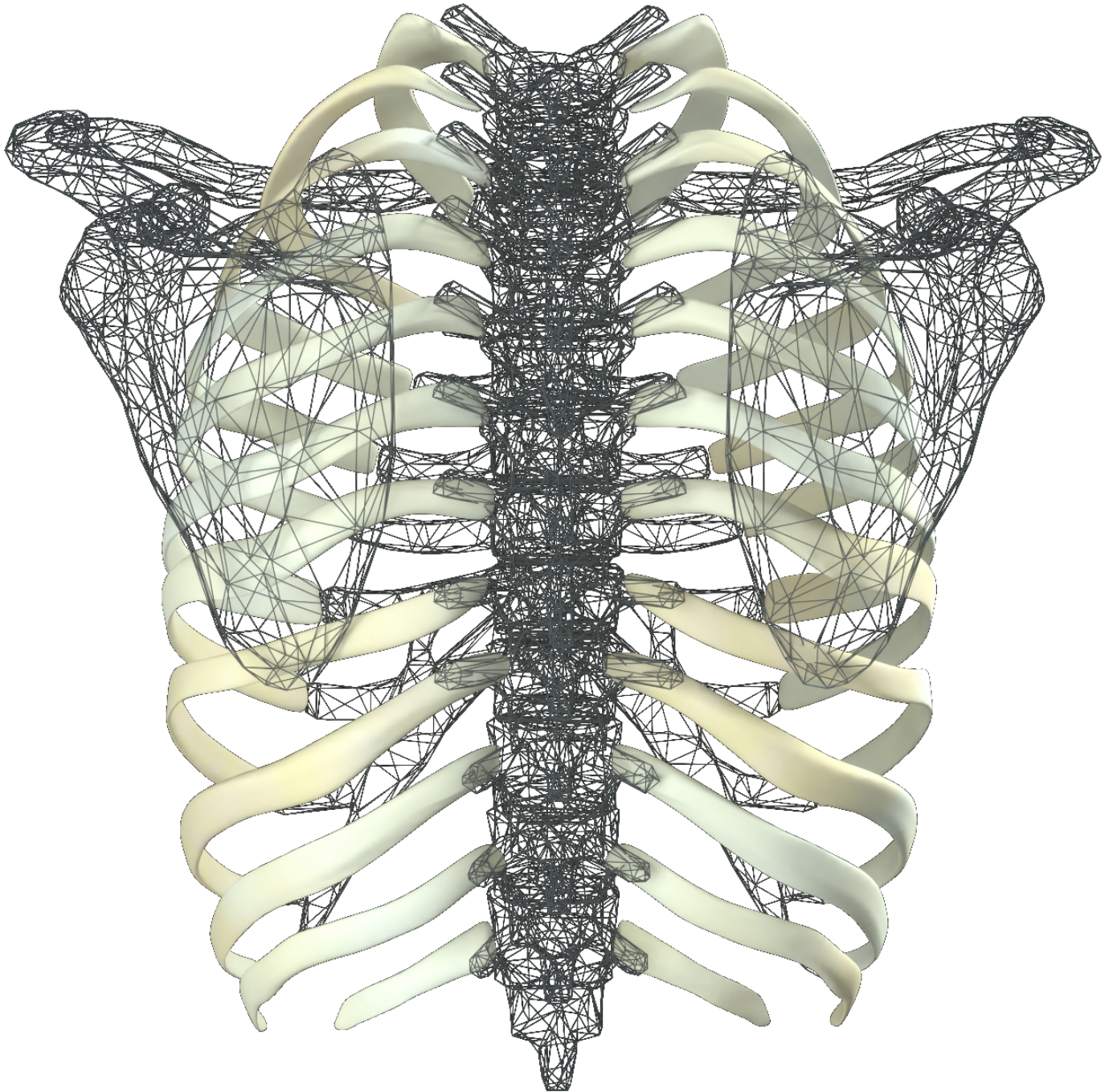


NASCon News

Official Newsletter of the Scapula Institute



A Scapula Fracture Patient Newsletter
Volume 6: Fall 2020

NASCon
North American Scapula Consortium



Letter from Dr. Cole

Dear NASCON Friends,

I do not know if it was my mom or kindergarten teacher who first taught me The Golden Rule, but I am positive it was the most revered and basic life axiom impressed upon me in childhood and through my formative years. What has happened dear people of America? I am concerned we have lost our national compass and must scramble hard to find it immediately. Join your tender hands with mine and promise me to make these words come alive. Our beloved nation needs each of us and I am sure we can make a difference. Start with your neighbor.

