



# LLRS

Limb Lengthening and  
Reconstruction Society

AS AM I NORTH AMERICA

## Volume 3, Issue III

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*We appreciate  
our  
industry part-  
ners!*

### Diamond: • OrthoPedi- atrics

Volume 3, Issue III

August 1, 2025

### Presidential Update

It's a real honor to serve as President of the Limb Lengthening and Reconstruction Society (LLRS) this year. I'm incredibly proud to be part of such a passionate, thoughtful, and forward-thinking community—and I'm especially grateful for the support I've had throughout my time in the presidential line.

Our Society is unique and it is clear that we have developed expertise in all orthopaedic subspecialties. I plan on operationalizing our incredible talents. As you know, we rotate presidential leadership every year, which brings new energy and ideas to the table, but also makes long-term planning a real challenge. That's why I feel extremely lucky to have been working with Chris Iobst and Jill Flanagan as part of my Presidential Line. Their leadership has been steady, strategic, and generous. Chris, in particular, has done an amazing job laying the groundwork for long-term consistency. Thanks to his efforts—and with a strong executive board and secure financial support—we now have a clear plan in place. My job this year is to bring that plan to life. So what does that look like?



**Mitchell Bernstein, MD**

- **Marketing & Identity:** We're building a more intentional approach to how we present ourselves as a Society—making it easier for others to understand who we are, what we do, and why it matters. This includes everything from updated branding to better member communication.
- **Podcast Continuity:** Our podcast has become a great platform for sharing insights, stories, and education. To keep it consistent and sustainable, I am planning on putting a small team in place—essentially a project manager and support—to help keep the content flowing and the process smooth.
- **Research:** We're looking to strengthen research partnerships by creating clearer pathways for collaboration across institutions. We want to support multi-center projects and help members navigate the challenges of getting good ideas off the ground.
- **Website Improvements:** We are going to continue to update the content on the website to make it more useful and intuitive—both as a resource for members and a window into the Society for the outside world. It should feel like a hub, not a bulletin board.
- **Annual Meeting:** This year's meeting will continue to evolve in thoughtful ways. We're building on what's worked, while exploring new formats and content to make it even more engaging and relevant to our diverse membership.

I truly believe LLRS is in a strong place—and not just because we have a plan, but because we have a team that's committed to seeing it through. I'm excited to do my part this year and to work with all of you as we continue to grow the Society together. Thanks for your trust, your time, and your dedication.

Sincerely,  
Mitchell Bernstein MD  
President, LLRS

# LLRS ANNUAL MEETING 2026



## 2026 AAOS SPECIALTY DAY UPDATE

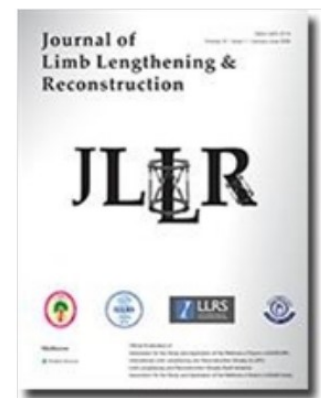
- LLRS will be partnering with AOFAS (American Orthopaedic Foot and Ankle Society) for 2026
- **Save the date:** Friday March 6, 2026

## JOURNAL OF LIMB LENGTHENING AND RECONSTRUCTION (JLLR)

JLLR is the official journal of LLRS-NA

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

**Review JLLR most recent issue:**  
**Volume 11—Issue 1**  
**Jan - June 2025**



## UPCOMING EVENTS

### INDUSTRY COURSES

#### OrthoPediatrics

#### Pediatric Orthopedic Surgical Techniques Course (POST)

**Memphis, TN**  
**Sept 5-6, 2025**

Learn More: [POST Course 2025](#)

#### Pediatric Orthopedic Masterclass for Advanced Practice Providers

**Akron, OH**  
**Sept 25, 2025**

Learn More: [Armstrong Course for APP](#)

#### Orthofix

#### Transverse Bone Transport: Elevate your Knowledge on Distraction Osteogenesis

**Lewisville, TX**

**Course Dates: September 22-23, October 6-7, December 8-9**

Learn more: [Course Registration](#)

