Guests: Pat Leary, Josh Tuck

Host:
Joshua A. Tuck DO, M.S.
LECOM Health
Orthopedic Sports Medicine
Surgeon

- Orthopedic Surgeon – treating wide variety of operative / non-op MSK.
- Dual fellowship: Umass Sports medicine / arthroscopy
- Prior medical staff / Boston Red Sox organization
- NASA Shuttle Medical Response Team
- Former U.S. Navy LCDR / Flight Surgeon

- LECOM / MCH orthopedic surgery residency core faculty / trainer
- LECOM Adjunct Clinical Assistant Professor – Surgery / Orthopedic
- Board Certified in Orthopedic Surgery
- M.S. in Medical Education
- Author of several articles / text book chapters.
- Overall awesome guy
Patrick F. Leary DO
LECOM HEALTH
Sports Medicine Program
Director

- Ultrasound Guided Injections of Steroid, Visco, Prolotherapy, PRP, Stem Cells
- MSK Ultrasound Instructor
- Fellow of ACOFP, AOASM, ACSM, AAFP
- Primary Care Sports Medicine Program Director
- Trained 17 Fellows LECOM, 16 Fellows Notre Dame
- Author/Editor 5th PPE Monograph
- 35 years experience
- Board Certified Family Medicine
- CAQ Sports Medicine & Geriatrics
- Masters of Science Education
- Immediate Past President AOASM
- PIAA Sports Advisory Committee
- ACSM Team Physician
- Consensus Panel
- NCAA Cardiac Task Force

OVERVIEW

- Different approaches
- Different Conditions (MM, ACL, TKR)
- Specialties
- Training
- Experience
- Expectations
- Evidence Base
- Outcomes
Are steroid injections worthwhile?

Bone Stimulator?
When and Why do we scope?

NSAIDS?

surgery
nsaids
PT
Injections

Chris Columbus?
New England Journal of Medicine
September 11, 2008
Kirkley, Pope, Feagan

- 2 Year review of 178 moderate arthritics

Medicine and rehab vs arthroscopic surgery and rehab.
Same result, same pain
Under what circumstances would you allow an adolescent athlete return to play with an ACL tear?
ACL REDUCTION
PREVENTION

FIFA 11
PEP Program
SPORTSMETRICS

50 of Vicodin with 5 refills and a narcan kit
**RUNDOWN**

**Platelet Rich Plasma**

**Amnionic Fluid**

**Cord Blood**

**Placental Matrix**

**Adipose**

**Bone Marrow**

What is your position on using PRP and stem cell injections?

**RUNDOWN**

Bariatric surgery before or after TKR

Weight Loss?
### Supplements?

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<td>D3</td>
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### VISCOSUPPLEMENTATION?

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Ultrasound Guidance

- Berkoff et al. in a literature review noted ultrasound guidance of knee injections resulted in higher accuracy than did anatomical guidance ($P < 0.001$).³

Bracing

OA Lite
Physical Therapy

Prolotherapy

Scar
ligaments
enthesis
pes
itb
Patellar tendon

1:00
RUNDOWN
Numb?

1:00
RUNDOWN

GO!
Stop
Pause
2:00
3:00
30sec
Do you recommend NSAIDs after an acute fracture? Why or why not?

What is your intra-articular steroid mixture and why?
Kinesio taping: Fact or Fiction?

CUPPING
THE BIG FINISH

Emollients

Nutrition

3/2/2017
TKR Doubled last 10 years

Quadruple in next ten

28K

OR vs TR
**Mind Body Spirit**

| Time | 1:00 | 0:59 | 0:58 | 0:57 | 0:56 | 0:55 | 0:54 | 0:53 | 0:52 | 0:51 | 0:50 | 0:49 | 0:48 | 0:47 | 0:46 | 0:45 | 0:44 | 0:43 | 0:42 | 0:41 | 0:40 | 0:39 | 0:38 | 0:37 | 0:36 | 0:35 | 0:34 | 0:33 | 0:32 | 0:31 | 0:30 | 0:29 | 0:28 | 0:27 | 0:26 | 0:25 | 0:24 | 0:23 | 0:22 | 0:21 | 0:20 | 0:19 | 0:18 | 0:17 | 0:16 | 0:15 | 0:14 | 0:13 | 0:12 | 0:11 | 0:10 | 0:09 | 0:08 | 0:07 | 0:06 | 0:05 | 0:04 | 0:03 | 0:02 | 0:01 | End |
|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|

**THE BIG FINISH**

**Corrections, Errors, and Comments**
Thank You Drs. Tuck and Leary!
Wellness 5

- Exercise
- Sleep
- Nutrition
- Mental Health
- Substance Abuse