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VOL. 1 ISSUE 1 · MARCH 2025



## CLINICAL ORTHOPAEDIC SOCIETY

Official Newsletter of the Clinical Orthopaedic Society









## Welcome to the First Edition of our Clinical Orthopaedic Society Newsletter!

This publication is your go-to source for all things COS — from important updates and upcoming events to member highlights and the latest in orthopaedic research. Stay connected with the COS community and discover how we are shaping the future of orthopaedic care and education.

- · A message from our President, Dr. Afshin Razi, MD
- A message from our Vice President, Dr. Marlene DeMaio, MD EdD
- 2024 Conference Statistics and Photos
- COS Membership Benefits
- 2025 COS Workshop Members
- 2024 Research Award Recipients
- 2025 Abstract Submission and Conference Details

# The state of the s

## Important News and Resources

Abstract submission is now open for the 113th COS Annual Meeting!

SUBMIT HERE!

Join the Movement!

REGISTER TO BE A

MEMBER OF COS

TODAY HERE!

Watch our COS Legacy
Video Here!

Have an idea for the newsletter? Email us!

Follow us on Instagram & Twitter

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@COS.MEDICALSTUDENTS









## A Message from the President

AFSHIN E. RAZI, MD
PRESIDENT, CLINICAL ORTHOPAEDIC SOCIETY



Dear Colleagues,

I want to personally welcome you to the Clinical Orthopaedic Society (COS), the society that started it all. The COS membership is at a turning point, not just as participants, but as stewards of a legacy that shaped the very foundations of our field.

Can you imagine? Over a century ago, in 1912, COS was the first clinical orthopaedic society, where the earliest discussions of our specialty began. The founders of COS were pioneers whose insight shaped modern orthopaedic surgery. Their commitment to clinical excellence and education, gave birth to other societies, and laid the groundwork for what orthopaedic surgery has become today.

## **View the COS History Video Here!**

**Now, 113 years later**, we have the rare opportunity to breathe new life into COS, to restore it to the prominence it once held, and to ensure it continues to shape future generations of orthopaedic surgeons. Over the past 18 months, we've made incredible strides:

- Significant membership growth, now at more than 540 members, expanding our influence and impact
- Record-setting attendance at the 112th Annual Meeting, with nearly 400 attendees, including 176 medical students and 57 residents
- Over \$16,000 in scholarships awarded to support future orthopaedic surgeons
- More than 50 members actively shaping COS initiatives through workgroups and leadership opportunities
- · A modernized website and increased online engagement

You can see a Snapshot of our 112th Annual Meeting in Tampa, FL in the Link Below: Click Here\*

### Why Join COS?

- Connect with top orthopaedic surgeons, educators, residents, and students.
- Access high-quality educational programs, research opportunities, and clinical discussions.
- Contribute to mentorship and career development for early-career surgeons and trainees.
- Take an active role in shaping the future of COS through workgroups and leadership involvement.
- Experience educational excellence, with 32 CMEs through the Journal of Surgical Orthopaedic Advances and nearly 20 CMEs at our annual meeting.

### Membership Options & Special Offer

- Orthopaedic Surgeons: \$300/year and for first time members receive 50% off your 2025 Annual Meeting registration
- Residents & Medical Students: Complimentary membership with access to mentorship, networking, and scholarships

Don't Miss Out!!

113th COS Annual Meeting
September 3-6, 2025
Omni Amelia Island Resort & Spa
Amelia Island, FL











## Dear Surgeons,

Join the Clinical
Orthopaedic Society:
Lead the Next
Generation of
Orthopaedic Care

## **Cutting-Edge Education:**

Gain access to clinical, hands-on workshops and interactive learning.

## Mentorship:

Guide residents and medical students, sharing your expertise.

### **Collaborative Impact:**

Work with top professionals to advance musculoskeletal care

## **Benefits**

### Affordable Membership:

Just \$350 annually, with 50% off your first-year meeting registration.

## Legacy & Innovation:

Join a prestigious society blending tradition with cutting-edge education and research.

## **Leadership Opportunities:**

Lead workgroups and shape the future of orthopaedic education and care.

### **Exclusive Savings:**

Discounts on meetings, workshops, and educational resources, plus access to 540+ engaged professionals. Our next Annual Meeting will be held at the Omni Amelia Island Resort in Florida from September 3-6, 2025. This year's theme, "Orthopaedic Renaissance: Continuing the Vision," builds on our commitment to combining modern advancements with the foundational principles of clinical excellence.

