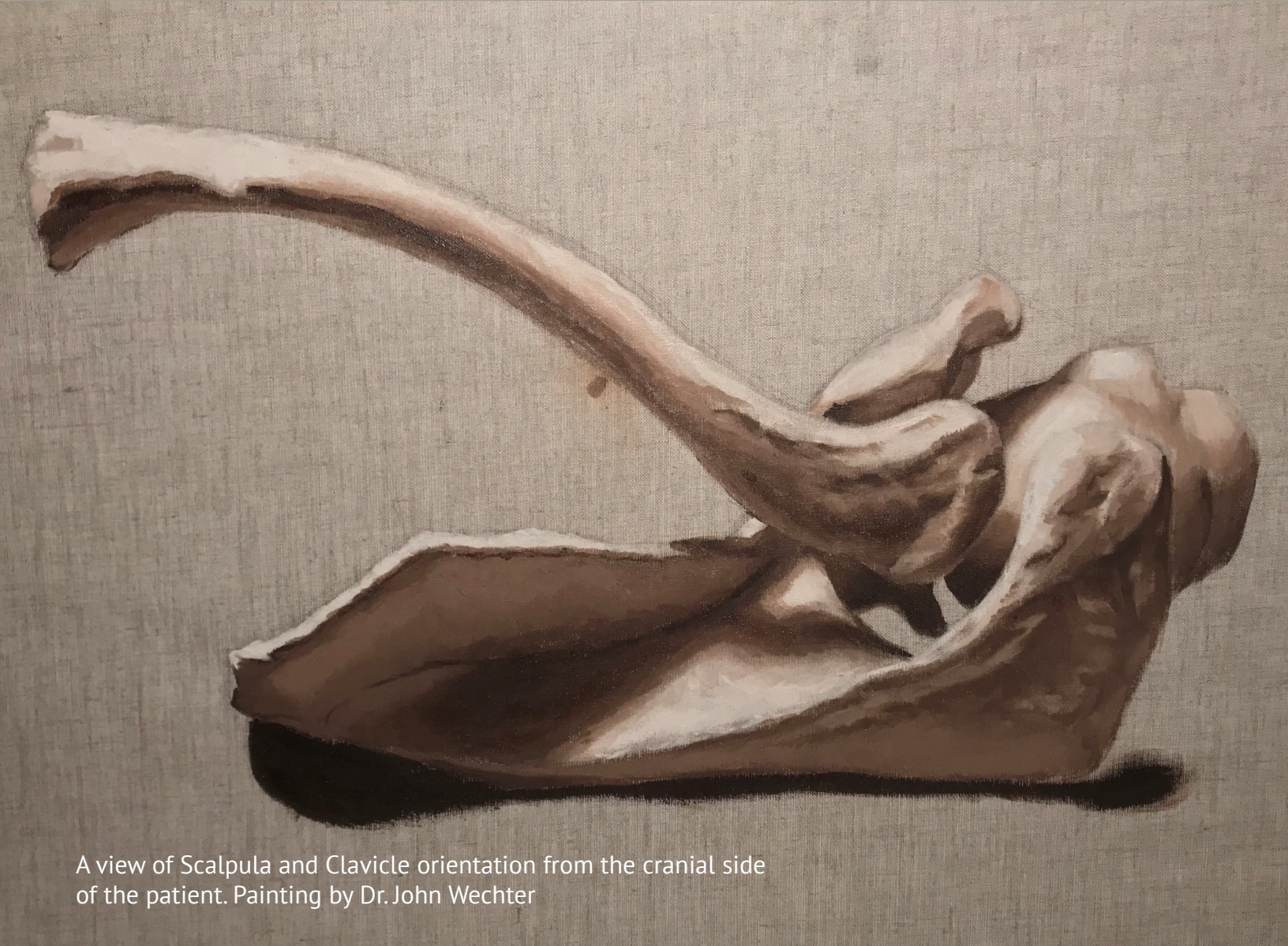


# NASCon News

Official Newsletter of the Scapula Institute



A view of Scapula and Clavicle orientation from the cranial side of the patient. Painting by Dr. John Wechter

A Scapula Fracture Patient Newsletter  
Volume 5: Spring 2020

**NASCon**  
North American Scapula Consortium



# Letter from Dr. Cole

Dear NASCON Friends,

It goes without saying that our lives have been spun around by a virus, and we're all still spinning! First and foremost, I do pray that each and every one of you are safe and thriving in the midst of this pandemic; and if you're not, please do tell us—I do care and specifically want to know! Do your best to take care of yourself and loved ones, as well as your neighbors. We can only overcome this thing together, and by placing others before ourselves.

