

Greetings,

I would like to welcome you to our new Lake Tahoe Sports Medicine Fellowship Newsletter. It is hard for me to believe that it has been 22 years since Scott Southard asked Randy Watson if he could do a sports medicine fellowship with us. We decided to give it a try and the Lake Tahoe Sports Medicine Fellowship was born with Dr. Watson, Eddie Tapper and myself as the faculty and Scott as the first fellow. After 22 years and 80 plus Fellows, the Fellowship is alive and well.

While we try to keep in touch with you all as our paths cross, we felt that with so many alumni, and at the suggestion of Dr. Kyle Swanson, that it was time for a Newsletter to keep in contact with you and update you on what is happening with your program. Another way we try to stay in touch is with our annual Fellowship Alumni Reception at the AAOS Annual Meeting. This February we will host our 3rd Annual Reception at the Intercontinental Hotel in San Francisco and hope to see many of you there.

I have put together a quick review of what has happened with the Fellowship in past few years. In 2008, our founder Randy Watson retired. While I was surprised and predicted he would soon become bored and would be back to work, I was wrong. He remains retired and living in Lake Tahoe and reports that he is quite happy in his new life.

In 2009, Barton Health became the Fellowship's sponsor and with their support we applied to the ACGME for accreditation. After much work from many people including Research Coordinator, Britta Swanson, Fellowship Coordinator, Jennifer Gaston and Barton Chief Medical Officer, Clint Purvance, MD, the Lake Tahoe Sports Medicine Fellowship was granted initial accreditation by the ACGME in June 2009 for two Fellows per year. Following a site visit by the ACGME in 2010, the first accredited Fellow, Aaron Florence, graduated in July 2010. In July 2011, Brian Duggan and Cecilia Pascual-Garrido completed the program. Our current Fellows are Nancy Luger from the University of Minnesota program and Joel Smith from University of Oklahoma.

Changes to the Fellowship as a result of accreditation include making the Fellowship a year-long program and adding research requirements. We also have a Sports Medicine curriculum that is covered during the year at our weekly Fellow Conference. Setting up an active research program has been challenging, but with Barton's support we are making progress. I would urge you to check out our website; www.laketahoesportsmed.com/fellowship. Particularly check out the Fellowship video.

I want to thank each of you for your contributions to the legacy of the Lake Tahoe Sports Medicine Fellowship, I am proud of each one of you for your contributions to the orthopedic community wherever you are and hope that you carry a little of the Lake Tahoe spirit with you always. I look forward to seeing you at the Alumni Reception in San Francisco, CA.

Sincerely,



Keith R. Swanson, MD, Program Director



Lake Tahoe Sports Medicine Fellowship Director, Keith Swanson, MD



Drs. Robert Rupp and former Lake Tahoe Orthopedic Sports Medicine fellow Brian Duggan perform surgery at Barton Memorial Hospital.

While the majority of the Fellows' time is spent on direct patient care in clinics and operating rooms, the Lake Tahoe Sports Medicine Fellowship trains orthopedic surgeons in all aspects of sports medicine.

Each Tuesday in the Barton Memorial Hospital Executive Board Room at 7am, 20-25 people take their seats and one of the Fellows presents orthopedic cases from the previous week. For the next 15-20 minutes discussion regarding diagnosis, treatment, complications or any other aspect involving sports medicine cases takes place. In addition to the two Fellows, discussion participants include orthopedics surgeons, radiologists, physical therapists, and physician's assistants. Following the case presentations, a 30-minute didactic Power Point presentation covering the Fellowship's sports medicine curriculum is presented by the Faculty or Fellows. Dr. Rob Rupp - Assistant Program Director - is in charge of the conference. He selects the speaker and the topics for the conference based on the Fellowship Curriculum that needs to be covered during year-long Fellowship.

Besides the weekly Conference, Fellows attend three or four industry-sponsored cadaver labs to learn the latest surgical techniques. The Fellowship maintains a dry surgical lab with arthroscopy equipment for the Fellows use. A permanent cadaver "wet lab" is currently being developed. Fellows also gain experience as team physicians through their coverage of local high school football and other local sports events throughout the year.

The goal of the Fellowship is to provide a program that prepares the Fellows to be accomplished orthopedic sports medicine specialists and have a knowledge base that prepares them to pass the Sports Medicine Subspecialty Exam. Fellows take a Fellow Exam provided through the American Orthopaedic Society for Sports Medicine (AOSSM) at the beginning of their Fellowship in August and another exam at the end of their Fellowship in June.

