

# NASCon News

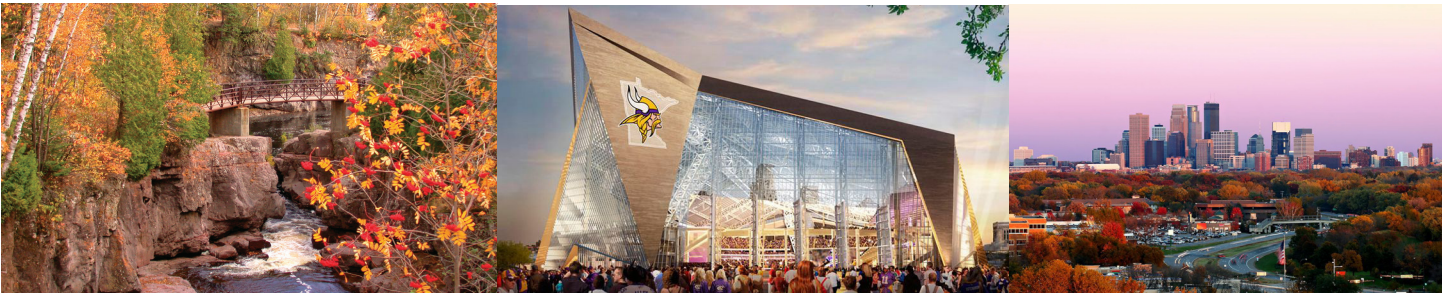
Official Newsletter of the Scapula Institute



A Scapula Fracture Patient Newsletter  
Volume 4: Fall 2019

**NASCon**  
North American Scapula Consortium





# Letter from Dr. Cole

Dear Patients and Friends of the Scapula Institute,

I am pleased to inform you that word is getting out--busted shoulder blades need fix'n! It is so rewarding when an orthopaedic surgeon from Los Angeles or Austin send me images of a broken scapula in a patient they wish to fix, "What approach would you use?" or "Can you send me a video of your technique?" or "Here's what I did, what do you think?". This is happening much more often now. Likewise, not infrequently, patients access me through our Scapula Institute Website and the message is clear, "I can't find a surgeon to help me with my scapula fracture," and their desperation is clear. Additionally, more and more meeting organizers around the world want to know and learn of the work accomplished here in our Lab and Hospital. To focus on this important work, I have limited my acceptance for such gracious invites to a country a quarter--the message is indeed exploding!

In this addition, you will hear about my sharing with the Italian Orthopaedic Trauma Society where I was honored as a presidential guest. But I cannot do this without my team, in fact most of the time it feels to me like they are doing most of the work, and I am so grateful to them. You will meet two new members of this great team in this issue, Maggie and Temi. Not lost upon me however, is that you may be the most important team members of all, because it is your story which advances the mission, as well as your willingness to volunteer and donate to help us advance the ball--Thank You! The stories of restored lives continue to mount, as expressed beautifully in the following excerpt from an email of a surgeon whose daughter I operated on, "What to me though is the most noticeable is that she is brighter, happier and more upbeat in her everyday life. I have my daughter back. I don't think that I fully understood the toll that the pain was beginning to take on her and the effect that it was having on her life. I shudder to think about what the future had held for her without your help. Thank you so much for all of your help and the effort that went into this. You have righted her course and put her back into life. Her potential is back to being unlimited."

Praise God for such healing and allowing me to be an instrument along the way.

Respectfully,

**Peter A. Cole, M.D.**

Division Medical Director, HealthPartners Medical Group Orthopaedics  
Chair, Orthopaedic Department, Regions Hospital  
Professor, University of Minnesota



# Meet the Team

The Scapula Institute is a research and educational enterprise dedicated to the study of shoulder girdle injuries as well as spreading our acquired knowledge to relevant practitioners and affected patients.



