



# LLRS

Limb Lengthening and Reconstruction Society

ASAMI NORTH AMERICA

# LLRS FALL NEWSLETTER

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## Presidential Update

LLRS Members and Friends,

I hope everyone is gearing up for the holiday season. Its hard to believe 2024 is already winding down. We have several updates to share with you since the annual meeting in July:

- 1) The presidential line met in Columbus, OH for the inaugural LLRS Presidential Line summit designed to promote fellowship and bonding among the PL as well as to have dedicated time to discuss LLRS issues. The meeting was very productive and plans were already made for continuing the tradition in Montreal in 2025.
- 2) LLRS has signed the charter to become an official supporter of the International Orthopedic Diversity Alliance (IODA). As we strive to continue to promote diversity in our organization, this will be an important collaboration.
- 3) At the iLLRS meeting in China, Rob Rozbruch, MD was awarded the lifetime achievement award and Dror Paley, MD was inducted into the Hall of Fame. Congratulations to both of their well-deserved achievements.
- 4) We are planning to have a booth available for recording audio content at the 2025 annual meeting in Philadelphia. If you have ideas for podcasts, webinars, etc. please share them with Karen and the LLRS PL. To use our time efficiently, the ideas will need to be workshopped and planned in advance of arriving in July.
- 5) Jessica Rivera and Paul Matuszewski have put together an engaging Special



Day session for AAOS 2025 entitled: "Rehabilitation Strategies in Limb Lengthening and Reconstruction". Specialty Day will take place on Friday morning, March 14, 2025. Registration for the event opens on November 13, 2024.

6) We have a number of upcoming educational events (see [LLRS.org](http://LLRS.org) for more details) including the third annual Essentials of Lower Extremity Reconstruction on January 24-25, 2025 in Dallas, TX. Please encourage your residents and fellows to register – it's free!

**Wishing everyone a happy and healthy end of 2024.**



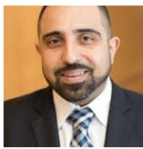
**PL participating in traditional fall Ohio outdoor activities (i.e. riding power equipment and chopping wood)**

## LLRS MEMBERS—NEWSWORTHY



Congratulations to former LLRS-NA presidents **Dr Dror Paley** and **Dr Robert Rozbruch** on their recognition at the International Limb Lengthening and Reconstruction Society 6th World Congress in Beijing, China. Dr Rozbruch was awarded the outstanding achievement award while Dr Paley was presented with the lifetime achievement award. The 7th congress meeting will be in Malaysia August 2026.

## BOS UPDATE—*Dr Mani Khan*



Mani Khan

Board of Specialty Societies  
(BOS) Representative

I have had the pleasure of serving the LLRS membership as the representative to the American Academy of Orthopaedic Surgery's Board of Specialties (BOS).

For those who do not know, this is how specialty societies interface with the academy board of directors. It has been extremely relevant to our society over the years at it was the vehicle through which we were able to advocate for the development of a deformity section at the annual meeting, something we were granted last year for the first time.

Every September leadership from specialty and state societies convene with the AAOS Board of Directors at the National Orthopaedic Leadership Conference (NOLC). At this meeting, pertinent issues are discussed, resolutions passed, by-laws updated, and symposia can be hosted to educate the group on issues pertinent to our ever evolving landscape.

This year the theme was shaping the future of our academy. The Board of Direc-

tors proposed changes to the leadership structure via a smaller board of directors and an entirely new set of by-laws. The goal was to make our society more efficient and functional. Discourse was thorough and at times heated. In the end, the specialty societies voted to endorse the changes, and the state societies voted not to. Next the AAOS will submit the changes to membership for a vote, so look forward to that. I urge the LLRS membership who are fellows of the AAOS to educate themselves on the changes and make their voices heard.

Education is also central to the conference. We learned about the trends at the annual meeting and were again given the opportunity to weigh in on what is important to our society. We learned how specialty and state societies can partner together to represent the entire orthopedic community and work together to improve things for not only LLRS members, but also our patients.

