



LLRS

Limb Lengthening and
Reconstruction Society

AS AMI NORTH AMERICA

LLRS SPRING NEWSLETTER

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Volume 3, Issue II

May 15, 2025

Presidential Update

LLRS Members and Friends,

It is hard to believe but the annual meeting is right around the corner. Karen and the presidential line have been hard at work creating a robust itinerary for the three days in Philadelphia. I would also like to thank our local hosts - Joseph Rosenblatt, DO and Sarah Nossov, MD, for their assistance with meeting details. There are several new items to mention regarding this year's meeting:

1. There will be an additional social event this year. For the first time, we will have a casual get-together on Thursday night (July 17) that is open to the membership and guests. This will allow additional time for us to connect with friends and colleagues in a relaxed setting.
2. There will be an Awards Nominated Papers session for the 10 papers with the top scores during the review process.
3. We will have physical posters this year in addition to the e-poster format.
4. There will be 3 new talks debuting at this meeting:
 - A Wellness talk – designed to help us learn how to take better care of ourselves. This year's speaker is [Nana Coleman MD, EdM](#). She is an attending physician as part of the Pediatric Critical Care Medicine team at Baylor College of Medicine| Texas Children's Hospital (Houston, TX). She also works as a physician coach and travels the country teaching physicians how to become their best selves.
 - We will introduce the Deborah F. Stanitski LLRS Diversity Award which will be given to Marie Fridberg, MD PhD. Dr. Fridberg has done some pioneering work with the [International Orthopaedic Diversity Alliance \(IODA\)](#) and she will explain how we can all get involved in this important initiative.
 - An innovation talk delivered by Alexander Cherkashin, MD who will educate us on how to incorporate artificial intelligence into our daily lives and into our practice.
5. Speaking of wellness, there will be options for you to enjoy a morning walk, a morning jog, or a morning yoga session with colleagues before the meeting each morning. There are also opportunities to use the Spa facilities at the hotel.
6. Finally, we have created a new entity: The LLRS Hall of Fame. We will be inducting three members in the inau-



Christopher A Iobst, MD

gural class: Stuart Green, MD; Dror Paley, MD; and John Herzenberg MD. Please join us in celebrating their lifetime achievements.

The meeting will also feature our Presidential Guest Speaker, Mikhail Samchukov, MD. Over the course of his 30+ year career, he has helped to educate thousands of surgeons around the world on limb reconstruction and has helped countless numbers of patients with his innovations and designs in external fixation. As one of the last surgeons who worked side by side with Professor Ilizarov, his address will no doubt be remarkable and unforgettable.

The final speaker to highlight is our Alessandro Codivilla Guest Speaker, [Blake Leeper](#). Born with bilateral lower limb amputations, he became a track and field star and motivational speaker. He competed in the 2024 Paris Paralympics as part of the USA National Team and is a former world record holder in the 400 meters. His talk promises to be poignant and highly relevant to an audience of limb reconstruction surgeons.

Please plan to join us in Philadelphia this July. Remember to spread the word that the Pre-course is open to anyone interested in Wellness. It is not for limb reconstruction surgeons only.

Take care—CAI

LLRS NEWS

LLRS BYLAWS UPDATE

- Prepare to vote for the updated Bylaws at the LLRS Annual Meeting Business Meeting
- Active members who attend the business meeting held during the **34th Annual Scientific Meeting** in July will vote on the Bylaws.
- [Review the updated Bylaws](#) before the meeting.

ELER UPDATE

- The Essentials in Lower Extremity and Reconstruction Course (ELER) will be located in Atlanta, GA for 2026
- Save the date: Jan 23-24 2026
- [More information](#) here.

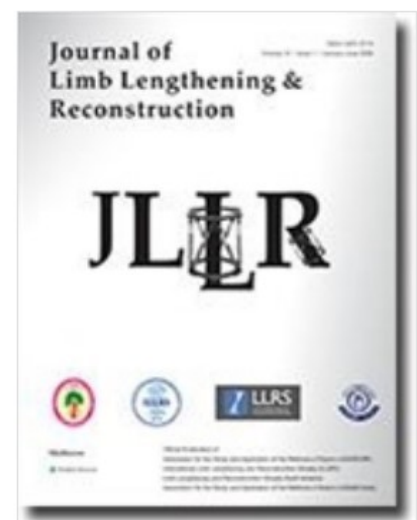
JOURNAL OF LIMB LENGTHENING AND RECONSTRUCTION UPDATE (JLLR)

JLLR is the official journal of LLRS-NA

Be on the lookout for the Jan-Jun Volume 11 Issue 1 publication coming out soon!

