



FROM THE CHAIRMAN

Jeffrey E. Rosen, M.D.

On behalf of the Department of Orthopedics & Rehabilitation at NewYork-Presbyterian/Queens, Welcome!

I am honored to be the Chairman of Orthopedics & Rehabilitation and to lead an incredible team of experts in orthopedic and musculoskeletal care. Our doctors, physician assistants, therapists, and nurses have extensive, in-depth experience in the diagnosis and treatment of a wide variety of musculoskeletal injuries and disorders. Whether your condition requires non-operative management or surgical intervention, our team of experts will work with you in a compassionate and individually tailored approach to get you back in the game of life as quickly and safely as possible.

As well as providing general orthopedic care for adults and children, our group – which is the largest orthopedic department in the borough of Queens - offers specialty care in hand and upper extremity, joint replacement and reconstruction, sports medicine, minimally invasive and arthroscopic surgery, orthopedic trauma, spine, foot and ankle, and general adult and pediatric orthopedic services. We provide a full range of

non-surgical and rehabilitation services including concussion management, physical therapy, hand therapy, occupational therapy, and work conditioning/hardening.

At our state-of-the-art facilities, patients are able to undergo electro-diagnostic and medical imaging studies, such as EMGs, X-rays, ultrasound and MRI. Our services are available in neighborhoods throughout Queens, including Flushing, Fresh Meadows and Jackson Heights.

Our department is actively involved in orthopedic education, research, and community outreach. We provide sports medicine coverage for local schools and athletic organizations and our doctors serve as educators to orthopedic and podiatry residents and PA students. As educators, our doctors regularly share their expertise by teaching and lecturing at local, national and international courses.

Whether you are a patient, a student, or a health care provider, we are here to help with any and all of your orthopedic needs.



SPECIALIZING IN:

ORTHOPEDIC SURGERY

- General Orthopedics
- Hand & Upper Extremity
- Injection Therapy
- Joint Preservation Surgery
- Orthopedic Spine
- Orthopedic Trauma
- Pediatric Orthopedics
- Podiatry
- Sports Medicine & Arthroscopic Surgery

REHABILITATION MEDICINE

- EMG/Neurodiagnostic Testing
- Occupational Therapy
- Pain Management & Rehabilitation Medicine
- Physical Therapy
- Speech Language Pathology
- Lymphedema Rehabilitation

Regenerative medicine techniques in the treatment of common sports and orthopedic conditions

By Libi Galmer, M.D.



We've all had those pesky aches and pains in our shoulders, knees, elbows, ankles, and other body parts. Sometimes they go away quickly, and other times stick around for a while, making even daily activities, let alone strenuous work or sports participation, difficult and unpleasant. Conditions such as sprains, strains, tendonitis, and bursitis are

often responsible for these symptoms. Although conservative treatment aimed at reducing inflammation and pain is typically successful, many of these conditions may turn into chronic nagging problems, especially with aging, which impairs the body's ability to heal, and when acute injuries are not properly treated.

Regenerative medicine is a rapidly growing and evolving field, which focuses on methods to stimulate the body's own healing response to treat a variety of both acute and chronic musculoskeletal disorders. On May 25th I gave a presentation on the use of regenerative medicine injections in sports, as part of our department's Quarterly Sports Medicine Lecture Series. The talk focused on reviewing the core principles of regenerative medicine, as well as specific techniques such as prolotherapy, platelet rich plasma (PRP), and bone marrow aspirate (BMC) injections. We reviewed how the body heals naturally, since this helps understand the process of acute or overuse injury turning into a chronic problem.

Because of similarities in the underlying pathology, regenerative medicine injections can be utilized for a variety of conditions, including:

- Achilles tendonitis and calf strains
- Rotator cuff tendonitis/bursitis and partial tears
- Tennis and golfer's elbow
- Patellar and quadriceps tendonitis
- Hip bursitis and hamstring tendonitis
- Acute and chronic back pain
- Ligament sprains
- Plantar fasciitis
- Mild-moderate osteoarthritis

Although much has already been published on the topic of regenerative medicine by world-renowned leaders in the field, controversy and unanswered questions remain, and there are significant challenges associated with studying the effectiveness of the techniques that we use.

In summary, although regenerative medicine is hardly a panacea, with appropriate patient selection, techniques such as prolotherapy, PRP and BMC are showing great promise in the treatment of various acute and chronic disorders, and likely hold great potential for the treatment of many musculoskeletal injuries and conditions.