We also spent time on advocacy. The orthopedic PAC is the second largest lobbying group for a medical specialty and even if you do not contribute or follow the AAOS efforts in political advocacy, I assure you we all benefit from it. We went to Capitol Hill and met with our congressmen to discuss the challenging prior authorization process by insur-

## BOS UPDATE (cont'd)

*Dr Mani Khan*

ance companies, to restructure Medicare, and to liberate physicians to once again play a role in owning and running the institutions that healthcare is delivered in. Advocacy works: I personally met with congressmen and congresswomen who subsequently endorsed the legislation we brought to them to consider.

The BOS has proven to be a wonderful vehicle for learning about leadership. The prior presidents have personally helped me in my mission to speak for the limb deformity surgeons and in my own development. The former president Alexe Page has guided me in my involvement. She has also given us the opportunity to publish in AAOS now which several LLRS members took advantage of last January. Our very own past president, **Dr. Reid Nichols**, who represents POSNA at the BOS, was selected for the BOS secretary position which is a major accomplishment as this is the presidential line for BOS. There she will shape the future of the BOS and certainly be an instrument for the advancement of our specialty. Just as she did leading the



Dr Nichols at the US Capital

LLRS, I know she will bring greatness to the BOS and AAOS in this position where she will also serve on the AAOS executive board. Reid we all wish you the best and thank you for including us at the LLRS in your meteoric rise!

Of all the great things that happen at the NOLC, I am most fond of the opportunity for networking with leadership in the musculoskeletal field and speaking up for our society. I hope I have represented your voice to the degree

you have deserved. I ask anyone in our membership to bring issues pertinent to your practice, your patients and our collective future to me and our executive board by reaching out to [info@LLRS.org](mailto:info@LLRS.org) or at [mkahn@montefiore.org](mailto:mkahn@montefiore.org)

## UPCOMING EVENTS

### AO Trauma NA Special Ops Course - Lower Extremity Post-traumatic Reconstruction with Ring Fixation

**Nov 15-16, 2024**

Raynham, MA

[register](#) for meeting  
[learn more](#) information

### 3rd Annual Essentials of Lower Extremity Reconstruction Course (ELER)

**Jan 24-25, 2025**

Dallas, TX

[learn more](#) information

### HSS Limb Deformity Course

**Jan 31, 2025**

New York, NY

[learn more](#) information

### Controversies in Pediatric Limb Reconstruction (CPLR)

**Feb 7-8, 2025**

Dallas, TX

[learn more](#) information

## LLRS Member Spotlight - Dr. Roberto Hernandez Irizarry



**Q: Can you describe your current practice?**

A: I am an orthopedic traumatologist at Grady Memorial Hospital in downtown Atlanta, Georgia. My practice is a mix of acute trauma and post trauma reconstruction/deformity.

**Q: What is your #1 favorite condition to treat, and what is your #1 favorite surgical case?**

A: Favorite trauma case: A severe pilon fracture  
Favorite deformity case: a distal femur osteotomy

**Q: What is the best advice you were even given and what is the best advice you give mentees?**

A: You can learn something from anybody. Assume that the person in front of you has something to teach you, because they do.

**Q: How has the LLRS helped you throughout your career?**

A: The LLRS has both been essential for career advice as well as mentorship



## LLRS TRAVELING FELLOWS ADULT TRACK



**Caleb Gottlich, MD** is an orthopaedic surgery resident at Texas Tech university, interested in pursuing a trauma practice.

**Mohammed Saad Malik, MD** is an orthopaedic surgeon, who performed two fellowships – one in spine and the other in trauma. He is currently practicing in Illinois.