We encourage our members to [submit](#) their research for the upcoming journal July-December 2025

**[Review JLLR most recent issue:
Volume 10—Issue 2
Jul-Dec 2024](#)**



UPCOMING EVENTS

Industry courses

Smith + Nephew
Circular External Fixation
June 7, 2025
Memphis, TN
[learn more](#) information

Orthofix
Adult Deformity and Bone De-
fects Course
June 19-20, 2025
Lewisville, TX
 Email:
OrthopedicsEd@orthofix.com
 For more information

Smith + Nephew
Circular External Fixation
Aug 2, 2025
Pittsburgh, PA
[learn more](#) information

***We appreciate our
 industry partners!***

Diamond:

- [OrthoPediatrics](#)

Gold:

- [Orthofix, Inc](#)

Silver:

- [Globus Medical](#)
- [Johnson & Johnson Medtech](#)
- [Smith and Nephew, Inc.](#)

Non- Industry courses

4th Annual UCSF/IGOT Pediatric Limb Differences Webinar
Post Traumatic Limb Deformities in Children and Young Adults: A Global Perspective
June 13, 2025
[learn more](#) information

LLRS Pediatric Traveling Fellowship
Jun 16 - July 19, 2025
[learn more](#) information

LLRS 34th Scientific Meeting and Pre-course
The Logan Hotel
Philadelphia, PA
Pre-course: July 17
Annual Meeting: July 18 & 19
[learn more](#) information
 Members must register through the [member portal](#)

LLRS Adult Traveling Fellowship
Aug 4 - 29, 2025
[learn more](#) information

35th Annual Baltimore Limb Deformity Course
 The Four Seasons Hotel
 Baltimore, MD
Aug 20-24, 2025
[learn more](#) information

LLRS Member Spotlight - Dr. Dylan Kluck

Q: Can you describe your current practice?

A: I am a Pediatric Orthopedic Surgeon at Shriners Children's Lexington/University of Kentucky Healthcare in Lexington, Kentucky and have been in practice here for just over 2 years. My partners and I are all fairly general in scope and I therefore take care of a number of different Pediatric Orthopedic conditions ranging from skeletal dysplasia to fractures and hip dysplasia to clubfoot. Within my group, however, my specific clinical focus is lower limb deformities and deficiencies and I therefore work with patients undergoing a variety of limb reconstruction and lengthening procedures as well as with families who have chosen to undergo amputation.

Q: What are your hobbies?

A: My wife and I each grew up valuing time spent outdoors and we are working to indoctrinate our kids (ages 2 and 4) with a similar love! As such, we spend as much time as we can outdoors and enjoy pretty much any activity that gets us outside including family bike rides, camping, hiking, skiing and rock climbing.

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

A: My favorite group of patients to treat would be kids with congenital limb differences regardless of the family's decision to pursue limb reconstruction or amputation. I have always been amazed by how well kids can compensate for a variety of challenges and have found this patient population to be incredibly spirited and resilient. In addition, I have really enjoyed developing a close working relationship with these families throughout treatment. As for my favorite surgical procedure - although it is hard to beat the incredible versatility of hexapod external fixators, my favorite case at this point is an opening wedge osteotomy. There is something inherently satisfying about acute deformity correction and I love when families are able to see the surgical outcome.



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

A: The best advice I received was not really advice in the typical sense of the word but rather the example set by numerous mentors committed to trying to do the 'right' thing for each patient. This concept has always resonated with me and I work to carry on the example set by those that were instrumental in my training. In terms of concrete advice, the best advice I was given was to carefully consider your potential partners when looking at a practice location. I am extremely grateful for my partners who have been extraordinarily generous, supportive, understanding and patient with me as I work to grow my practice. I truly feel lucky to be part of such a cohesive, like-minded group of people working to provide the best care that we can provide. As such, I stress to mentees the incredible importance of your practice environment and the people that you work with!

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

A: LLRS has been a wonderful resource for me as a young surgeon working to develop a limb deformity practice. Beyond the opportunities to reconnect with prior mentors, gain hands-on experience and learn about up-and-coming surgical techniques, the annual meeting excels at allowing for a variety of casual interactions with numerous leaders in our field. Whether on a hike or over dinner, I feel fortunate to have gained new colleagues and friends with whom I can discuss challenging cases. Limb deformity has a steep learning curve and LLRS has allowed me access to some of the preeminent minds in our field from the very start of my career. The LLRS feels encouraging in every sense of the word and I am honored to be a small part of such a great group of surgeons.