- World-Class Education Featuring podium presentations, rapid-fire sessions, case discussions, and cutting-edge research
- Unmatched Networking Engage with orthopaedic leaders, trainees, and medical students in an interactive setting
- Medical Student & Resident Engagement Expanded programs, including mentorship sessions, research competitions, and leadership development opportunities
- Scenic Location & Social Events Enjoy a beautiful oceanfront venue, complete with networking receptions and unique social programming

The COS Annual Meeting is a national and intimate, yet academically rich event designed to foster genuine connections, clinical insights, and professional development. With record-breaking abstract submissions and increasing attendance, this is the ideal time to engage with COS.

## **Join Us in Strengthening COS!**

The founders of COS pursued and promoted the clinical foundation of orthopaedic surgery, establishing a society that emphasized hands-on learning and patient-centered education. Our motto is, "Learn by seeing, hearing, fellowship, and criticism." Now, it is our responsibility to continue this mission. I ask you to join me and others in this mission. Become a part of the revitalization of COS and help return it to its roots, where clinical excellence and mentorship define our profession.

With your support and active participation, we can expand COS further, ensuring its influence and educational impact continue for generations to come. This is more than just joining a society—it's about rebuilding a foundation that has shaped our field for over a century. I assert that we are obligated to make COS into the modern, reenergized version based on our founders' goals. I know we can accomplish this together to transform our potential to reality. My priority is to bring passionate individuals into the society.

## **Join COS Today!**

Thank you for being a part of this incredible journey. Let's continue to honor our past while building an even stronger future—together.

See you in Amelia Island in 2025!

Sincerely,

Afshin E. Razi, MD President, Clinical Orthopaedic Society



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## A Message from our Vice President

MARLENE DEMAIO. MD EdD VICE PRESIDENT, CLINICAL ORTHOPAEDIC SOCIETY



"The best way to predict the future is to create it."
- Peter Drucker

Along with President Razi and the entire Board of Directors, welcome to the Newsletter of the Clinical Orthopaedic Society. No doubt, you may be a bit overwhelmed by all the accomplishments and goals shared in Dr. Razi's column. Don't be! You are the reason for these successes and plans. In summary, Dr. Razi explained the transformational change of the COS has resulted in our renaissance. The Board of Directors and I support this new significant change in our operations and structure. How has COS changed and how will we continue?

Annual Meeting. To provide an information packed, relevant scientific program with ample opportunity for networking and socializing, we have organized another highquality program (see the details below). Our program Co-Chairs are Jaimo Ahn, MD PhD and James Wittig, MD. We have expanded our Rapid-Fire Abstract presentations, posters, and ePosters. The content of the abstracts was so high last year that we plan to share the 2025 content beyond our webpage. There will be more information as we hammer out the details. We will continue to financially support medical students and residents who attend. Further, we will continue to have special sessions specifically for medical students and residents, our colleagues in training. Besides the recurring lectureships of the Presidential Speaker and the Dr. & Mrs. Elmer Nix Ethics Award, there will be two new lectures. The first is the Dr. George Brindley Lectureship. Dr. Brindley is a past president of COS and the Chair, Orthopaedic Surgery Department at University of Texas, Lubbock. Dr. Brindley plans to have a motivational speaker to inspire you on your journey of orthopaedic excellence. The second will be on a topic external to the practice of orthopaedics but will affect it. We will update you when we have more details.

Strategic Planning. The Board of Directors, our Executive Director Jessica Quintilian, and invited guests attended a strategic planning meeting in December 2024. There, results of the September SWOT analysis were carefully reviewed with particular attention to maintaining and improving our strengths, correcting our weaknesses, capitalizing on opportunities, and addressing our threats. We will keep you updated as we refine the goals from our strategic planning meeting. For now, your support in attending the annual meeting, submitting abstracts, and volunteering is greatly appreciated.

Work Groups. The Board of Directors approved several new work groups to support the change in our operations. A full list of these work groups and their members is listed in the Newsletter on pages 6 and 7. For example, this very Newsletter and social media posts are the creations of highly dedicated teams keeping COS current. Most are medical students with plans to become orthopaedic surgeons! Other work groups assisting with COS changes are the Social Events and Industry Sponsorship. If you are interested in volunteering, please contact COS by emailing Dr. Razi at Orthospine70@gmail.com.

Collaborations. We at COS would like to strengthen our position in the orthopaedic community and extend our focus on clinical excellence and mentoring with other societies. We are in discussions with a few groups to formalize such collaborations. We are certain that such collaborations will also provide you with more benefits.