As a young adult I came to realize that the golden rule came from the bible which has been my guidepost for living since about the age of twenty-three. This age old refrain came from Jesus himself about two thousand years ago; in response to a question he was asked by the most educated Pharisees, "Teacher, what is the greatest commandment in the Law?" to which He responded, "Love the Lord your God with all of your heart, all of your soul and all of your mind, and likewise your neighbor as your own self." (Matthew 22: 36-40) I was astonished to discover that The Golden Rule had its origin in the Holy Scriptures inspired by almighty God himself, "Do to others as you would have them do to you." (Matthew 7:20) In fact Jesus goes absurdly further to exhort the curious throngs of seekers who were listening, "...and love your enemies the same." (Matthew 5: 41-48, Luke 6: 37-42) We must all reach high and grip hard to this ideal so we can change our country from the inside out.

The Golden Rule is relevant to my becoming a doctor and trauma surgeon, which means it is relevant to how I came to know you dear patients and friends of NASCON. I was drawn to this specialty because it would bring me into contact with the entire tapestry of humanity and often at its lowest point and time of greatest need. That is the type of love I would want shown me should I become unfortunate to break my bones and bust my body. I take this privilege very seriously and I worked hard for it.

As I write this letter our USA is convulsing through an election process which will be challenging for every citizen. I cannot possibly leave you this end of historic year with a more important message. If we are to save our proud existence as Americans we must love our enemies as our own selves and watch God respond with miracles. I believe He will. I believe!

With Gratitude,

A handwritten signature in blue ink that reads "Peter A. Cole".

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.



Lisa Schroder, BSME, MBA
Academic Program
Director



Andrew Sibley, BA, BS
Clinical Research
Coordinator



Tricia Corbo, BA
Trauma Program
Administrator



Maggie Lauseng, PA-C
Certified Physician
Assistant



Matt Huderle, ATC
Certified Athletic
Trainer



Claire Thomas, BS
Research Fellow

Staff Spotlight



Matthew Huderle, ATC

Matthew joined the scapula research care team in October 2019. Originally hailing from northwestern Minnesota, he grew up throughout the Midwest due to his father being active-duty military. He attended Penn State University, where he graduated with a BS in Athletic Training. Following his undergraduate degree, he pursued a Master's in Education from the University of Kansas.

Matthew has experience in all traditional roles of the athletic training profession from acute injury management with surgical intervention to rehabilitation and beyond. He is excited to be part of a research program that is not only helping its patients, but also in providing evidence and outcomes that benefit all patients who suffer similar injuries.

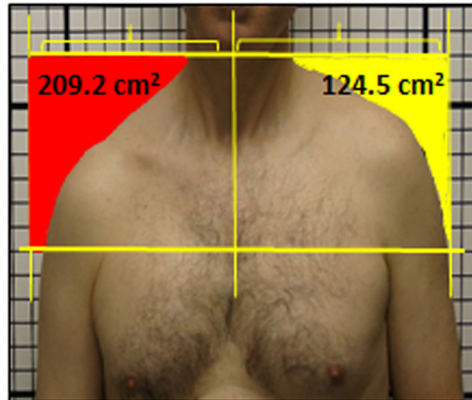
Outside of work, he was recently married and is enjoying spending time showing his new wife Katelyn the thrills of all four Minnesota seasons. When the weather permits, he enjoys outdoor activities like golfing and hiking...and when it doesn't, he enjoys cheering on Nittany Lion football and Jayhawk basketball!

Research Spotlight

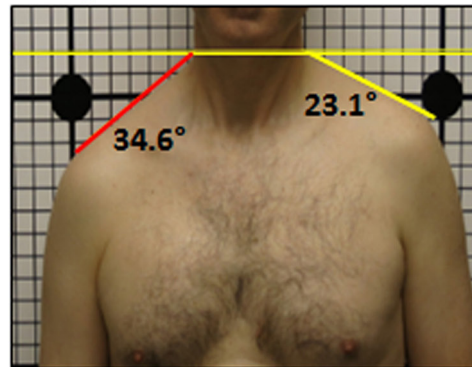
Correlation Of Clinical Shoulder Deformity And Patient Perception Following Scapula Fracture

There are many ways to measure the severity of scapula fractures: through X-rays, examination by a doctor in a clinic, or by the patient's own account of how their shoulder feels. For many patients, a scapula fracture will often result in a deformity called "slumped shoulder" where the injured shoulder falls lower than the other, creating a degree of visible asymmetry in the upper body. While there is recognition of this phenomenon, it is unknown how a patient's own account of their shoulder asymmetry relates to other quantitative measures of scapula fracture severity. This study aimed to better understand the relationship between a patient's understanding of their shoulder deformity, and the displacement on X-rays taken to measure this condition. The study found that there are certain X-ray and CT Scan measurements which correlate with a patient's own perception of their deformity which gives surgeon's another tool to help discuss prognosis after surgical correction.