LLRS ANNUAL PRECOURSE AGENDA*

Become a Better Human, Become a Better Surgeon July 17th, 2025

8:00-8:05 *Introduction: Putting Burnout into Perspective*

Christopher A. Iobst MD

8:05-8:45 *Courage to Speak Out*

Carrie Cunningham MD MPH, Christopher A. Iobst MD, Jan Klamar MD, Julie Wei MD

8:45-9:15 *Panel Discussion, Moderated by Nana Coleman, MD EdM and Q + A*

Alfred Atanda MD, Carrie Cunningham MD MPH, Christopher A. Iobst MD
Jan Klamar MD, Julie Wei MD, Kandi Wiens EdD

9:15-9:30 Refreshment Break**9:30-12:00 *Emotional Intelligence/Hurry Sickness***

Kandi Wiens, EdD

12:00-12:45 Lunch**12:45 - 1:15 *Emotional Intelligence Session Debrief***

Nana Coleman, MD, EdM, and Kandi Wiens, EdD

1:15-1:45 *Alternative Lifestyle Medicine*

Sarah S. Jones MD

1:45-2:30 *Coaching/Mentor/Peer Support— “Fireside Chat”*

Alfred Atanda MD, Nana Coleman MD, EdM, Julie Wei MD

2:30-3:00 *Panel Discussion: When do I Need a Therapist?*

Alfred Atanda MD, Nana Coleman MD, EdM, Sarah S. Jones MD, Jan Klamar MD, John Kelly MD
Julie Wei MD, Kandi Wiens, EdD

3:00-3:20 Refreshment Break**3:20-3:40 *What They Never Taught Me in Medical School***

Nana Coleman MD, EdM

3:40-4:15 *Panel : LLRS Topics*

Moderator: Christopher A. Iobst MD; Panel: Marie Gdalevitch MD, Soren Kold MD PhD, Raymond W. Liu MD,
David Podeszwa MD, Sanjeev Sabharwal MD, Jill Flanagan MD

4:15-4:45 *Panel Discussion: Solutions to Surgical Stress*

Panel: Alfred Atanda MD, Christopher A. Iobst MD, Emeka Izuagba MD, John Kelly MD
Julie Wei, MD, Raymond W. Liu MD

* agenda subject to change

Note: This pre-course is open to all, not specifically surgeons. Encourage your support staff to [register](#) for this unique opportunity.



LLRS ANNUAL MEETING | PHILADELPHIA, PA JULY 18-19, 2025

General Information

The 34th Annual Scientific Meeting of the Limb Lengthening and Reconstruction Society: ASAMI–North America, will be held at The Logan Philadelphia's Hotel on Friday and Saturday, July 18 & 19, 2025. LLRS members must register through the [member portal](#).

Meeting Location

Guest rooms have been blocked at [The Logan Hotel](#) for meeting participants. We strongly urge you to stay at The Logan as it is the site of all meetings of the 34th Annual Scientific Meeting and the hotel offers the discounted rate of \$239.00 plus tax, per night, for a standard hotel room. Other types of rooms may be available at higher room rates. To make your reservation, [click here](#).

New for 2025

Observe the induction of the first LLRS “Hall of Fame” Class. One-of-a-kind pre-course focused on you, the surgeon.

Social Events

- On Thursday, July 17, after the pre-course, we'll gather to enjoy a variety of cheesesteak sandwiches and other Philly iconic foods. The event will be at [Pyramid Club](#) which is within walking distance of the hotel.
- The President's Reception will be held on Friday, July 18, at [Barnes Foundation Art Museum](#). Enjoy a red carpet experience and view the world's most important impressionist, post-impressionist, and modern paintings, collected by Dr. Albert C. Barnes, while relaxing and mingling with fellow meeting participants. Significant others/families are invited.
- Please note space is limited for each of the above social events and submitting an RSVP for each is required. Those who register for the educational activities will receive additional information.

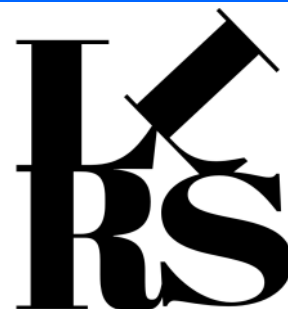
Additional Meeting Events:

For members whom have registered for the meeting, be on the lookout soon for the ability to book discounted spa reservations at the hotel. Additionally, LLRS board members will lead guided runs and walks in the morning. Free yoga sessions will also be available prior to the start of the meeting each morning.