Research

With accreditation by the ACGME in 2010, research has become a priority for the Lake Tahoe Sports Medicine Fellowship. In our rural, transient community, the types of research studies are presumably limited. However, faculty and fellows are working diligently with the research coordinator to develop projects that can be easily completed and provide useful information to the orthopedic community. Barton has formed an Institutional Review Board to review these research protocols. We have several recent publications coming from the fellows and faculty (see below).

For more information, please visit our research website at: <http://research.bartonhealth.org>.

Publications

Brian Duggan, MD and Robert Rupp, MD
Decreased Iatrogenic Injury and Traction Time in Hip Arthroscopy with Peripheral Compartment Start Point Orthopedics. In press.

Pascual-Garrido C, Swanson BL, Stephen Bannar, MD Closed proximal muscle rupture of the biceps brachii in wakeboarders. *Knee Surg Sports Traumatol Arthrosc.* 2011 Aug 30.

Swanson KE, Swanson BL. A minimally invasive surgical technique to treat distal clavicle fractures. *Orthopedics.* 2009 Jul; 32(7):509



**Lake Tahoe
Sports Medicine
Fellowship**
Barton Health

Meet our New Fellows



Orthopedic Fellows, Nancy Luger, MD and Joel Smith, MD, will spend the next year training under the orthopedic surgeons at the Lake Tahoe Sports Medicine Fellowship.

The Lake Tahoe Sports Medicine Fellowship was a natural choice for Nancy Luger, MD, given the program's excellent reputation and recommendation from a colleague, as well as the outdoor activities that Lake Tahoe offers.

Education:

- University of MN - BS Biology 1998
- University of MN - Doctor of Medicine 2006
- University of MN - Residency 2007-2011

Joel Smith, MD chose the Lake Tahoe Sports Medicine Fellowship due to the large athletic population spanning all age groups wanting to remain active. Additionally, the surgical volume is large, with most fellows logging over 500 cases during the year-long fellowship.

Education:

- University of AR - BS Biology 2002
- University of AR - Doctor of Medicine 2006
- University of OK - Residency 2007-2011

Faculty & Staff

- Keith Swanson, MD
Program Director
- Rob Rupp, MD
Co-Director, Educational Director
- Steve Bannar, MD
- Jeff Cummings, MD
- Terrence Orr, MD
- Dan Robertson, MD
- Roger Rogalski, MD
- Kyle Swanson, MD
- Jon Finnoff, DO
Ultrasound Course Director
- Clint Purvance, MD
Designated Institutional Official
- Britta Swanson, PhD
Research Coordinator
- Jennifer Gaston
Fellowship Coordinator



2010 Lake Tahoe Sports Medicine Fellowship graduates Cecilia Pascual-Garrido, MD and Brian Duggan, MD smile with Lake Tahoe Sports Medicine Fellowship Director, Keith Swanson, MD.

Announcements

****Lake Tahoe Sports Medicine Fellowship Alumni Reception****
 2012 Annual AAOS Meeting, San Francisco, CA
 Friday, February 10, 2012 ~ 6-8pm
 InterContinental San Francisco, Nob Hill room

Laboratory Facilities

The Fellowship is planning to install a new Dry Lab in the Round Hill office in Zephyr Cove, NV. The arthroscope and peripheral equipment was kindly donated by Stryker, while Arthrex donated a shoulder sawbone. We will obtain additional sawbones for faculty to hold dry lab teaching sessions quarterly for the Fellows in their specialty.

Industry sponsors offer a cadaver lab on a quarterly basis for Fellows to practice their surgical skills and utilize some of the current technologies. Recent labs include a Carticel lab (Genzyme) for repairs of the knee, a shoulder lab to practice rotator cuff repairs with anchors and a suprascapular nerve release (Smith and Nephew) and a knee lab to practice PCL and ACL techniques (Smith and Nephew).



Orthopedic surgeon and Lake Tahoe Sports Medicine Fellowship faculty member Kyle Swanson works with former Fellow, Brian Duggan, MD, during a cadaver lab.

Lake Tahoe Sports Medicine Fellowship
 Barton Health
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 Zephyr Cove, NV

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 Lake Tahoe Sports Medicine Fellowship
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