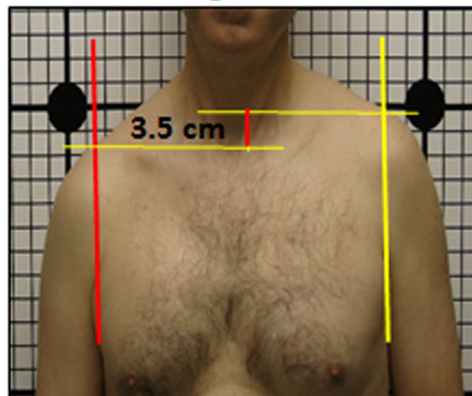
A. Area



B. Angle



C. Shoulder Height



A. GPA



B. Medial/Lateral Displacement



C. Angulation



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

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 - Scott Evenson

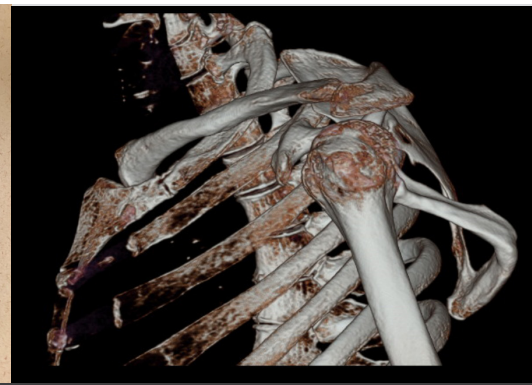
100 more yards. That was how far Scott had to go to finish the last lap of his dirt bike ride one unusually warm afternoon the winter of 2017. But before he could reach the end of the course, he took a hard left turn up a banked corner. Before he knew it, his bike had slid out from under him and he fell 8 feet over the other side of the bank and onto his shoulder. In the ER, physicians found Scott had broken 6 ribs, as well as his left clavicle and scapula.



The next two years of recovery would be a journey for Scott. Surgeries on the broken bones in his chest and shoulder improved his pain and function incrementally, but he couldn't shake the feeling that something still wasn't quite right. His shoulder was slightly slumped – positioned downward and pulling his arm tight against his side. A software developer, Scott would finish a day of work and notice a throbbing pain in his wrist from trying to position his arm comfortably enough to type. Dress shirts and winter coats didn't fit correctly. He could hardly turn his head to look to his right. His shoulder pulled his arm so tightly inward that his entire arm would move when he would take a deep breath.

Scott persisted in getting help for his shoulder. A CT scan coupled with a 3D-printed reconstruction of his scapula and clavicle (produced by Scott himself) revealed Scott's clavicle had healed in poor alignment, shortening the length of the bone.

Scott was referred to Dr. Cole, who recommended surgical reconstruction to repair his shortened clavicle. Now, about 2 months post-surgery, Scott feels his life has been transformed. He is gradually returning to his active lifestyle, building up strength in the gym and increasing his shoulder flexibility. Scott is able to appreciate the little things that his shoulder used to prevent him from doing. He recently was able to put on a snowmobiling jacket that was previously unbearable to wear with the tightness under his shoulder. Though the road to recovery is often a long one, stories like Scott's demonstrate the importance of persistence and fortitude in the journey to healing.



3D Printing Lab News:

3D printing has created great opportunities for surgical planning and education. Using a patient's CT scan, a 3D printer can recreate the broken bone layer by layer in plastic. Bringing the broken bone to life allows for much better visualization of a patient's injury and grants surgeons a new perspective that goes beyond what can be observed through X-ray images alone. The Scapula Institute was recently able to use 3D printing to help plan a surgery to fix a complicated scapula fracture that had healed incorrectly. We're very excited to be able to leverage this new technology to improve the care of our 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
 David Solfelt, MD
 Chad Myeroff, MD
 Patrick Horrigan, MD
 Dr. Mai Nguyen, MD
 Dr. Robert Wojahn, 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

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

To schedule a research appointment or ask questions:
Andrew Sibley, BS - Research Coordinator
Andrew.C.Sibley@HealthPartners.com
Phone: 651-254-2992

Please Give

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

With your support and donations we are able to advance the treatment and care of patients with scapula fractures. Dr. Cole and his team are working to improve every step in the care of scapula fractures through out the world with each investigation, lecture and writing on the topic.

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 image: Scapulae, clavicles and spine laid over the rib cage.
Rendering by One Light Pictures and Words, L.L.C.*

