



LLRS

Limb Lengthening and
Reconstruction Society

AS AM I NORTH AMERICA

Volume 3, Issue IV

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Volume 3, Issue IV

November 3, 2025

Presidential Update

As we continue to grow as an organization, we find ourselves at an important turning point — one that calls for both reflection and renewal. Growth brings energy and opportunity, but it also brings the responsibility to ensure that our work remains focused, coordinated, and sustainable.

That's why much of my effort this year has been dedicated to putting structure around our activities and strengthening the foundation that supports our success. I've been taking a close look at how we're organized to make sure it serves us well as we evolve — streamlining committees, clarifying terms of reference, and establishing clear guidelines for how each group contributes to our shared goals.

Our aim is to continue ensuring participation is meaningful and that every committee and board member understands how their work connects to the bigger picture of LLRS.

I'm very grateful for our engaged board, whose thoughtful discussions — and at times spirited debates — reflect a genuine commitment to the organization's success. As Ray Dalio said, "Meaningful work and meaningful relationships aren't possible without radical transparency and thoughtful disagreement." That idea really resonates with me. It's through that kind of open, respectful dialogue that we make sound decisions and move forward together. On a personal note, I've learned a lot from this experience — from my colleagues, from our conversations, and from witnessing the dedication that drives our mission.

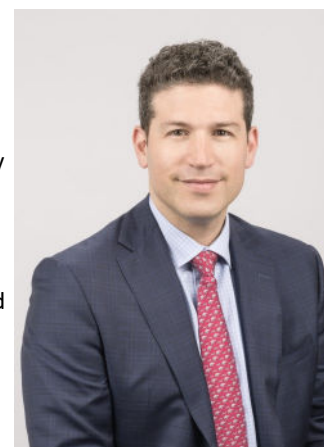
Another area of focus has been leadership development. We want to continue engaging, attracting, and supporting members who are interested in taking on leadership roles — whether through committees or on the board. In another book I've read, *The New Ecology of Leadership*, healthy organizations depend on ongoing cycles of renewal — bringing in new energy, perspectives, and voices while remaining grounded in shared purpose. That balance between continuity and renewal keeps our organization dynamic and forward-looking.

We're also developing a new LLRS Research Grant initiative that will provide members with opportunities to pursue funded projects that advance our mission. The program details are still being finalized, but the work led by Dr. Jessica Rivera has been encouraging, and we look forward to sharing more soon.

We're also planning a transition for Dr. Christopher Iobst to take on the role of Editor-in-Chief of *JLLR*, our, as we continue to focus scholarly efforts there.

Support for our Communications Committee is becoming increasingly important, as we recognize how outreach and engagement are to our members. This work requires dedicated time and consistent attention — something difficult to sustain through volunteer efforts alone. With plans underway to bring a dedicated Marketing Officer on board — hopefully after our next meeting — I'm optimistic that we'll soon see renewed momentum and a stronger connection with our community.

Thank you for being part of this journey. Together, we're not only building programs — we're building the structures and leadership that will carry LLRS confidently into the future.



Mitchell Bernstein, MD

Sincerely,
Mitchell Bernstein MD

LLRS ANNUAL MEETING 2026



LLRS AT AAOS 2026

Look for these Deformity ICL's and Symposia at the AAOS Annual Meeting in New Orleans

- ♦ **ICL 715:** The Use of Internal Lengthening Nails in Post Traumatic Reconstruction
- ♦ **ICL 716:** Limb Salvage: Embracing Modern Techniques
- ♦ **Symposium 765:** Limb Realignment Strategies: A Comprehensive Look at Arthroplasty vs Osteotomy

2026 AAOS SPECIALTY DAY UPDATE

- LLRS will be partnering with American Orthopaedic Foot and Ankle Society (AOFAS) for an exciting day of education
- **Save the date:** Friday March 6, 2026
- [View preliminary agenda](#)

UPCOMING EVENTS

INDUSTRY COURSES

OrthoPediatrics

**No new courses this time,
please stay tuned for next
quarter**

Other Education from OrthoPediatrics

Thank you to OrthoPediatrics for your Diamond
Level Support of LLRS

Orthofix

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

Lewisville, TX

Course Dates: November 13-14

Learn more: [Course Registration](#)

Smith + Nephew

**Limb Deformity Correction
with
Circular External Fixation**

Boston, MA

November 8, 2025

[Learn more](#) information

NON-INDUSTRY COURSES

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

View [preliminary agenda](#)

Hospital for Special Surgery Deformity Course:

Bone Defects

New York, NY

January 30, 2026

Contact: reift@hss.edu

[learn more](#) information

AAOS Specialty Day AOFAS and LLRS approach to Foot and Ankle Disorders

New Orleans, LA

March 6, 2026

View [preliminary agenda](#)

British Limb Reconstruction Society (BLRS) 2026 Annual Meeting

London, UK

March 19-20, 2026

[learn more](#) information

LLRS Member Spotlight - Professor Nando Ferreira -

Could you describe your current practice?

