MAG’s House of Delegates meetings. MAG’s Board is comprised of directors who are elected by district or county medical societies – as well as MAG’s officers. MAG’s Board has more than 40 voting members and they generally meet 3 times a year.

With nearly 8,000 members, MAG is the leading voice for physicians in Georgia. It is an advocate for physicians in every practice setting and specialty. MAG’s mission is to, “Enhance patient care and the health of the public by advancing the art and science of medicine and by representing physicians and patients in the policy making process.” Go to www.mag.org for additional information.

ROCK THE BALD HUGHSTON TEAM

On St. Patrick’s Day, Hughston Resident, Samuel Thomas raised $710 for the St. Baldrick’s Foundation by pledging to shave his head for childhood cancer research. Thomas was 1 of 7 members of Team Hughston who pledged to #RockTheBald. Overall, Team Hughston raised a total of $1,945!
FOUNDATION STAFF

Belinda Klein, MA
Executive Director & Director of Medical Imagery

Fred Flandry, MD, FACS
Chief Medical Officer

Andy Grubbs, Jr., MEd, ATC
Director of Athletic Training

Cholly Minton
Research and Laboratory Coordinator

Dennise Brogdon
Medical Writer & Medical Librarian

Tiffany Davis, MS
Medical Illustrator, Graphic Designer & Photographer

Robbie Ross
Director of Videography

FOUNDATION BOARD

Jay Alexander
Mark Baker, CEO, PT
Ex Officio Member

Jake Flournoy

Sandra Hollingsworth

Jack Hughston III
Elizabeth Palmarozzi, DO, FACOFP

Otis Tillman, MD

Carter Woolfolk

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ENDOWMENT AND FUNDS
ENDOWMENT
The Hughston Foundation’s endowment was established to support our training, education, and research programs.

The Hughston Foundation Endowment (unrestricted) $1,255,469.95

FUNDS
The following funds have been established to underwrite the annual expenses of designated Foundation programs.

Athletic Training Fellowship Fund
Hughston Clinic
Hughston Surgical Center
Jack Hughston Memorial Hospital
Community-at-large

Operative Budget
The pie graphs show the Foundation’s current expenditures and funding sources. Note that Hughston Clinic physicians are not compensated for their work with the Foundation.

Hughston Health Alert Fund
Subscribers

Trauma Research Grant
Anonymous

Trauma Fellowship Fund
AO Trauma Center for Orthopaedic Trauma Advancement
OMeGA*

*The Hughston Foundation acknowledges OMeGA Medical Grants Association and the support of DePuy Synthes and Zimmer Biomet for its generous Trauma Fellowship grant.
SUPPORTERS

THE HUGHSTON FOUNDATION GRATEFULLY ACKNOWLEDGES OUR 2018 SUPPORTERS:

DIAMOND $100,000.00 +
Hughston Medical Management Group
NBI, Inc.

PLATINUM $50,000-$99,999
Hughston Surgical Center
Jack Hughston Memorial Hospital

GOLD $25,000-$49,999
Community Foundation of the Chattahoochee Valley
Veritas Surgical Solutions

SILVER $10,000-$24,999
Champ L. Baker III, MD
John D. Dorchak, MD
Patrick J. Fernicola, MD
Fred Flandry, MD, FACS
The Francis and Miranda Childress Foundation, Inc. *(contributing since 2002)*
Kurt E. Jacobson, MD, FACS
David H. MacDonald, DO, FAOAO
NuVasive
Douglas W. Pahl, MD
Michael M. Tucker, Jr., MD
John I. Waldrop, MD

BRONZE $5,000-$9,999
Champ L. Baker, Jr., MD
Kevin J. Collins, MD
Norman L. Donati, Jr., MD
Ryan M. Geringer, MD, FAOAO
Garland K. Gudger, MD
James E. McGrody, MD
David C. Rehak, MD
Randall J. Ruark, MD
TSYS

COPPER $2,500-$4,999
AFLAC
Flournoy Partners
Hutchinson Traylor
The Miller Charitable Foundation, Inc. *(contributing since 2009)*
VCOM-Auburn
Wanda and Shelby Amos Foundation

BENEFACTOR $1,000-$2,499
A-Com Protection Services, Inc.
Alsco
Mark Baker, PT, CEO
J. Kenneth Burkus, MD
GranCo, Inc.
Hughston Homes
Levy, Sibley, Foreman & Speir, LLC
Malone Office Environment
Mr. E. Warner Neal, Jr. through The Fort Trustee Fund, CFCF
Principle Construction