In closing, I want to extend my thanks for reading our revived Newsletter. If you have ideas for future Newsletters or would like to submit a column, poem, or photograph, please contact us by emailing us at email@cos.org.

As your Vice President, I look forward to hearing from you and working together with you to create the future of our COS. COS Today!

Sincerely,

Marlene DeMaio, MD EdD Vice President, Clinical Orthopaedic Society











## Dear Residents,

Join the Clinical Orthopaedic Society: Elevate Your Orthopaedic **Training** 

## **Career Advancement:**

Present your research giving you visibility and the opportunity for critical feedback.

## Leadership and Collaboration:

Participate in workgroups and committees, helping to shape the future of orthopaedic education and clinical practice.

## Hands-On Workshops:

Engage in cutting-edge. hands-on workshops to refine your clinical skills, from arthroscopy to surgical procedures.

## **Benefits**

## Free Membership:

As a resident, join at no cost and unlock a wealth of resources to support your professional growth.

### **Exclusive Mentorship:**

Connect with senior orthopaedic surgeons who can provide invaluable guidance during your training and career journey.

## \$250 Scholarship **Opportunities:**

Attend COS's dedicated twoday program and earn a scholarships to help cover housing costs—ideal for those eager to engage in hands-on

## Social Program for 2025 COS Annual Meeting

## **Thursday, September 4th**

**Mocama Fernandina Taproom** 



Founded by four friends, Mocama Beer Company was born out of a shared desire to brew distinctive beers in a unique space on Amelia Island. We found home a few blocks from historic downtown Fernandina Beach in the former Lasserre Motor Company building. Originally constructed in 1954, the 18,000 square foot building has been transformed into an elegant midcentury taproom.

## COS 2025 will feature a Short Friday and Full Saturday Program!

Don't Miss Out on our Saturday Night Beach Party!

## Friday, September 5th

### **Pickleball Tournament and Sandy Short Course Golf**

**Live Music and Mixer. Mentorship** 

On the patio and grass at Omni Amelia Island Resort & Spa

## Saturday, September 6th

**Beach Party with DJ** 

## **Daily Activities**

**Daily Beach Yoga Beach Day Event Amelia Island Downtown Tasting Tour Amelia Island River Cruises Kayak Tours** 

## **Other Activities Available**

**Amelia Island Championship Golf Course** Camp Amelia for Children **Amelia Island Adventure Tours** 

**Book your Stay till Sunday** to be Sure to Not Miss Out on our Saturday Night Beach Party!







## Orthopaedia - Free **Musculoskeletal Education**

Orthopaedia is a peer-reviewed, free resource in musculoskeletal medicine, created by The Codman Group to provide reliable, affordable education for medical students. With 100+ expertreviewed chapters, it's a trusted foundation for anyone interested in orthopedic care.

Substack Newsletter



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PDF / eBook Files 🖺

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## THE CLINICAL MESSAGE

## THANK YOU TO OUR 2024 SPONSORS!

Society Est. 1912 Society

## **Clinical Orthopaedic Society Industry Sponsors**

The Clinical Orthopaedic Society is grateful for the support of its educational grantors and exhibitors. Thank you for your participation and commitment to COS!

## **Diamond**

Pacira Biosciences, Inc.

## **Platinum**

Legally Mine

## Silver

Kerecis
Orthopedic Designs North America
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## **Bronze**

Click Here to View our Exhibitor COS Prospectus for COS 2025!

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Vericel Corporation
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Xcelerated Recovery

Check out this Video of our 2024
Exhibitors Hall!

## **Clinical Orthopaedic Society Physician Sponsors**

Thank You to the COS Scholarship and Award Donors!

We would like to thank the following contributors for their generous support in 2024. The continued ability for COS to fund Medical Student and Resident/Fellow Awards and scholarship (more than \$20000) for the Annual Meeting is due in large part to the generous donations by COS members. **Thank you for your support!** 

## Diamond

George Brindley, MD

## Gold

Brenden MacKay, MD
Fred Flandry, MD
Bess Brackett, MD
Curtis Burton, MD
Marlene DeMaio, MD
James Hamilton, MD
Kenneth Moore, MD
Afshin Razi, MD

## **Bronze**

John Garber, MD James Slough, MD

## Silver

J. Randall Riehl, MD Ricardo Rodriguez, MD

If you are Interested in Donating, Please Visit our Website!

