

# NASCon News

Official Newsletter of the Scapula Institute



*Painting by John Wechter, MD*

A Scapula Fracture Patient Newsletter  
Volume 2: 2018

**NASCon**  
North American Scapula Consortium



# Letter from Dr. Cole

Dear Patients and Friends of the Scapula Institute,

I am pleased to welcome you to the 2nd NASCON News. Many wonderful things have transpired since our last edition, and some of it because of your great commitment. As you will see from this publication, our team is expanding, and I am pleased to introduce to you some new names and faces--a cause for celebration! Our Scapula Institute TEAM is made up of clinicians, researchers, and volunteers, all with a passion to advance the work of discovery and education for scapula fractures and complex shoulder girdle injuries. I am thankful to many of you who have helped toward this end! I would like to call out a special thanks to Joscelyn Tatro, our NASCON News Editor, who many of you have no doubt met in the office a time or two. She has done a great job of capturing the essence of a passionate team in this edition.

You will appreciate the Scapula in the painting on the cover, by Dr. John Wechter, a former resident orthopaedic surgeon from the University of Minnesota. John is a great friend of The Institute, who has contributed his time and energy to begin a gallery of artwork celebrating our newest orthopaedic frontier. You will be certain to hear more from Dr. Wechter about his new theme in the months to come. He is a master artist through many media and successfully completed the oil-on-canvas earlier this past summer.

Inside this feature, you will find a summary of perhaps the most important manuscript ever published in the 20 years of treating this condition. In our leading Journal of Bone and Joint Surgery, we managed to publish a 5-10 year functional outcome study, which is almost unheard of in the field of trauma surgery, a direct manifestation of our team's careful documentation of all our patients' office visits and exams, and directly related to your close followup! In this study, we analyzed intra (inside the shoulder joint) and extra (outside the shoulder joint) articular fracture outcomes and determined steady improvement even beyond 5 years with a very low conversion rate to total shoulder replacement.

I wish you a holiday season of gratitude for all the gifts of this life, especially the gift of recovery. In many ways this is a lifelong process for us all at some level, and one which shapes us into beings who can make our world a better place to live. Please consider us in your end of year gifts, and do give with glee!

A Warm Thanksgiving,

**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



**Anthony Dugarte, MD**  
Post-Doctoral Research Fellow



**Tricia Corbo, BA**  
Trauma Program Administrator



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



**Clint McCullough, ATC**  
Certified Athletic Trainer

## Staff Spotlight



### **Tina Mannion, PA-C**

For the past 7 years, Tina has been an important part of caring for Dr. Cole's patients. She attended Winona State University receiving her degree in Exercise Science/Athletic Training and then completed her Masters degree in Physician Assistant Studies at Augsburg College. Since that time, she has been involved in all aspects of patient care from pre-operative planning, assisting Dr. Cole in the operating room, and providing post-operative care. In addition to her extensive experience and knowledge, she is personable and caring, which is why our patients look forward to seeing her when they visit.

On June 25, 2018, Tina started a 3 month leave of absence and gave birth to a beautiful baby girl, Evelyn Grace Mannion (7lb 4oz, 19 inches). Mom, Dad, and baby are happy and doing very well. In October, Tina returned to her position at a part-time status. She is happy to return to patient care but also very excited to have the time and ability to fully enjoy the new role of motherhood!



### **Clint McCullough, ATC**

Clint is the newest addition to our scapula care team. Originally from Southeastern Wisconsin, Clint relocated to the Twin Cities area after completing his undergraduate degree in Athletic Training from Winona State University. Athletic Training is what helped shape his passion for orthopedics, the injury response process, and for helping patients return to their normal function.

Clint also has experience working with The Courage Kenny Rehabilitation Institute in partnership with the NeuroRecovery Network, where he helped lead and implement high intensity neuromuscular rehabilitation protocols for patients with spinal cord and brain injuries. He has used this experience to support the orthopaedic practice at Health-Partners for the last five years. However, the last two years have been spent closely working with Dr. Cole in clinic and more recently, the operating room.

Outside of work, you will find Clint enjoying live music, on the lake, fishing, or golfing. He also enjoys traveling with his wife, Gabrielle. Please take a minute to say "Hello" to Clint the next time you are in the clinic!