#### Smith + Nephew

#### Limb Deformity Correction with Circular External Fixation

**Boston, MA**  
**November 8, 2025**

[Learn more](#) information

### NON-INDUSTRY COURSES

#### LLRS Adult Travelling Fellowship

**Multiple Locations**  
**Aug 4 - 29, 2025**

#### 35th Annual Baltimore Limb Deformity Course

**The Four Seasons Hotel**  
**Baltimore, MD**

**Aug 20-24, 2025**

[learn more](#) information

#### Congenital Deficiencies and Deformity Course

**Hilton Palm Beach PBI Hotel**  
**West Palm Beach, FL**

**Jan 19-23, 2026**

[learn more](#) information

#### Essentials of Lower Extremity Reconstruction (ELER)

**Arthur M Blank**  
**Children's Hospital**  
**Atlanta, GA**

**Jan 23-24, 2026**

[learn more](#) information

#### Hospital for Special Surgery Deformity Course:

**Bone Defects**

**January 30, 2026**

Contact: [reift@hss.edu](mailto:reift@hss.edu)

#### British Limb Reconstruction Society (BLRS)

**2026 Annual Meeting**

**London, UK**

**March 19-20, 2026**

[learn more](#) information



## LLRS Member Spotlight - Inaugural Hall of Fame Class - Stuart Green MD, John Herzenberg MD, and Dror Paley MD

New for 2025—given LLRS's history of esteemed members, the board made an initiative to honor and recognize some of our greatest contributors to our society. We congratulate our 3 inaugural members—Drs Stuart Green, John Herzenberg, and Dror Paley. Read more about them here, and a podcast interviewing the members, will be coming out in the near future—stay tuned!!

**Big congratulations to our 2025 Hall of Famers!**



Dr. John Herzenberg is a native of Springfield, Massachusetts, USA. He attended high school for three years in Kibbutz Kfar Blum in Israel, hence his fluency in the Hebrew language. He then studied medicine at Boston University School of Medicine, completed orthopedic residency at Duke University, and a pediatric orthopedic fellowship at University of Toronto's Hospital for Sick Children. He was an AOA North American Travelling Fellow and American British Canadian Travelling Fellow. He travelled to Kurgan, USSR, and Lecco, Italy to study the Ilizarov method. He was on the full time faculty at University of Michigan as Assistant Professor (1986-1991), University of Maryland as Associate and then Full Professor (1991-2001), and at Sinai Hospital since 2001.

He is a Clinical Professor at the University of Maryland, and was formerly the Director of the International Center for Limb Lengthening at Sinai Hospital's Rubin Institute for Advanced Orthopedics, and Head of Pediatric Orthopedics for Sinai Hospital.

He is a former President of the Limb Lengthening and Reconstruction Society and former President of the Maryland Orthopedic Society. He is a member of AAOS, POSNA and LLRS. He specializes in the treatment of adults and children with clubfoot, congenital abnormalities, limb length discrepancy, joint contractures, non-unions, malunions, bone deformity, and bone defects. He organizes the Baltimore Limb Deformity Course, now in its 35<sup>th</sup> year, and travels nationally and internationally as a speaker. He co-authored the Multiplier App, the Art of Limb Alignment, and Art of Limb Alignment – TSF. He has co-authored over 190 PubMed listed papers, over 50 book chapters, and various books, including editing *The Principles of Deformity Correction* (Springer, 2002), and *Art of Limb Alignment – Taylor Spatial Frame*, and *Art of Limb Alignment* (multiple editions). In 1997, Dr. Herzenberg helped revive the Ponseti method and promulgate it worldwide to become the standard of care for clubfoot. He co-developed an internal magnetic powered lengthening nail as an alternative to external fixators for limb lengthening.