## A Special Thank You!!

Data Trace Management Service Staff

and

Jessica Quintilian,

COS Executive Director

## **CALL FOR ABSTRACTS**

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**Clinical Orthopaedic** 



Whenever there is postoperative delayed healing (soft tissue or bone), failure of the patient to make clinical milestones, persistent postoperative hyperglycemia, or implant failure, consider infection. While the common presentations of rubor, calor, dolor, and tumor may make diagnoses easier, subclinical presentations or subtle findings make distract from a working diagnosis of infection. Ruling out infection is an important step in such patients.

This reference is a handy guide to and update of orthopaedic infections. Any operative procedure creates an opportunity for infection, even in the patients with the fewest comorbidities and those whose medical conditions have been optimized for surgery.

Lee C, Mayer E, Bernthal N, Wenke J, O'Toole RV. Orthopaedic infections: what have we learned?. OTA Int. 2023;6(2 Suppl):e250. Published 2023 May 4,

# Abstract Submission Deadline: May 1, 2025

Abstract applications can be submitted online through the COS website. Visit www.cosociety.org or Click Here to submit!

## The COS Resident Committee will Present the Following:

## **Top Resident Paper Awards**

Three Resident Paper Awards will be presented for the most outstanding research project submitted by a resident. The awardees will receive a recognition plaque and a check in the amount of \$500.

## Top Resident & Medical Student Oral Scientific Presentation Competition

Awards to the top three residents and top three medical students

First Place - \$500 Second Place - \$250 Third Place - \$150

## **Top Resident & Medical Student Rapid Fire Competition**

Awards to the top three residents and the top three medical students

## **Posters & E-Posters**

Awards for five resident posters and five medical student posters
(2 regular posters, 3 e-posters

## **Clinical Orthopaedic Society Board of Directors**

Afshin E. Razi, MD President

Marlene DeMaio, MD First President-Elect

Ramon F. Rodriguez, MD Secretary-Treasurer

George W. Brindley, MD Librarian/Historian

Brendan J. MacKay, MD Past President

Kartik Shenoy, MD Member Under the Age of 40 Curtis Burton, MD Member-At-Large

Sonia Chaudhry, MD Member-At-Large

Brandi R. Hartley, MD Member-At-Large

James C. Wittig, MD Member-At-Large

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Ex-Officio

**Resident Advisory Board** 

Michael DeRogatis, MD, PGY4 Jack M. Ayres, MD, PGY2

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**2025 Program Chairs** 

Jaimo Ahn, MD James C. Wittig, MD Brandi R. Hartley, MD Alfonso Mejia, MD

## **Workgroup Members**

## Social Media/Website Workgroup

Chair: Michael P. Rogers, MD Nazanin Kermanshahi, MS4 Timothy Skerry, MS3 Michael DeRogatis, MD, PGY4 Jennifer Yu, MS2 Krish Sardesai, MS3 Anjali Malhotra, MS2 Marlene DeMaio, MD, EdD

**Fundraising Workgroup** 

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**Industry Workgroup** Chair: Brendan J. MacKay, MD

Anjali Malhotra, MS2 George W. Brindley, MD Marlene DeMaio, MD, EdD James C. Wittig, MD Frederick Flandry, MD Jaimo Ahn, MD, PhD

Symposium Video Workgroup

Marlene DeMaio, MD, EdD Krish Sardesai, MS3 Lisa Tamburini, MD, PGY2 Bond Rodriguez, MS3 Mason Poffenbarger, MD, PGY3 **Newsletter Workgroup** 

Chair: Nazanin Kermanshahi, MS4 Sonia Chaudhry, MD Thelma Jimenez Mosquea, MD Michael P. Rogers, MD George Sayegh, MS1 Michael DeRogatis, MD, PGY4 Ariel N. Rodriguez, MD, PGY1 Kartik Shenoy, MD, PGY1

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**Bylaws** 

Chair: George W. Brindley, MD Marlene DeMaio, MD, EdD Elizabeth Polfer, MD Bess Brackett, MD

**Nix Award** 

Marlene DeMaio, MD, EdD George W. Brindley, MD

Tanios Dagher, MS4

**Membership Workgroup** 

Chair: Curtis Burton, MD Jennifer Yu, MS2 Albert Mousad, MS4 Jack M. Ayres, MD, PGY2 Michael DeRogatis, MD, PGY4 Kartik Shenoy, MD, PGY1 Bess Brackett, MD