I am a Professor of Orthopaedic Surgery at Stellenbosch University and Head of the Tumour, Sepsis, and Reconstruction Unit at Tygerberg Hospital in Cape Town, South Africa. We are one of the busiest limb reconstruction centres in South Africa, managing hundreds of complex cases each year, with a focus on musculoskeletal infection, non-union, bone defects, and post-traumatic deformity. I also run a fellowship program that trains surgeons from across the globe, and in addition, I practice privately at Durbanville Mediclinic, where I perform advanced reconstruction procedures.



What are your hobbies?

I love restoring vintage motorcycles. I've brought back to life a Honda MBX 50cc from the 1980s, a Yamaha TZR 50cc from the 1990s, a Vespa from the 1980s, and two Aermacchi-Harley Davidsons from the 1970s. I am currently busy with a 1942 Harley Davidson WLC. More recently, I've also taken up 3D design and printing, starting with orthopaedic prototypes and expanding into making surgical models and even toy cars.



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

My favorite condition to treat is **bone defects**, whether secondary to trauma or osteomyelitis. I especially enjoy bone transport for large defects, as the process of regenerating bone and restoring function is both technically challenging and deeply rewarding. In recent years, I've also developed a strong interest in bone defect reconstruction with custom 3D-printed titanium cages. I enjoy the collaborative process of sitting down with engineers to plan the procedure and the implant,

What's the best advice you were given, and what's the best advice you give mentees?

The best advice I've received, and which I share with my mentees, aligns with the Japanese concept of *Kaizen*: continuous improvement through attention to small details. In limb reconstruction, the little things may not each make a measurable difference, but together they have a cumulative effect that determines outcomes. Alongside this, I encourage trainees to be skeptical but seek truth, to be determined yet adaptable, and to be passionate while always studying their art.

How has the LLRS helped you throughout your career?

The LLRS community has been invaluable in shaping my academic and surgical journey. It has provided me with a global network of colleagues and mentors, opportunities for collaboration, and a platform to share and refine ideas. Engaging with LLRS has expanded my perspective, challenged me to push the boundaries of what is possible in limb reconstruction, and has created enduring friendships across continents.



EXTERNAL FIXATOR EQUIPMENT DONATION

- Looking for a place to offload your extra external fixator parts?
- Consider donating to one of these medical charities



Send new or used Smith & Nephew, TSF, and Ilizarov Fixators

- › All ring sizes, full & partial
- › Struts
- › All hardware & connectors
- › Wire tensioners & wrenches
- › Wires & half pins



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Portland, OR 97202

Contact

Randy Huebner
randallhuebner@gmail.com
503.481.6726
www.signfracturecare.org

SIGN is a 501(c)3 nonprofit organization, TAX ID #91-1952283

***This information can now also be easily
accessed from our LLRS [website](#)***



Donate Medical Equipment to CURE

If you have gently used or surplus medical equipment/supplies—such as external fixators, orthopedic implants, surgical tools, or limb-lengthening devices—we would love to receive your donation to benefit children in CURE hospitals.

Step 1: Complete the Donation Form

Download and fill out the CURE In-Kind Donation Form (or use the printed version provided).

Step 2: Box Your Donation

Carefully pack your items and include the completed form inside the box.

Step 3: Ship the Package

Mail your donation to:
CURE International – Distribution Center
 7049 Enterprise Dr.
 Norton Shores, MI 49456
 Phone: 614-722-3390

Step 4 (Optional): Notify Us

Email deanna.ringelberg@cureinternational.org once your shipment is sent so we can track and confirm delivery.

On behalf of the children we serve around the world—thank you for your generosity!

CURE International – In-Kind Donation Form

Thank you for your generous in-kind donation to CURE International. Please complete the form below and include it in the package with your donated items. This information helps us properly receive your gift and ensure it reaches the intended destination.