When asked their take aways from the traveling fellowship, Drs Gottlich (adult track) and Jandial (pediatric track) responded as follows:

### **Dr Caleb Gottlich - Adult Traveling Fellow**

**#1 thing learned from the LLRS traveling fellowship:** I think what I will take away from this month is not so much a technical pearl as practical advice. It was a thematic reoccurrence at virtually every stop that I made and that is to really invest in becoming a life-long learner. I found this to be particularly demonstrated and supported in the field of deformity because of the collegiality amongst the members of the LLRS. Dr. Quinnan at my first stop of the month attributed this idea of visiting other institutions in order to watch and learn as the foundation to his ability to employ such a wide skillset in his treatment of complex cases. Dr. Rozbruch reiterated this in talking about visiting Australia to learn more about Osseointegration. Dr. Hsu not only reiterated this idea but I actually saw him living it out as he visited Dr. Paley the same week we were there. Dr. Bernstein encouraged this as well and demonstrated the close working relationship among LLRS members by discussing cases with both Dr. Quinnan and Dr. Hsu while I was in Montreal. All in all, I feel that I learned so much in terms of management of deformity patients and technical concepts but this idea of all of these high-level surgeons being humble enough to ask for input and take time out of their personal and professional lives to learn new things had a big impact on what I envision my future to look like as a deformity surgeon.



**Favorite Memory:** It's hard to pick one particular memory as a favorite because I really did enjoy my time at each location. Everyone was very welcoming, but I was particularly grateful to Drs. Hsu and Bernstein for going out of their way to make us feel welcomed. They both invited us into their homes for dinner and introduced us to their families. I really enjoyed on of our days in Charlotte where we went white water rafting, on a zip-line, and then to hot yoga. It was in the middle of our third week and re-

## Traveling Fellowship Report (continued)

went white water rafting, on a zip-line, and then to hot yoga. It was in the middle of our third week and really great to get to spend time out of the hospital and have a really fun and unique experience.



Drs Gottlich and Malik visiting HSS and one of Dr Rozbruch's osseointegration patients

### Dr Gourav Jandial - Pediatric Traveling Fellow

**#1 thing learned from the LLRS traveling fellowship:** Among the many invaluable lessons learned across the five centers we toured, Dr. Iobst's teachings, during our visit at Nationwide Children's Hospital, have had a profound impact on me. During an intensive day of teaching sessions, Dr. Iobst emphasized the critical role that mentorship plays in shaping our careers. His words of wisdom highlighted not only the importance of having a mentor, or "Guru," with whom we can discuss complex professional cases but also how this relationship can significantly enhance our work-life balance. Dr. Iobst's insight remind me that mentorship is more than guidance—it's a partnership that can profoundly affect both our professional growth and personal well-being.



**Favorite Memory:** One of the most memorable experiences of our fellowship was the opportunity to meet Dr. Herzenberg at the International Center for Limb Lengthening in Baltimore. Despite being retired and with personal commitments, including the anticipation of becoming a grandfather, Dr. Herzenberg made a special effort to join us for a week during our visit. What left a lasting impression on me was Dr. Herzenberg's enthusiasm for teaching. His engaging tour of the clinic, where he meticulously explained the significance of various elements in the waiting room, reflected his deep passion for his work. His loving and giving nature made this experience unforgettable.

## Traveling Fellowship (continued)

### 2024 Adult Traveling Fellowship Sites

- Atrium Health (Charlotte)
- Hospital for Special Surgery (New York)
- McGill (Montreal)
- Paley Institute (West Palm Beach)

### 2024 Pediatric Traveling Fellowship Sites

- Nationwide Children's (Columbus)
- University of California San Francisco
- Sinai Hospital (Baltimore)
- Paley Institute (West Palm Beach)

[Learn more about the LLRS Traveling Fellowship](#)

## ADDITIONAL ANNOUNCEMENTS

- ◆ Complete your AAOS disclosure now. Disclosure is mandatory. You've received an e-mail message directly from AAOS pertaining to its NEW disclosure program, Convey by the Association of American Medical Colleges (AAMC). Contact [governance@aaos.org](mailto:governance@aaos.org) if you cannot find the e-mail message.