Dr. Herzenberg is married to Merrill Chaus, RN, MPH. They have three grown daughters: two nurses, and an architect. He is an honorary member of the Israeli Orthopedic Association, and operates there yearly in various hospitals. Since 1998, he and his family have volunteered yearly with Operation Rainbow, providing orthopedic surgery to underprivileged children and adults in Nicaragua, Colombia, Ecuador, Uganda, Ethiopia, Liberia, Nepal, Honduras, and Haiti. He has recently volunteered in two active war zones: Ukraine, and Israel. In recognition of sustained international service, he was given POSNA's 2016 Humanitarian Award. Most recently, he is being inducted into the inaugural class of the LLRS Hall of Fame.

Dr. Herzenberg recently retired (summer 2023) from active clinical practice, and has relocated to Boulder, CO, where he and Merrill are full time grandparents, as of August 2023. Even more recently, they have another grandson in Miami, so they now travel back and forth from Miami to Colorado. Dr. Herzenberg's current status is Emeritus Faculty at Sinai Hospital, and he continues to be involved in teaching, research, publishing, the annual Baltimore Limb Deformity Course, and organizing international service missions to the Developing World.



**Dr John Herzenberg**

Dr. Stuart Green is the son, father, and first cousin of orthopaedic surgeons. He trained in orthopaedic surgery at The Hospital for Joint Diseases in New York (Now NYU Langone Orthopaedics). After an infectious diseases fellowship at the University of California San Diego, Dr. Green joined the Greater Long Beach Orthopaedic Group where he worked for 50 years, while also heading the Osteomyelitis Service at Rancho Los Amigos National Rehabilitation Center. He now functions as an orthopaedic specialist at the Long Beach Veterans Administration Medical Center (walking from home!) and as a Professor in the University of California Irvine's Department of Orthopaedic Surgery.

In 1981, his first book, *Complications of External Skeletal Fixation*, pointed the way towards the safe application of external fixators in orthopaedic care, reintroducing the devices into an orthopedist's armamentarium after a hiatus of more than 30 years.

In 1986, with Dr. David Seligson, Dr. Green developed the first retrograde femoral nail, inserted via the knee joint. In 1987, he crossed the Iron Curtain becoming the first American to visit Siberian surgeon G.A. Ilizarov and later helped Ilizarov with publications in the Western medical literature. Dr. Green subsequently modified Ilizarov's technique by substituting half-pins for tensioned wires in the circular external fixation frame—the RANCHO technique. More recently, Dr. Green has been instrumental in developing the PRECICE™ Intramedullary Lengthening Nail.

Dr. Green has been president of both The Association of Bone and Joint Surgeons and the Limb Lengthening and Reconstruction Society, which he co-founded with Dr Paley.

Stuart Green has long been interested in the history of medicine, medical ethics, professionalism, and related topics. Starting in 1999, he published a series of articles dealing with various issues related to the anthropology, history and sociology of his profession. His interest in our country's colonial past resulted in original research on the repeal of the Stamp Act in 1765, published in the prestigious *Pennsylvania Magazine of History and Biography*. He has written a biography of Benjamin Franklin (*Dear Doctor Franklin*) focusing on Franklin's interest in medical and scientific matters.

These publications led to an assignment as a bimonthly columnist on "Art in Science" for *Clinical Orthopaedics and Related Research*, as well as an appointment to the Editorial Board of *AAOS NOW*.

Dr. Green and Adrienne, his wife of 60 years, have two children and five grandchildren. His hobbies include travel, photography, bicycling, swimming. Stuart Green has had two gallery photography exhibits in Los Angeles. His photography website is [stuartgreenphotos.com](http://stuartgreenphotos.com).