**Joscelyn Tatro, MS**  
Research Associate,  
Scapula Institute Lead



**Lisa Schroder, BSME, MBA**  
Academic Program  
Director



**Tina Mannion, PA-C**  
Certified Physician  
Assistant



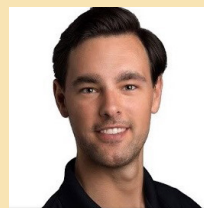
**Tricia Corbo, BA**  
Trauma Program  
Administrator



**Temi Ogunleye**  
Trauma Research  
Fellow



**Maggie Lauseng, PA-C**  
Certified Physician  
Assistant



**Matt Huderle, ATC**  
Certified Athletic  
Trainer

## Staff Spotlight



### **Maggie Lauseng, PA-C**

Since August, Maggie has been a valuable part of the Orthopaedic Surgery Department here at Regions Hospital. Prior to joining our team, she spent 3 years practicing at the Mayo Clinic Health System in Mankato, MN, as a Physician Assistant in Orthopedic Surgery. Her experience and love for her patients is evident in her work and we are grateful to have her join our team.

When Maggie is not at Regions, she enjoys being outdoors playing golf, kayaking, and being on the lake. She enjoys spending time with her family in her hometown of Watertown, South Dakota and traveling with her two sisters. Their most recent travels include the Netherlands, Ireland, and Switzerland.

Next time you are at Regions or the clinic, please take a minute to get to know Maggie and welcome her to the team.



### **Temi Ogunleye, Medical Student**

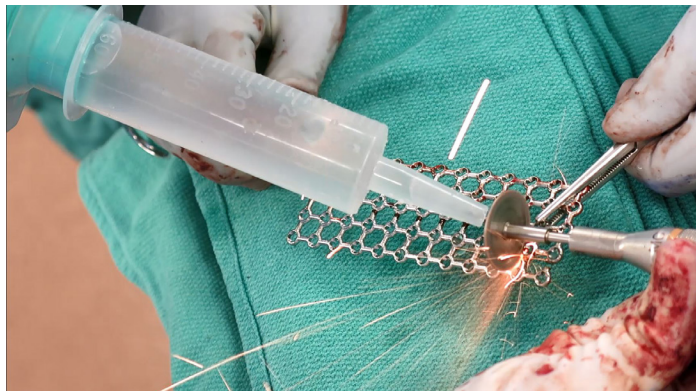
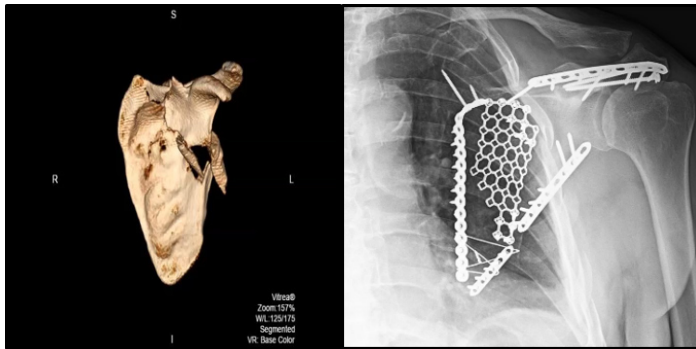
As a medical student driven to pursue a career in Orthopaedics, Temi is currently dedicating a year of his education to research here at Regions Hospital. His responsibilities this year will include following up with research patients in the clinic and advancing a multitude of projects. After completion of his medical degree at Burrell College of Osteopathic Medicine in Las Cruces, New Mexico, he plans to apply for Orthopaedic residency.

At the age of 5, Temi moved to the United States from Nigeria with his family. Not long after, they moved to Texas where he has spent the majority of his childhood and college years. After the first few weeks of the cooler Minnesota weather, Temi is still enjoying the Twin Cities and is looking forward to the new experiences of a great north winter. Outside of the research office, he spends his time playing basketball, watching/playing football, and traveling with friends and family. As you see Temi, please welcome him and offer tips for staying warm this winter!