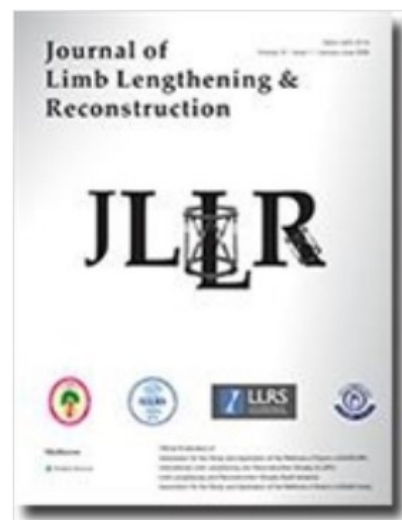
[Start Disclosure for American Academy of Orthopaedic Surgeons - AAOS](#)

- ◆ Congratulations to **Dr Michael Polmear** whom recently attended the **Clinician Scholar Career Development Program (CSCDP)** as the LLRS member. Dr Polmear is an active-duty Army orthopedic trauma surgeon practicing in El Paso, TX. Per Dr Polmear, "The faculty at the CSCDP provided a framework for complementing orthopedic surgery with a research program. The presentations and sessions illuminated the arcs and critical steps in the process with faculty members spanning 40 years of experience to provide timely advice."

## JLLR UPDATE

The LLRS successfully published its first journal as the new editors of the journal. Congratulations on this major milestone event

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## Physician Wellness — Christopher Jobst, MD

People pleasing is a common behavior among physicians. We all want our patients to like us and we want to get along with our colleagues and staff. However, like living life as a perfectionist, it is an impossible goal to achieve. No matter how hard you try, there will always be someone that is unhappy with you or that you are unable to please. Consequently, you may expend a lot of energy and effort towards an unachievable goal which becomes exhausting.

People pleasing, by definition, is different than altruism. People pleasing represents a transactional behavior where you expect to get something in return for your actions. Therefore, frustration, disappointment and unmet expectations are frequently tied to people pleasing when you don't get the response that you desire. By consistently succumbing to people pleasing urges, it becomes a job with no quitting time and no end date. Altruism, on the other hand, denotes an act of kindness performed without any desire for reciprocity. As such, studies have shown that random acts of kindness are one of the strongest nurturers of positive energy and can sustain a person's positive mood for an extended period of time. Even anonymous acts can provide huge boosts of endorphins that allow you to feel good about yourself throughout the day. Therefore, consider adding acts of kindness to your daily routine – you will be surprised at how quickly the benefits begin to accumulate.

People pleasing is often personified by a desire to say “yes” to everything. You don't want to disappoint the “asker” by turning them down or you may be scared that by turning them down, you won't get an opportunity like this again. The problem with saying “yes” to each and every task is that you will quickly find yourself overwhelmed and spreading yourself too thin. This not only creates additional stress, but your performance becomes compromised as you struggle to meet deadlines. What's worse is that as you try to find the time to keep up, you often sacrifice your own personal time which is critical for rest and recovery. Learning to say “yes” to “no” is an important skill that everyone needs to learn. It takes practice and will not be easy at first. Start by saying “no” to little things and gradually develop your courage and confidence to say “no” to bigger asks. Analyze your own priorities, your bandwidth and your aspirations to accept additional work without compromising your boundaries. Ask yourself if completing the task is going to bring you joy or positive feedback that will outweigh the cost of energy and time necessary to fully complete the task. Most of all, tame the urge to immediately say “yes” to someone in an effort to please them. If you have anxiety about turning someone down to their face, use a delay tactic such as “let me think about this and get back to you” or “let me have a moment to check my schedule first”. Similar statements give you an opportunity to truly evaluate whether you want to add this task to your list and it avoids the need to flatly say no outright. If nothing else, the delay strategy keeps you from automatically saying “yes” as a programmed response. Generally, you will find that saying “no” to someone isn't as scary a proposition as it seems. Most people will accept your answer and simply move on to the next person without thinking twice about it or holding a grudge.

(Remember, people think more about themselves than they are thinking about you).

So, try saying “no” and see how freeing it can feel. Resist the urge to constantly try to please everyone, all the time. It is an impossible task that will only drain your energy. Instead, focus on being true to yourself and make decisions based on what you believe, not what you think others want you to believe.