Donor Information

Donor Name:	
Organization / Hospital (if applicable):	
Email Address:	
Phone Number:	
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Donation Details

Item Description	Quantity	Estimated Value (USD)	Intended Use (if applicable)

Donor Signature:	Date:

Please email deanna.ringelberg@cureinternational.org if you have any questions or need help coordinating your shipment. On behalf of the children we serve—thank you!

LLRS 2025 ADULT TRAVELING FELLOWS

WHAT DID YOU MOST TAKE AWAY FROM THE LLRS TRAVELING FELLOWSHIP ?



Not only did I take away tips and tricks as well as new and innovative techniques throughout the fellowship, more importantly it helped connect me with amazing mentors, innovators and opportunities that I wouldn't have found otherwise. It has helped me academically and technically but has also encouraged me to continue to innovate and design. The Traveling Fellowship was one of the most rewarding experiences I have had thus far in my career and would do it again in an instant. The LLRS is such an amazing community of brilliant and innovative physicians and scientists who are willing to collaborate, provide mentorship, and continue to challenge the status quo in limb lengthening and reconstruction.

ELIZABETH WELLINGS, MD

Dr. Wellings is a trauma surgeon at the Mayo Clinic in Jacksonville, Florida.



WHAT WAS YOUR FAVORITE MEMORY FROM THE TRAVELING FELLOWSHIP?

My favorite memory during the traveling fellowship was performing a bone transport nail with cables while with Dr. Frumberg at Yale as this is something I have been waiting to see. The continuous innovation in the field of deformity is so exciting and the continued passion for innovation from all the faculty along the fellowship was inspiring for the younger generation of deformity surgeons.

WHAT DID YOU MOST TAKE AWAY FROM THE LLRS TRAVELING FELLOWSHIP?

Whilst the breadth of cases and the number of technical tips I picked up have been invaluable, the greatest takeaway has been the relationships built with mentors, colleagues, and my co-fellow, Lizzie Wellings. A big attraction of deformity correction for me is its wide and varied practice; however, the specialty also brings its fair share of curve balls and challenges, which can feel daunting as I approach independent practice. Having mentors with whom I have built strong relationships, and to whom I can turn for advice on difficult cases, will be invaluable as I move forward in my career.



ASANKA WIJENDRA, MD

Dr. Wijendra is an orthopaedic surgeon at the Nuffield Orthopaedic Centre—Oxford University Hospitals in England



WHAT WAS YOUR FAVORITE MEMORY FROM THE TRAVELING FELLOWSHIP?

Some of my favourite memories came from time spent getting to know my hosts outside the OR - moments that gave me a real sense of how they think, how they cope with the challenges of our roles, and the friendships built along the way. Highlights included exploring the Intracoastal Waterway in West Palm Beach with Dr Paley and Dr Quinnan, catching a ball game with Dr Sontich and the residents in Cleveland, and joining team dinners with Dr Rozbruch and Dr Fragomen at HSS and Dr Khan at Montefiore Einstein. Most unforgettable of all was visiting the Rare Book Library at Yale with Dr Frumberg, where we had the extraordinary chance to read from one of the earliest folios of Shakespeare's works. Having grown up not far from his birthplace, it felt surreal that I only got to see it after crossing the Atlantic!

LLRS 2025 ADULT TRAVELING FELLOWSHIP SITES AND MENTORS

Hospital for Special Surgery

New York, NY

Site Mentors: Drs Robert Rozbruch and Austin Fragomen

Yale University

New Haven, CT

Site Mentor: Dr David Frumberg

Montefiore Einstein Medical Center

Bronx, NY

Site Mentor: Dr Mani Kahn

Paley Orthopaedic and Spine Institute

West Palm Beach, FL

Site Mentors: Drs Dror Paley and Stephen Quinnan

University Hospitals

Cleveland, OH

Site Mentor: Dr John Sontich

Thank you to all of our Traveling Fellowship site sponsors and mentors

Additional LLRS Announcements

Traveling Fellowship Applications:

Applications will be accepted through Jan 5, 2026
 Traveling Fellowship Dates:
 Pediatric: June 15– July 15 2006
 Adult: August 3–28 2006

Apply today

Clinical Scholar Development Program (CSCDP):

Attention Candidate Members!!
 Applications accepted through March 27, 2026
 CSCDP will be held in October in Rosemont, IL

Apply today

Attention POSNA/LLRS Members:

Kevin Neal, MD is the current POSNA member on the AAOS coding committee (CCRC). He is taking on a larger role which now opens a position for a POSNA member to be on the committee. Given the LLRS involvement in developing limb lengthening codes, he has reached out to our society to gauge interest. This is a great way to get involved. Please reach out to him directly with more questions. Kevin.Neal@nemours.org

The LLRS is announcing a new research grant opportunity! We thank our industry partners for making this possible.