I can say without hesitation that life has been exhilarating in my position, absorbing new information by the hour, solving challenges of patient access to health and surgery, finding sources of personal protective equipment, keeping my team safe, innovating for a future on the other side—it never stops—around the clock management in healthcare right now.

I love so many things about this issue of NASCON News. One of my memorable patients finds me again after five years just to say hello and thank you. No, “Thank YOU” John Hamilton for making so vivid my reasons for becoming a doctor. We are celebrating amazing new teammates who I expect to change the world, let alone the face of our Research and Education team—meet Andrew and Claire who are fast at work on the next discovery, and helping protect our surgery team in the process.

And despite several manuscripts describing our discoveries, going to publication, we will highlight one in particular, the treatment of scapula “process non-unions,” which refers to structures on the scapula that don't heal and become very painful. We demonstrate terrific results of our novel complex surgery. In conclusion, I have so much to be thankful for, the work goes on because of you and for others who follow. It is indeed wonderful that even in the Covid Crisis, I can do what I love the most, taking care of patients with surgical solutions to complex problems.

At a time like this we can retreat from or charge into battle. We are charging! Now more than ever, we need for you to consider supporting The Scapula Institute to help us build a bridge to the other side of The Crisis. However insignificant you think your contribution may be—don't let that dissuade!

Thank you and God Bless,



**Peter A. Cole, M.D.**  
NASCON Founder  
Medical Director of the Scapula Institute

# 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



**Andrew Sibley, BA, BS**  
Clinical Research  
Coordinator



**Tricia Corbo, BA**  
Trauma Program  
Administrator



**Temi Ogunleye**  
Trauma Research  
Fellow



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



**Matt Huderle, ATC**  
Certified Athletic  
Trainer



**Claire Thomas, BS**  
Research Fellow

## Staff Spotlight



### **Andrew Sibley, BS, BA**

Andrew is our newest Research Coordinator on the Scapula Institute team. A recent graduate from the University of Minnesota with degrees in Biology and Chinese language & literature. Andrew is excited for the opportunity to leverage research to improve patients' surgical outcomes and overall health. You can find him at our clinic assisting in measuring our patients' recovery progress.

Originally from California, Andrew picked up cross-country skiing after relocating to Minnesota and loves to stay active through the long MN winter. As you see Andrew, please take a minute to say hi and welcome him to the team!



### **Claire Thomas, BS**

After studying abroad in Peru during the fall, Claire graduated with a degree in Biology from the University of Minnesota. She is a Rochester, MN native, where she spent her summers doing 3D printing research at the Mayo Clinic. Claire is currently using her gap year before medical school to advance research projects and introduce 3D printing capabilities in the Orthopaedic Surgery Department here at Regions Hospital.

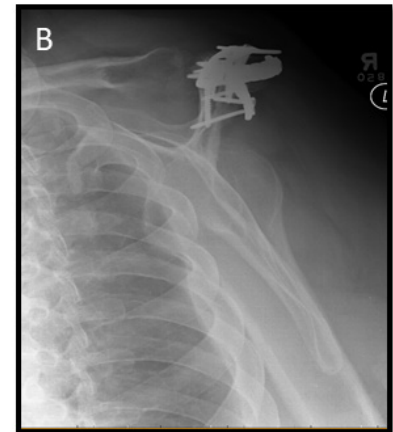
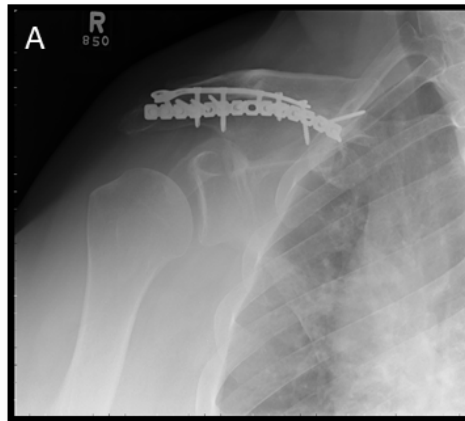
Outside of work, Claire spends her time traveling with friends and family, hiking, reading, and binge-watching Netflix. She is currently watching Grey's Anatomy for the 4th time. As you see Claire, please take a minute to say hi and welcome her to the team!