Rapid Rehabilitation Program at NYP/Queens speeds up recovery after joint replacements

By Nicole Manfield, DPT



There are a growing number of elective joint replacement surgeries performed each year, with hip and knee replacements being the most common. These surgeries are done to relieve pain, increase functional mobility, and improve quality of life for so many individuals who've been severely limited by their arthritis. Proper rehabilitation is essential for optimal results, and early

mobility and exercises have been shown to speed up the recovery process and restoration of function.

At NewYork-Presbyterian/Queens more joint replacements are being done than at any other hospital in the borough. The Rapid Rehabilitation Program (RRP) has been implemented in order to accelerate recovery of function and mobility in the early post-operative period, which leads to faster discharge from the hospital and improved patient satisfaction, while maintaining high quality of care.

This interdisciplinary program is a collaboration between the surgical and rehabilitation teams. The first step is proper patient selection, which is done by the surgeon in the office. Pre-operative patient education is a key component of this program, and consists of classes, nutrition optimization, and management of expectations regarding the post-operative course.

In the hospital, Rapid Rehabilitation consists of immediate and intensive physical and occupational therapy, with the goal of getting the patient ready for home discharge on post-operative Day 2. Patients typically undergo their joint replacement in the morning, and participate in their first therapy session on the same day, sometimes right in the recovery room. With the goal of maximizing a patients' functional independence, key components of early rehabilitation include learning to transfer in and out of bed, walking with an assistive device, performing basic activities of daily living (using the toilet, bathing, dressing oneself), as well as doing therapeutic exercises to regain joint motion.

A key member of the Rapid Rehabilitation team is the social worker, who helps arrange for continuation of care as the patient transitions from hospital to home. Physical and occupational therapy home sessions are arranged to be done almost every day, and visiting nurses ensure that the patient is progressing well with regard to their wound healing and other medical issues.

While the road to recovery after a joint replacement is certainly not an easy one, the Rapid Rehabilitation Program helps patients get to their destination of functional independence faster.



NewYork-Presbyterian/Queens Department of Orthopedics & Rehabilitation NEWS

Dr. Jerrold Gorski has joined NewYork-Presbyterian/Queens as the Director of Population Health. He will coordinate activities related to the Comprehensive Care for Joint Replacement (CJR) model which is a CMS initiated bundled payment and quality measurement model for hip fractures, hip replacements, and knee replacements episodes of care.

Dr. Jason Hu, Director, Physical Medicine & Rehabilitation was inducted into 2016 *Queens Courier 40 Stars Under Forty*.

Dr. Elan Goldwyn, Director, Orthopedic Trauma Service, was recently presented with the 2016 Hospital for Special Surgery Richard S. Laskin Young Attending Award.

Dr. Alex Golant, Associate Director, Sports Medicine Service, was listed as one of 2016 NY Top Docs in Orthopedic Surgery.

Drs. Alex Golant, Elan Goldwyn, and Tony Quach were named to the 2016 Super Doctors®, New York Rising Stars™ list.

Drs. Tony Quach and Kevin Jiang taught as Associate Master Instructors for the Arthroscopy Association of North America (AANA), at the prestigious Masters Course on Complex Knee Reconstruction Surgery in Chicago, June 3-4, 2016.

Dr. Jason Hu will be presenting his research on *Dancers Perceptions of Anatomy and Its Relation to Movement*, at the Performing Arts Medicine Association (PAMA) Annual Symposium in August, in New York City. Dr. Hu was also invited to co-chair the PAMA 2017 Annual Symposium in Aspen, CO.

Ryan King is now the new outpatient physical therapy supervisor for NewYork-Presbyterian/Queens for both the Flushing and Fresh Meadow locations.

Angela Petrosus, PT, CLT, received her certification in lymphedema therapy in May 2016.

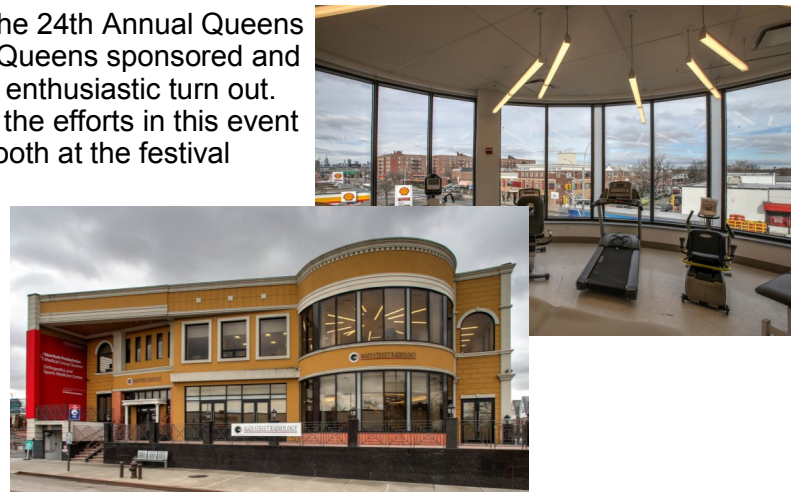
Lucy Huang, Senior Physical Therapist, presented a lecture for the Bone Health Program on fall prevention techniques in May 2016.