**Dr Stuart Green**



Dror Paley, MD, FRCSC is the CEO, Founder, and Medical Director of the Paley Orthopedic and Spine Institute in West Palm Beach, Florida, from 2009 to present, and the Founder of the Paley European Institute in Warsaw, Poland, 2018, Paley Middle East Clinic, Abu Dhabi, UAE 2023 and Instituto Paley Latino America 2024 in Medellin, Colombia. The Paley Institute is the world's largest medical tourism center, treating patients from 110 countries and all 50 states. He speaks, lectures and reads and writes in 6 languages. He was the Founder and Director of the Rubin Institute for Advanced Orthopedics, Baltimore, 2001-2009, and Professor & Chief of Pediatric Orthopedics at the University of Maryland, 1987-2001, and Associate Staff at Hospital of Sick Children, Toronto, Canada, 1987. He did three years of subspecialty fellowship training in Pediatric Orthopedics, Hand Surgery, Trauma Surgery, and Limb Lengthening and Reconstruction Surgery, 1985-87. He completed his orthopedic surgery residency at the University of Toronto 1980-1985 and his internship at Johns Hopkins 1979- 80. He received his medical degree from the University of Toronto Medical School, Toronto, Canada, in 1979. He was Professor of Orthopedics at University of Maryland 1987-2001. He was adjunct Professor of Orthopedic Surgery and consultant at the Hospital for Sick Children, University of Toronto, from 2010-2014. He currently holds academic appointments as a Professor of Orthopedics at the University of Vermont and at Florida Atlantic University. He sits on the Board of Governors of St. Mary's Medical Center. He has performed 25,000+ surgeries. He runs the Paley and unLIMBited Foundations and does mission trips around the world. Dr. Paley is internationally recognized for his expertise in limb lengthening and reconstruction. He trained under the guidance of Prof. Gavril Ilizarov during multiple visits to Kurgan, Soviet Union. Dr. Paley introduced the Ilizarov method to the US and Canada in 1987 and subsequently was instrumental in the introduction and dissemination of the Ilizarov method in Northern Europe, South America, across Asia, Australia and New Zealand and parts of Africa. He was the Founder and first president of the Limb Lengthening and Reconstruction Society in 1989 and of the International Limb Lengthening and Reconstruction Society in 2015. He is the recipient of numerous awards, including Gubernatorial Citation 1990, Pauwel's Medal in Clinical Biomechanics 1997, Best paper/poster award by SICOT, AAOS, POSNA,



**Dr Dror Paley**

AORS; best illustrated medical textbook 2003; Health Professional of the Year 2011, Health Hero of the Year 2013, Florida Most Influential Business Leader 2019, 20, 21, 22, 23 and was named a Living Legend and most influential business leader in Palm Beach by the Palm Beach Illustrated. He served as the Orthopedic Surgeon to the White House from 2017 to 2021 and was reappointed again in 2025. He has published 193 peer-reviewed articles, 73 book chapters, 50 video productions and 9 books; most notably: Congenital Femoral Deficiency 2023, and Principles of Deformity Correction, Springer (2002, 2005). The CORA method of deformity analysis in this text has become the gold standard for deformity planning in orthopedics. Dr. Paley developed over 100 surgical procedures including: SUPERhip, SUPERknee, SUPERankle, SHORDT, Paley-Weber patelloplasty, ulnarization, Paley Rotationplasty, modified Judet quadricepsplasty, Paley Cross Union for CPT, MHE forearm interosseous correction, four-segment achondroplasia lengthening, and many others. He had had an interest in Perthes disease since 1989 when he first developed the method of articulated hip distraction for Perthes. He has also developed a method to reshape the femoral head using Femoral Head Reduction Osteotomy. He developed the Multiplier method of predicting leg length discrepancy and timing of epiphyseodesis, now available using the Android and iOS app Paley Growth Multiplier App. He lives with his wife Jennifer and has four grown children, Benjamin, Jonathan, Aviva, and Daelan; three grandchildren, Dalia, Jack and Lev. His hobbies include reading history, skiing, road and mountain biking, rock climbing, and scuba diving.

## LLRS 2025 PEDIATRIC TRAVELLING FELLOWS



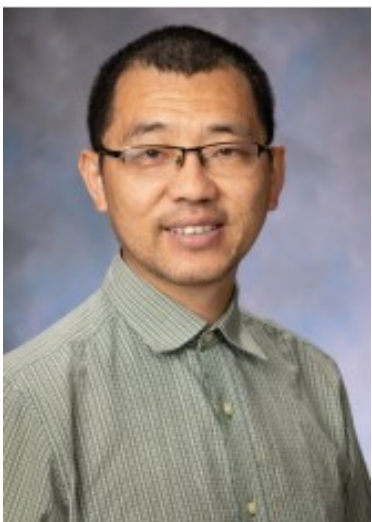
### **ASHLEY STARTZMAN, DO, FAOA, FAAOS**