# Research Spotlight

## Malunion/Nonunion of Process Fractures

The scapula is home to two bony projections called processes. These processes, called the acromion and coracoid. They are important to anchoring muscles and ligaments that allow us to move our arms. In the event that these processes are broken, they are often treated without surgery, and may heal in a bad position or not heal at all. If this happens, surgical correction of the poorly healed fractures is often necessary. Because breaks this severe are rare, not much is known about how patients fare following a scapula process surgery.

In this study, we wanted to learn more about how patients improve following surgery by measuring their healing process over time. We found that patients who do undergo surgery for these conditions demonstrated statistically and clinically significant improvements in motion, strength and function.



*Questionnaires that gauge function of the shoulder **improved an average of 33 points** following surgery and recovery.*

## 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.

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 - John Hamilton

John's story begins on the dirt bike track, racing his son. Always competitive, John took a shot at passing his son but ended up sliding into the dirt, taking a hard fall onto his right shoulder. After being initially seen at a local hospital, John was transferred to the Regions emergency department. At the ED, X-rays confirmed he had fractured his right glenoid – the portion of the scapula that forms the shoulder joint.



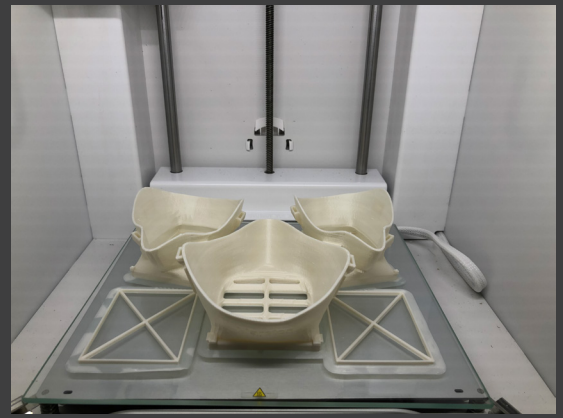
John was referred to Dr. Cole for a surgical consultation. As an active and outdoorsy person, John's goal was to get his shoulder as close to 100% as possible, and was glad that Dr. Cole understood and shared that vision for his recovery. Following successful surgical fixation of his scapula, John was put on an intense physical therapy program to get his shoulder back to normal. Through his hard work with PT, John was able to eventually join a CrossFit gym where he could continue to build up strength in his injured shoulder.

5 years following his surgery, John generously took the time to visit Dr. Cole and the Scapula Institute team at our clinic to share the results of his recovery. He was happy to report his shoulder has healed and he is back to his active lifestyle. John currently enjoys dirt biking, mountain biking, fishing, and trap shooting. You know you're closing in on 100% recovered when you're beating your daughter's 20-something guy friend's at arm wrestling."

# COVID-19: Pivoting and Adapting with 3D Printing



We live in strange times. The current coronavirus crisis has challenged us all to adapt to promote the safety of ourselves and others. Our scapula research team is no exception! To meet the increased need for personal protective equipment in our hospital community, the Scapula Institute has pivoted our new 3D printing lab initiative to produce facemasks for healthcare workers. Claire Thomas has spearheaded this new project and has been working diligently with researchers and the University of Minnesota to build and distribute masks that will help protect our providers and patients.



## How is my donation to scapula research used?

### Education:

- Support expenses of the Minnesota Scapula Course
- Development of Educational surgical videos for training
- Covering the cost of educational materials such as newsletters and brochures
- Maintenance of website and social media to promote scapula fracture education
- Providing resources for: 3D printing of fractured scapulas from CT for education and operative planning

### Research:

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



Our donations are managed by the Regions Hospital Foundation and the University of Minnesota 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!**

# HealthPartners Scapula Physicians

We are very fortunate to have **SIX** physicians that treat scapula fracture patients in our care system. Each physician is eager to grow our database and improve the outcomes of fractured scapulas!



Dr. Cole, MD



Dr. Horrigan, MD



Dr. Myeroff, MD



Dr. Solfelt, MD



Dr. Nguyen, MD



Dr. Wojahn, 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



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



**Baltimore, MD**  
 Babar Shafiq, MD



**Buffalo, NY**  
 Evgeny Dyskin, MD



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



**Miami, FL**  
 Austin Heare, 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:**  
Facebook.com/PeterAColeMD  
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:

**Online:** <https://scapulainstitute.org/donate/>  
**Check:** Mail check to: C/O Dr. Peter Cole  
Regions Hospital - Mail stop 11503L  
640 Jackson Street  
St. Paul, MN 55101-2595

**Please make check out to:** “Regions Hospital Foundation – Scapula Institute”



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!