NewYork-Presbyterian Medical Group/Queens Orthopedic and Sports Medicine Center NEWS

On June 5, NewYork-Presbyterian/Queens participated in the 24th Annual Queens Pride Parade in Jackson Heights. It was the first time NYP/Queens sponsored and marched in the parade. Despite a rainy Sunday, we had an enthusiastic turnout. The Department of Orthopedics & Rehabilitation, which led the efforts in this event accounted for 1/3 of the participants. NYP/Queens had a booth at the festival where we interacted with festival goers and handed out free gifts.

The new Orthopedic and Sports Medicine Center is now open at 72-06 Northern Boulevard, Jackson Heights.

Panagiota (Betty) Katsos is the new outpatient physical therapy supervisor for the NewYork-Presbyterian Medical Group/Queens Orthopedic and Sports Medicine Center at 72-06 Northern Boulevard, Jackson Heights.



Get to Know Our Doctors



Aditya (Adi) Derasari, M.D., is an attending orthopedic surgeon, specializing in hip and knee replacements, including complex revisions of failed joint replacements.

Dr. Derasari received a bachelor's degree in economics from the University of Florida, and his medical degree from University of South

Florida (USF) College of Medicine. As a medical student, he was awarded the Martin & Ruth Silbiger Scholarship in Research, and was also selected to be part of the Howard Hughes Medical Institute-National Institutes of Health Research Scholars Program, spending a year in laboratories at the NIH campus in

Bethesda, Md., conducting mentored biomedical research.

Dr. Derasari completed his residency in orthopedic surgery at Jackson Memorial Hospital in Miami, Florida, and a fellowship in adult reconstructive surgery at Houston Methodist Hospital in Texas. He has been published in several medical journals, including *Physical Therapy*, *Clinical Orthopedics and Related Research*, *Journal of Orthopedic Research* and *The Bone & Joint Journal*.

Dr. Derasari was instrumental in creating the Rapid Rehabilitation Program for joint replacement patients at NewYork-Presbyterian/Queens, and leads the overall effort to improve quality and safety of joint replacements performed at our institution. He can be reached at [866-670-OUCH](tel:866-670-OUCH) (6824).

UPCOMING EVENTS

- The NYP/Queens Annual Orthopedic Symposium is taking place on Friday, October 14, in the Lang Auditorium at NYP/Queens. The topic this year is The Aging Athlete: Optimizing Health and Performance. Continuing education credits available. Mark your calendars!
- The next talk in the quarterly Sports Medicine Lecture Series will take place in September; the topic will be *Sports Medicine Injuries of the Foot and Ankle*. Stay tuned for details.
- This fall season our sports medicine specialists will be providing coverage at football games for the following local high schools: Flushing High, St. Francis Prep, and Holy Cross.

LOCATIONS

**NewYork-Presbyterian/Queens
Outpatient Orthopedics & Rehabilitation Clinic**
56-45 Main Street 4South Flushing, NY
Phone: 718-670-2558

**NewYork-Presbyterian/Queens
Outpatient Occupational & Physical Therapy**
56-45 Main Street 4North Flushing, NY
163-03 Horace Harding 2nd FL Fresh Meadows, NY
Phone: 855-73REHAB (73422)

**NewYork-Presbyterian/Queens
Center for Digestive Diseases & Swallowing**
56-45 Main Street Basement Flushing, NY
Phone: 718-670-2716

**NewYork-Presbyterian Medical Group/Queens
Orthopedics & Sports Medicine Center**
163-03 Horace Harding 4th FL Fresh Meadows, NY
72-06 Northern Boulevard 2nd FL Jackson Heights, NY
Phone: 866-670-OUCH (6824)

**NewYork-Presbyterian Medical Group/Queens
Outpatient Occupational & Physical Therapy**
72-06 Northern Boulevard 2nd FL Jackson Heights, NY
Phone: 844-73REHAB (42201)