Dr. Startzman is currently a pediatric orthopedic surgeon at the Shriner's Children's Hospital in Greenville, SC



### **MICHAEL RUSSELL, MD**

Dr. Russell is currently a orthopedic oncology fellow at University of California Los Angeles. He I will be moving to Blantyre Malawi to work with CURE international launching a limb salvage orthopedic oncology practice



### **BICHENG YONG, MD**

Dr. Yong is currently a fellow at the Center for Limb Lengthening and Reconstruction at Nationwide Children's Hospital in Columbus, OH. He is also a consultant surgeon in pediatric orthopedics at BEIT CURE Malawi Children's Hospital for CURE international.



**ASHLEY STARTZMAN, DO, FAOAO, FAAOS****What did you most take away from the LLRS travelling fellowship?**

- I learned many things during the LLRS travelling fellowship. What stands out the most is tips and tricks for managing complex surgical problems, and how to build a Limb Deformity Team.

**What was your favorite memory from the travelling fellowship?**

- My favorite memory from the travelling fellowship was connecting with faculty outside of the hospital. Spending time in labs and at dinners was a great way to interact on a personal level to build mentorship.

**MICHAEL RUSSELL, MD****What did you most take away from the LLRS travelling fellowship?**

- Really the management of complex problems and different ways to combat these. Being able to see such incredible surgeons in practice and observe various surgical techniques was incredible. I really appreciated the fundamental discussion time periods as well. I found these all to be invaluable.

**What was your favorite memory from the travelling fellowship?**

- While the surgical times were incredible, the social gatherings and nightly dinners allowing a chance to really meet these incredible surgeons was my highlight. I found these as amazing opportunities to connect at a deeper level and really get to know the LLRS gang. These are friendships and relationships that I will carry with me into my international career for sure.

**BICHENG YONG, MD****What did you most take away from the LLRS travelling fellowship?**

- During the LLRS travelling fellowship, I had the opportunity to learn a variety of surgical techniques across multiple institutions. I gained valuable insights into managing complications and formulating surgical plans for complex deformities. I also observed how experienced surgeons safely execute procedures and structure long-term follow-up care for their patients.

**What was your favorite memory from the travelling fellowship?**

- There were many unforgettable moments throughout the fellowship. One highlight was riding on Dr. Paley's yacht, which offered a unique and personal way to connect outside the operating room. I also deeply enjoyed discussing Jewish culture and the Torah with Dr. Herzenberg. The Orthofix training with Dr. Cherkashin and Dr. Samchukov was highly educational. Dr. Hubbard's thoughtful coordination of our visit to TSRH stood, as did a memorable week with Dr. Iobst in Columbus, where I had the pleasure of meeting Dr. Bavan from SickKids. I'm also grateful to Dr. Nichols and Dr. Rosenblatt, who generously hosted us in their home, helping us save on accommodation and making us feel welcome.

## **LLRS 2025 PEDIATRIC TRAVELLING FELLOWSHIP SITES AND MENTORS**

### **INTERNATIONAL CENTER FOR LIMB LENGTHENING BALTIMORE, MARYLAND**

Site Mentors: Drs Philip McClure and John Herzenberg

### **NATIONWIDE CHILDREN'S HOSPITAL COLUMBUS, OHIO**

Site Mentors: Drs Christopher Iobst and Craig Smith

### **NEMOURS CHILDREN'S HOSPITAL - DELAWARE WILMINGTON, DE**

Site Mentors: Drs Reid Nichols and Jeanne Franzone

### **PALEY ORTHOPEDIC AND SPINE INSTITUTE WEST PALM BEACH, FL**

Site Mentors: Drs Dror Paley, Claire Shannon, Craig Robbins, Katherine Miller, Aaron Huser, Arun Hariharan, and David Feldman

### **SCOTTISH RITE FOR CHILDREN DALLAS, TX**

Site Mentors: Drs David Podeszwa, Elizabeth Hubbard, Alex Cherkashin, and Mikhail Samchukov

**Thank you to all of our travelling fellowship  
site sponsors and mentors**







## Physician Wellness — *Christopher Iobst, MD*

On Thursday, July 17th was the LLRS PreCourse “Become a Better Human, Become a Better Surgeon”. It was a great day to put our computers and phones away, and simply focus on self awareness and self improvement. I would like to share with you some of the key take-aways from the course.