# Research Spotlight

## Reconstruction of Complex Scapula Body and Process Fractures With a Locking Mesh Plate Technique

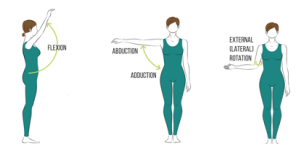
Anthony J. Dugarte, MD; Jeffrey Gilbertson, MD; Peter A. Cole, MD



Operative fixation in certain scapula fractures can be challenging due to factors such as bone loss, multiple fragments, and deforming forces commonly associated with process fractures. This study presents a novel surgical technique utilizing a locking mesh plate for complex variants in which the mesh plate is applied to a flat, bony surface.

- 14 patients (2011-2017)
- 9 of the 14 patients (64%) had follow up at  $\geq 12$  months after surgery
- 100% union, 1 patient required revision of failed fixation
- No complications

Conclusion: Mesh plate fixation can be used safely and effectively to achieve union in complex scapula fractures, even in a geriatric population.



	Forward Flexion	Abduction	External Rotation
Range of motion (Injured/ Uninjured)	89%	83%	78%
Strength (Injured/ Uninjured)	67%	62%	83%

### Thank You

With your support and donations we are able to advance the treatment and care of scapula fractures. Dr. Cole and his team are working to improve every step in the care of scapula fractures with each study.

We thank our Industry sponsor, Stryker Trauma for funding this research.



# Where in the World is Dr. Cole?



In October, Dr. Cole participated as a presidential guest speaker at the Annual OTODI meetings in **Italy** which began with Resident Boot Camp.

“Experiencing Ortho trauma through the eyes of Residents between countries is a wonderful study of comparative idealism and curiosity, pretenses and dreams. Rock’n Trauma Italiano!” -Dr. Cole



A complete list of published manuscripts, book chapters, electronic media, and presentations can be found on our website: [www.ScapulaInstitute.org](http://www.ScapulaInstitute.org)

**Presentations at National Meetings**



## Who funded the research?

In partnership with University of Minnesota and HealthPartners, our research program has been funded through the years by foundation grants (AO Foundation, COTA, AONA, OMeGA, AORF), industry grants (DePuy Synthes, Stryker), and patient contributions.

# Patient Spotlight - Tyler Brower

At the age of 12, Tyler Brower followed in his father and grandfathers footsteps and decided to play hockey. He quickly developed a passion for the sport which followed him as a player for the Edina Varsity team. Despite the fact that he felt called to a career in hockey, the upcoming years brought obstacles that were far greater than he could have imagined. His high school years on the ice were disrupted with injury and frustration. After countless concussions and years of dysfunction with post-concussion symptoms, Tyler discovered Dr. Custer, a specialist from TRIA, and with time and dedication, was able to return to hockey professionally in Germany.

As Tyler continued to excel in his hockey career free of post-concussion symptoms, he continued to overcome another hurdle. For many years, Tyler also had a history of left shoulder injury and pain. In October of 2013, he felt a “crack” in his shoulder resulting in chronic pain. It wasn’t until March of 2019 that Tyler received a referral for an evaluation from Dr. Cole. It was at that time that Dr. Cole evaluated Tyler’s fractured coracoid process (an extension of the scapula) and they determined a plan for surgery and recovery. In the months to follow, Tyler’s dedication to his recovery and return to his sport were remarkable. He sought out every therapy available and with research and direction from Dr. Cole and his team, was able to return to Germany this month and continue his career on the ice. Tyler attributes his recovery to his “faith and determination to return to what God has called him to do”. He is a great example of the success that stems from the teamwork between patients and their physicians. We’re excited to follow Tyler’s career and wish him many exciting years on the ice to come!



# Education Spotlight

## The Second Annual Minnesota Scapula Course (sponsored by NASCon)

Continuing in our mission to educate and advance the care of patients with scapula fractures, the second annual Minnesota Scapula Course was held September 14, 2019 in Bloomington, MN. Lectures and hands on lab training sessions were taught by NASCon faculty members with passion and expertise in scapula treatment.