Top 5

Reasons to Attend

1. *Learn about the latest advances and clinical research in the exciting field of limb deformity and lengthening*
2. *Collaborate with fellow LLRS members from near and abroad*
3. *Learn about the exciting new changes at LLRS*
4. *Earn CME credits*
5. *Catch a Phillies game in Philadelphia*



Limb Lengthening &
Reconstruction Society
PHILADELPHIA 2025

Physician Wellness (continued)

Physiologic sigh – According to Andrew Huberman of the Huberman Lab, the physiologic sigh is the fastest and most reliable method available to calm yourself down. This should be used in acute stress situations. To perform the physiologic sigh, take a deep breath in (inhale) and then perform a second inhalation on top of the first inhale. (Imagine a baby crying – they naturally do this.) Then expel all the air with a long exhale. The double inhale allows you to maximally fill the alveoli in your lungs which tend to collapse when we are stressed. By optimally opening the alveoli, you can more effectively eliminate the carbon dioxide that has built up in your system with your long exhale. Since a buildup of carbon dioxide in the bloodstream is known to amplify your agitation, the process by which the physiologic sigh efficiently removes the carbon dioxide from your system allows you to achieve relaxation very quickly. Repeating the cycle of double inhale, exhale, double inhale, exhale for several cycles will bring your heart rate down to baseline within 20-30 seconds. Continuing the physiologic sigh for multiple cycles may be necessary to reach maximum benefit but it should not be used continuously for an extended period of time. (You may become lightheaded.)

Box breathing – This is a breathing method allegedly used by the Navy SEALs. The name “box” breathing indicates that there are four equal parts to this exercise. It is designed to help calm your body and leave you with an alert, focused state of mind. To begin, expel all the air from your chest. Keep your lungs empty for a four-count hold. Then, perform your inhalation through the nose for four counts. Hold the air in your lungs for a four-count hold. When you hold your breath, maintain an expansive, open feeling in your chest even though you are not inhaling. When ready, release the hold and exhale smoothly through your nose for four counts. This is one circuit of the box-breathing practice. It is recommended to repeat this cycle for at least five minutes to get the full effect. Incorporating this practice into your daily routine for 5-10 minutes in the morning and/or evening can help improve your overall sense of well-being. A quick additional two-minute session can be used during the day as needed for acute stress. This particular description uses four counts of four to build the “box” but it also described in increments of five. Choose whatever method is most comfortable for you. (There is also a triangle of 3 technique – in, hold, out)

4-7-8 breathing – This breathing method is a style of intentional breathwork that has ancient roots in the yogic practice of pranayama or focusing on the breath. It has similar calming effects as the other breathing styles, but it has also been popularized as a method to help you fall asleep by combining the breathing with counting. Here’s how to do it: Throughout this breathing technique, your tongue should stay toward the roof of the mouth, with the tip of your tongue touching the back of your two front teeth. Start with an exhale and let your breath out through your lips, making a whooshing sound. Breathe in through your nose while mentally counting up to four. Don’t go too slowly or too quickly; pick a pace that works for you. Without straining or stressing, gently hold your breath while counting to seven in your mind. Breathe out slowly for eight counts, with your lips slightly pursed around your tongue. This completes one cycle of 4-7-8 breathing. Repeat the process of inhaling through your nose for four counts; holding your breath for seven counts; and exhaling through your mouth for eight counts for a total of three more cycles. The more you do 4-7-8 breathing, the better at it you’ll become, and the more your body will begin to incorporate it into your stress response. It is suggested to perform three cycles of this breathing technique twice a day as maintenance with additional cycles during the day as needed.

Alternate Nostril Breathing – This is an ancient form of breathwork which literally means clearing your energy channels in Sanskrit. It has been studied and found to decrease blood pressure while increasing alertness. The idea of alternate nostril breathing is to isolate each nostril, breathing in through one and exhaling through the other (i.e. in through your left, out through your right then in through your right and out through your left). Whenever a nostril isn’t in use for an exhale or inhale it should be held closed with your finger or thumb. Although not mandatory, customary teaching states that you should bring the right hand up to the nose and fold the index and middle fingers to the palm, so that you can use the thumb to close the right nostril, and the ring finger to close the left nostril. Start by exhaling through your mouth then bring your right hand up to your nose. Use your thumb to close the right nostril and inhale through your left nostril. Close your left nostril with your ring finger and hold your breath for a count for a count of two (both nostrils are closed at this point). Release your thumb to open your right nostril and exhale. Take a pause at the end of your exhale for a count of two and then, while keeping your left nostril closed, inhale through your right nostril. Close the right nostril and hold your breath for a count of two (both nostrils closed simultaneously). Release your left nostril and exhale. This completes one cycle. Traditionally it is recommended that both the inhalation and the exhalation should be of equal length but based on physiology the exhalation should be longer to achieve relaxation more quickly. Repeat this series of inhales/exhales through alternating nostrils for five minutes to get the most benefit.