- Surgeons are not invincible. We can have mental health issues and/or substance abuse issues just like anyone else. Please do not suffer in silence. You are not alone. We are all going through very similar stresses even though we rarely talk to each other about it. Reach out for help – there are multiple resources available (therapists, coaches, mentors, peers) and it is not a sign of weakness.
- Avoid the stimulant-sedative cycle where you need energy drinks to fuel yourself during the day and alcohol in the evening to “take the edge off” when you get home. This is not a sustainable or desired lifestyle.
- Practice emotional regulation. Develop the self-awareness to recognize when you find yourself triggered to act unprofessionally and learn to pause and gather yourself before acting out. Identify your personal triggers (even if you have to figure them out in reverse) and identify solutions to ameliorate them. Breathing techniques are helpful when in an acute stress scenario.
- Maintain slow thinking as much as possible rather than resorting to fast thinking in times of crisis. When something starts to go wrong in the operating room, the tendency is to fall into fast thinking mode which hinders your ability to problem solve and think clearly. Try to break established patterns of behavior that are counterproductive and establish new, more rational and balanced forms of critical thinking.
- Avoid hurry sickness – the feeling that you have to rush through all of your daily tasks even when you don’t need to. It turns out that when you slow down it actually allows you to speed up. When you are calmer, you can think more clearly which allows you to get more work done in less time.

## Physician Wellness (continued)

- Following the six pillars of lifestyle medicine (plant based diet, regular physical activity, restorative sleep, stress management, maintaining social connections, avoiding addictive substances) provides a roadmap for improving your own health and the health of your patients.
- Consider thinking of yourself as a professional athlete. As a surgeon, you are putting your body through mental and physical challenges on a daily basis. Athletes have a team of people helping to care for them. Work on developing your own team (therapist, coach, mentor, physical trainer, primary care physician, personal chef, etc.) to maximize your performance. Athletes allow themselves time for recovery. Make sure you grant yourself multiple microbreaks during the day as well as actual macrobreaks (vacation) to get away from work and recharge your batteries. And, no, going away to an orthopedic conference does not count as vacation. Athletes follow strict dietary routines. Try to eat multiple small meals throughout the day to stay energized. If you wait to drink when you are thirsty, it is too late. Hydrating before starting surgery is important to maintain focus and performance during your case.
- Don't wait to find a therapist until you are in crisis mode. Proactively develop a relationship with a therapist even if things are going well. When a crisis does occur, it is easier to work through it if you already have a working relationship with the therapist.
- Have a worst-case scenario protocol in place. If you have a complication in surgery, your brain will be under stress and may not be thinking clearly. If you already have a pre-conceived plan for such a scenario it makes it easier to navigate. Decide ahead of time what you would like to do in such a situation (i.e. cancel your remaining OR schedule) which will help to remove some of the stress surrounding this experience.
- Avoid "should" activities when possible. If you find yourself doing things because you think they are expected or required to impress someone else, re-think your choices. Many people feel pressured to spend time and energy on should activities even if these activities don't align with their priorities or well being. Performing these tasks likely won't get you anywhere and will only serve to increase your personal stress and inner conflict. Instead, try to focus on "want to" activities as much as possible.
- Live in the moment. Worrying about potential issues in the future or perseverating about items from the past is not a good use of your time or energy. Try to concentrate on the present moment – what is actually in front of you. This is what truly matters and deserves your full attention.
- Focus on the meaning of all that we do. It's easy to get caught up in the negativity surrounding your work life and work place. Instead, try to remember the core values of why you became a physician – how you can help your fellow humans and make a difference in their lives. This should provide motivation to get you out of bed each morning and put you in the right frame of mind to tackle another day of medical challenges placed in front of you.