This year, the number of attendees doubled from last years' inaugural course and we had the opportunity to host surgeons from 6 different countries and 15 different states!

We look forward to continuing to grow this educational opportunity to expand the knowledge and treatment of scapula fractures world-wide!!



## How is my donation to scapula research used?

### Education:

- Support expenses of the Minnesota Scapula Course
- Development of Educational surgical videos for training
- Fees associated with educational materials such as newsletters and brochures
- Maintenance of website and social media to promote scapula fracture education
- Continued resourcing and future lab: 3D printing of fractured scapulas from CT for education and operative planning

### Research:

- Fees associated with submitting research articles to medical journals
- Fees associated with the cost of conducting research projects
- Research staff salary is supported through research grants and in-kind donations.



All donations are managed by the Regions Hospital Foundation. Every dollar is used to support the staff, research and education of scapula fracture treatment. **All donations are tax deductible.** Giving is easy! Please see the enclosed envelope or information on the back cover of this newsletter. **Thank you for your partnership in advancing medical care!**

# Regions Scapula Physicians

We are very fortunate to have **FOUR** physicians that treat scapula fracture patients at Regions Hospital. Each physician is eager to grow our scapula database and improve the outcomes of fractured scapulas!



Peter Cole, MD



Patrick Horrigan, MD



Chad Myeroff, MD



David Solfelt, MD



The North American Scapula Consortium (NASCon) is a network of passionate surgeons working together to further the mission of the Scapula Institute through research, education, and advances in patient care.



**St. Paul, MN**  
 Peter Cole, MD  
 Brian Cunningham, MD  
 David Solfelt, MD  
 Chad Myeroff, MD  
 Patrick Horrigan, MD



**Buffalo, NY**  
 Evgeny Dyskin, MD



**Baltimore, MD**  
 Babar Shafiq, MD



**Kansas City, MO**  
 Jonathon Dubin, MD



**Eau Claire, WI**  
 Timothy O'Connor, MD



**St. Cloud, MN**  
 Tim Hiesterman, DO



**Portland, OR**  
 Darin Friess, MD  
 Adam Mirarchi, MD



**Detroit, MI**  
 Trent Guthrie, MD



**University of Pittsburgh**

**Pittsburgh, PA**  
 Ivan Tarkin, MD



To learn more about research, The Scapula Institute,  
and NASCon visit [www.ScapulaInstitute.org](http://www.ScapulaInstitute.org)

**Follow us on Social Media:**  
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Twitter.com/PeterAColeMD

**To schedule a research appointment or ask questions:**  
Joscelyn Tatro, MS – Research Associate  
Joscelyn.M.Tatro@HealthPartners.com  
Phone: 651-254-2992

## Please Give

*This vital work cannot be accomplished without  
dedicated professionals and loyal donors.*

Given your recovery from this special injury, few people understand the impact of our work quite as personally as you do. *Thank you for considering this opportunity to be part of great progress toward improving patient care.*

**Donate by check:** Send checks payable to Regions Hospital Foundation and include “Scapula Institute” on the memo line.

**Donate online:** [www.regionshospital.com/donate](http://www.regionshospital.com/donate)

If you have any questions or would like to make a tax deductible donation by phone, please contact Regions Hospital Foundation:  
[RegionsHospitalFoundation@HealthPartners.com](mailto:RegionsHospitalFoundation@HealthPartners.com)  
651-254-3685



Cover Artwork: John Wechter, MD is an orthopaedic surgeon currently practicing in Willmar, Minnesota. He completed a subspecialty fellowship training in hand and upper extremity surgery at Regions Hospital after his residency at the University of Minnesota. He stays active with his wife (Katie), three kids (Daniel, Evie, and Naomi), coaches wrestling, and is very active in medical missions with Scalpel At The Cross. As a student, his anatomic sketches and paintings were a way to better learn and understand the anatomy. To this day, it continues to be an outlet of relaxation. Dr. Wechter created this artwork on canvas using the Grisaille technique. Thank you, Dr. Wechter for this beautiful contribution!