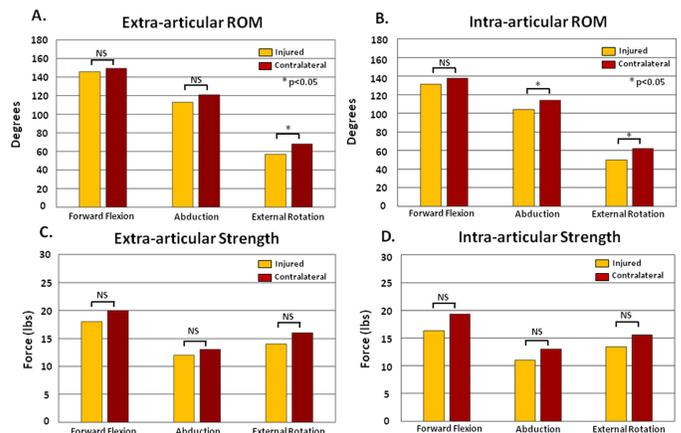
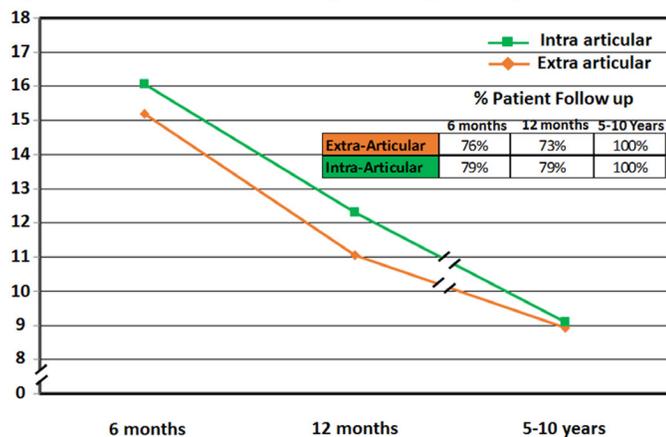
## Five to Ten-Year Outcomes of Operatively Treated Scapular Fractures

Joscelyn M. Tatro, MS, Jeffrey A. Gilbertson, MD, Lisa K. Schroder, MBA, and Peter A. Cole, MD

Investigation performed at the Department of Orthopaedic Surgery, University of Minnesota, Regions Hospital, St. Paul, Minnesota

**J Bone Joint Surg Am.** 2018;100:871-8 • <http://dx.doi.org/10.2106/JBJS.17.00673>

Five to ten year outcomes after surgical treatment of scapular fractures yields excellent functional outcomes albeit with a small decrease in external rotation strength and motion relative to the non-injured shoulder. Interestingly, intra (involving the shoulder joint) and extra-articular (outside of the shoulder joint) fractures demonstrate comparable outcomes.



This article was named, “**Most Read Article of the Month**” in The Journal of Bone and Joint Surgery!

Thank you to all of our faithful patients for their participation in this important study!! Without your participation, we could not advance the treatment and care of scapula fractures. If you have participated in this study and would like to receive a full copy of the publication, please contact Joscelyn (Joscelyn.M.Tatro@HealthPartners.com or 651-254-2992).

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

# Education Spotlight

## The Minnesota Scapula Course (sponsored by NASCon)

With the partnership of the University of Minnesota, the first annual “Minnesota Scapula Course (sponsored by NASCon)” was held at TRIA Orthopaedics in Bloomington, MN on September 15, 2018. Orthopaedic surgeons from the United States, Canada, and New Zealand, were trained in the evaluation and operative management of scapula fractures.

NASCon faculty members worked hands on in the surgical skills lab and lecture hall to provide expertise and insight to attendees.

The response was OUTSTANDING!!

- 100% of attendees rated the course as “Excellent” or “Very Good”
- 100% of attendees would recommend the course to a colleague.
- Quote from our attendee:

*“This course provides the appropriate education, including the conservative and surgical indications, and teaches / demonstrates a variety of surgical techniques to tackle this potentially difficult fracture. The expertise and experience shared in this course was exceptional. This course is valuable to all Ortho surgeons working in a trauma setting to expand their surgical knowledge.”*

Funding: Thank you to our faithful supporters. Patient contributions and generous industry grants make education possible!

SAVE! REGISTER BY JUNE 30!

Presented by the North American Scapula Consortium

UNIVERSITY OF MINNESOTA

### The Minnesota Scapula Course

SEPTEMBER 15, 2018

Course Chairman:  
Peter A. Cole, MD, FACS  
Division Medical Director, HealthPartners Medical Group;  
Chair, Orthopaedic Department, Regions Hospital;  
Professor, University of Minnesota

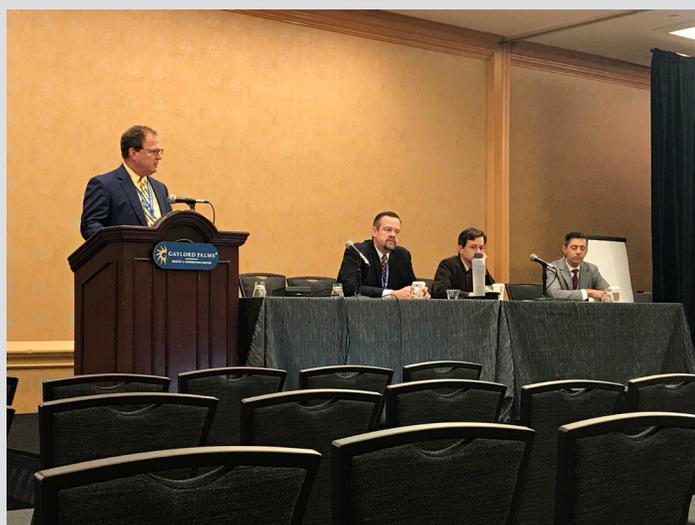
**EDUCATIONAL OBJECTIVES**

Following completion of this activity, learners should be better able to:

- Describe the historical and contemporary interpretation of scapula fractures.
- Explain the proper examination and diagnostic strategies for surgical candidates.
- Discuss the operative indications in the context of a patient's desired function.
- Execute common approaches to treat scapula fractures.
- Perform the most helpful reduction techniques for the most common fracture patterns.
- Practice typical fixation schemes for scapula fractures.

NASCon

More Information and Registration at [z.umn.edu/Scapula](http://z.umn.edu/Scapula)



## Scapula Symposium (Annual 2018 Orthopaedic Trauma Association Meeting in Orlando, Florida)

Dr. Cole and members of the North American Scapula Consortium (NASCon) presented a 60 minute symposium this past October at the Annual Orthopaedic Trauma Association Meeting in Orlando, Florida. This session entitled, “Surgical Approaches and Techniques for Reduction and Fixation of Scapula Fractures” provided Orthopaedic professionals with the tools needed to evaluate and treat complex scapula fractures.



# Asking About The Book?



As many of you know, I took a sabbatical from my clinical practice from July – October. The primary goal was to work on the textbook called Scapula Fractures. This will be a career project spanning 20 years by the time it is complete. A year ago, this felt like a very high mountain with its peaks in the clouds. After my sabbatical, I can see the mountaintop, albeit I am still climbing the slopes.

My team and I were able to classify and categorize nearly 500 Fractures that I have treated with surgery. This was a monumental task encompassing my practice at two institutions, the Universities of Mississippi (9/1998-1/2002) and Minnesota (2/2002-present). Additionally, I have written a detailed outline, and my Co-Editor, Lisa Schroder, has populated this with the many publications from a bibliography of 400 publications. I have written sections, and we have begun the artwork as a distinguishing highlight for the project.

Thank you for your thoughts and prayers for this major project. It is a labor of great professional passion.

A handwritten signature in blue ink, appearing to read 'Peter A. Cole'.

Peter A. Cole, M.D.

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

In January of 2014, Caren Robinson, a Michigan mother of 6 was severely injured in a motor vehicle accident. Included in her list of many traumatic injuries, was a complex scapula fracture. At the time of injury, her doctor determined non-operative care would be the best course of action. In September of 2015, after almost two years of severe disabling shoulder pain and loss of function, Caren contacted Dr. Cole.

After studying Caren's case and listening to her goals for her recovery, Dr. Cole determined that a two-step operative procedure would be Caren's greatest chance of improved function and reduced pain. This journey to restore Caren's shoulder began in January of 2016. Although her case was complex and not void of set-backs, her persistence and dedication to her own recovery resulted in what she describes as a "98% reduction of pain and 90-95% increase in function".

Caren now spends her time enjoying her family and working to promote recovery for other trauma patients. She has built a website ([www.hopetbi.com](http://www.hopetbi.com)) which provides resources and encouragement for others on the long road to recovery. Caren also works to promote Dr. Cole's scapula care and research in any way she can.

*"Pain and trauma changes people. It either makes them bitter or better. It is important that despite those changes - you don't lose your Joy, HOPE, and Faith. It is imperative to embrace that pain, those limitations, those new normals, and turn them into your motivation to overcome, gain knowledge, and survive."*

– Caren Robinson 2018

# NASCon Member Annual Meeting

Each year at the annual Orthopaedic Trauma Association meeting, we gather with our NASCon members to discuss the accomplishments of the past year and goals for the coming year.

## Highlights from the 2018 Annual NASCon meeting:

- Accomplished: 8 sites are now enrolling patients (listed below)
- Goal: add 4 new sites by 2020
- Accomplished: 98 total patients enrolled across all sites
- Goal: continue our legacy of scapula education events
  - The Minnesota Scapula Course (September 14, 2019)
  - Symposium submissions to national meetings
  - Patient education



## NASCon Members

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



**Buffalo, NY**  
Evgeny Dyskin, MD



**Baltimore, MD**  
Babar Shafiq, MD



**Kansas City, MO**  
Jonathon Dubin, 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.*

If you have any questions or would like to make a tax-deductible donation, please contact:

Charles Semrow  
Charles.S.Semrow@HealthPartners.com  
Phone: 651-254-9228

**Donate online:** [www.ScapulaInstitute.org](http://www.ScapulaInstitute.org)