PATRON $500 - $999
Columbus State University
Georgia Healthcare Science Technology Education Foundation
Knowledge Passport
MedCo

FRIEND $100 - $499
Absolute Surgical, Inc.
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Digistream Investigations
End Range Motion Improvement, Inc.
Steve and Maridonna Hicks
Sua Sponte Medical
Garland K. Gudger Jr., MD
Robert M. Harris, MD
Teri LaSalle, MS, PT, ATC
Maureen and Michael Oberlander, MD
Michael Powell
Lester R. Prince
James Spano

CONTRIBUTOR $1 - $99
Zada M. Baxley
Elfi Broach
Dennise Brogdon
James N. Campbell, Jr.
Scott and Christi Curry
John and Mimi Duncan
William and Belinda Fanning
William and Martha Holloway
Desmond and Donna Howard
Cathy Heflin
Mildred M. Sellers, RN

IN-KIND GIFTS
Champ L. Baker, Jr., MD
Thomas N. Bernard, Jr., MD
Belinda Klein

TRAUMA FELLOWSHIP FUND
AO Trauma North America
OMeGA Medical Grants Association*

*The Hughston Foundation acknowledges OMeGA Medical Grants Association and the support of DePuy Synthes and Zimmer Biomet for its generous Trauma Fellowship grant."*
SPONSORS

SPONSORS FOR HUGHSTON EVENTS

Absolute Surgical, Inc.
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AFLAC
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Columbus State University
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Flournoy Partners
Georgia Healthcare Science Technology Education Foundation
GranCo, Inc.
Hughston Homes
Hughston Medical Management Group
Hughston Surgical Center
Hutchinson Traylor
Jack Hughston Memorial Hospital
Knowledge Passport
Levy, Sibley, Foreman & Speir, LLC
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NuVasive
Principle Construction
Regions Bank
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Southeast Brain and Spine Surgery
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Synovus
The Center For Medical Weight Loss
Tremco Roofing & Building Maintenance
TSYS
VCOM–Auburn Veritas Surgical Solutions
Wanda and Shelby Amos Foundation

HUGHSTON SPONSORED THE FOLLOWING:

American Cancer Society
American Heart Association
Arthrex Knee and Shoulder Lab
Athena Meetings
Auburn University, VCOM
Blue Cross/Blue Shield of Georgia
Central High School (Phenix City)
Columbus High School Soccer Banquet
Columbus Lions ImPACT Testing and Physicals
Columbus State University Tours and CPR Training
Columbus Hospice
Columbus Relay for Life Meetings
Columbus Technical College
Crosslink/Stryker – Total Shoulder Arthroplasty Lab
EMS Director – Region 4 Retirement Reception
First Aid and CPR Training
Georgia High School Wrestling and Hydration Assessments
Georgia Healthy Cities Program
Griffin High School
Healthy Living Series
Healthcare Coalition Meeting
HealthCare Financial Management Association Conference
Hughston Foundation Art Gala
Hughston Clinic Meetings and Clinical Training
Hughston Grand Rounds
Hughston Health
Hughston Health Fair
Hughston IRB
Hughston Rehabilitation Clinical Training
Hughston Surgical Center - Clinical Training
Hughston Trauma
Hutchinson Traylor Benefits Meetings
Jack Hughston Memorial Hospital
Martins Army Community Hospital
Medical Association of Georgia CME Event
Medtronic Meeting
Mercer School of Medicine Tour
Muscogee County CPR Training
Muscogee County Medical Society Meeting
MMC/NSMC JOB Meeting
NuVasive Meetings
Orthofix Meeting
Piedmont Columbus Regional
Piedmont Northside Hospital
Red Cross Blood Drive
Smith & Nephew Lab
Sonoraville High School
St. Anne Paelli High School Sports Banquet
Three Rivers AHEC
Tri-Community Directors of Volunteer Services
United Healthcare Medicare Meeting
United Way of Georgia
YOU CAN PARTNER WITH US IN OUR EDUCATION AND RESEARCH EFFORTS

The Hughston Foundation is a nonprofit research and education organization that is supported through donations from concerned individuals, corporations, and through local family and regional foundations.

If you would like to support the programs at the Hughston Foundation, please mail your donation to:

The Hughston Foundation, Inc.
Foundation Executive Director, PO Box 9517, Columbus, Georgia 31908. Or visit us at www.HughstonFoundation.com to make your gift online. Information can also be provided if you are interested in supporting the Foundation through a planned gift. Donations of any type, such as cash, stocks, bonds, or other assets, are welcomed.

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www.HughstonFoundation.com