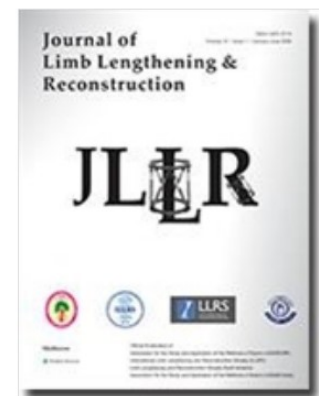
- Applications instructions will soon be listed on our website.
- Should be relevant to the [mission](#) of LLRS
- Project budgets up to \$50,000 will be considered
- We will communicate with our members via various communication channels when the application is open
- **Please contact Jessica Rivera, Research Chair, with questions jrive5@lsuhc.edu**

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



Physician Wellness (continued)

The four core components of emotional intelligence are:

1) Self-awareness: This is the foundation of emotional intelligence, and the other components of emotional intelligence depend on this initial step. Without self-awareness, it becomes impossible to expand your emotional intelligence. Self-awareness is the ability to understand your own strengths and weaknesses. It also encompasses the capacity to identify your own emotions and the impact you have on others. An example of self-awareness would be to catch yourself when you have been triggered to launch into an automatic emotional response (freaking out when something goes wrong in the operating room) and to recognize that it is about to happen before it happens. People who are truly self-aware tend to be more confident, communicate more effectively, and make better decisions. Gauging your self-awareness, however, can be difficult. Receiving honest, constructive feedback is central to strengthening your self-awareness. One of the best methods is to allow a 360-degree emotional intelligence assessment of yourself to be performed. In this exercise, co-workers and colleagues provide feedback on items such as how you respond to a difficult situation, how adaptable you are, and how you handle conflict. This analysis requires thick skin but gives you an invaluable perspective into how your actions are perceived by others.

2) Self-management: Our responses to stressful situations tend to be automatic and not always rational or appropriate. Once you become aware of these reflex responses, you can then start to manage these emotions and behaviors. The goal is to develop response flexibility – the ability to pause before you act. The more you can widen the gap between impulse and action, the more emotionally intelligent you become. People with strong self-regulation pause and take a deep breath in tense and stressful situations which allows them to remain calm and think before they speak or act. With self-management, you can restrain yourself from the disruptive impulse to lash out at a team member or the desire to send that biting, acerbic email until you have had a moment to clear your mind. You want to avoid letting the upsetting emotions cloud your judgement. For those who lack self-regulation, their negative emotions and urges often set off a damaging chain reaction of negative emotions in others. People with strong self-management capabilities also tend to keep a positive outlook and demonstrate an adaptability to a variety of circumstances and situations.

3) Social Awareness: Having social awareness allows you to recognize and interpret the mainly nonverbal cues others are constantly using to communicate with you. In other words, you need to learn how to read a room. This is most effectively performed by showing that you care: practice active listening, be present and communicate in a language others can understand. Leaders who excel in social awareness practice empathy. Understanding your colleagues' feelings and perspectives enables you to collaborate and build relationships with your peers that are necessary to foster a healthy and prosperous workplace.

4) Relationship Management: This refers to your ability to influence and inspire others. It also refers to your capacity to smoothly resolve interpersonal conflicts. While this may require having difficult conversations, it is important to confront conflict with team members rather than avoid it. Your ability to remain calm and find fair solutions will be respected by your team and ranks as one of the top factors in maintaining job satisfaction.

In summary, no matter how brilliant you are or how technically excellent your surgical skills are, if you can't effectively communicate with your team or collaborate with others you will not be successful. If you are interested in learning more about the concept of emotional intelligence, there are a number of online courses, self-help books, and podcasts on this topic. In addition, working with a surgical coach can provide a unique opportunity for self-improvement and personal growth by evaluating and addressing your emotional intelligence needs.