**Abstract and Award Workgroup** 

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**Social Event Workgroup** 

Chair: Tess Rodriguez Arman Tabarestani Yulia Lee, MS3 Jack M. Ayres, MD, PGY2 Brandi Hartley, MD John Randall Riehl, MD Sonia Chaudhry, MD George W. Brindley, MD

Chair: Michael DeRogatis, MD, PGY4 Brad Carlson, MD, MBA, PGY4 Mason Poffenbarger, MD, PGY3 Lisa Tamburini, MD, PGY2 Jack M. Ayres, MD, PGY2 Dhairya Shukla, MD, PGY2 Ariel N. Rodriguez, MD, PGY1 Brandi Hartley, MD Alfonso Meija, MD

**Resident Advisory** 

**Education Workgroup** 

Chair: James C. Wittig, MD Don Le, MS2 Krish Sardesai, MS3 Nazanin Kermanshahi, MS4 Jacob Kopeld Lisa Tamburini, MD, PGY2 Michael DeRogatis, MD, PGY4 Jack M. Ayres, MD, PGY2 Kartik Shenov, MD, PGY1 Marlene DeMaio, MD, EdD Brandi Hartley, MD Brendan J. MacKay, MD Alfonso Mejia, MD

**Finances** 

Chair: Ramon F. Rodriguez, MD Curtis Burton, MD Frederick Flandry, MD Brendan J. MacKay, MD Kartik Shenoy, MD, PGY1

## Dear Medical Students,

Join the Clinical Orthopaedic Society: Be part of the Next Generation Shaping the Future of Orthopaedics.

## Research & Academic **Development:**

Present your research at national conferences through and rapid-fire presentations gaining visibility in the field.

## Hands-On Learning:

Participate in exclusive workshops such as arthroscopy and surgical experienced orthopaedic

## **Residency Preparation:**

Receive mentorship and guidance on the residency application process, helping you navigate this crucial stage in your career.

## Benefits

## Free Membership:

Join COS at no cost as a medical student and gain resources that will support your education and career development.

### **Exclusive Mentorship:**

orthopaedics who can quide you through the residency application process and advice.

## **Scholarship** Opportunities:

Last year, over \$16,000 in scholarships were awarded to medical students attending COS programs, helping you pursue your educational goals.

## Hands-On Workshops for Medical Students at COS 2025!







## 2024 RESEARCH AWARD RECIPIENTS

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## **Oral Abstract Award Winners**

### 1st Place



Mir Ibrahim Sajid, MD Orthopaedic Trauma Service, Florida Orthopaedic Institute

"Does Topical Antibiotic Powder Administration in the Emergency Department Reduce Deep Surgical Site Infection in Type III Lower Extremity Fractures? A Multi-Center Study with

## Residents 2nd Place



Lawrence J. Lin, MD NYU Langone Health

"Investigating the Impact of Health Insurance on Treatment of Distal Radius Fractures"

## **3rd Place**



Nirav K. Mungalpara, MD, MRCS University of Illinois at Chicago

"The Impact of Pre-Existing Cervical Radiculopathy on the Development of Carpal Tunnel Syndrome Following Distal Radius Fractures: A Study of the Double Crush Hypothesis"

### **1st Place**



Geisel School of Medicine

Dartmouth

"The Electronic Medical Record Burden on Surgeons Who Perform Total Joint Replacement"

**Rapid Fire Awards** 

## Medical Student



Victor Koltenyuk, BA

"Increasing Time to Flap Coverage is Associated with Surgical Site Infections in Open Fractures of the Lower Extremity"

**3rd Place** 

Exce



Don Le, MD, MRCS iniversity of Texas Health Science

"Can Artificial Intelligence Chatbots Effectivity Triage Referrals to Pediatric Orthopaedists?"

## 1st Place



Loyola University Medical Center

Tenodesis: Anatomic vs.

Traditional Tensioning Technique

## Residents 2nd Place



Michael J. DeRogatis, MD MS St. Luke's University Hospital

Rate in Elderly Patients Undergoing Hip Hemiarthroplasty: A Comparison of Uncemented and Cemented Stems"

## **3rd Place**



Medical City Denton Orthopaedic Surgery \*Presented by Mason Poffenbarger, MD

"Comparison of 3 Treatments for Fractures of the Humeral Shaft"

## **1st Place**



Wali U. Pirzada Rothman Institute Foundation for Opioid Research and Education

"Reducing Postoperative Opioids Across Different Surgical Specialties - Enhanced Recovery Pathways"

## Medical Student 2nd Place



Akshay Reddy, BS University of Florida College of Medicine

"Investigating the Impact of Health Insurance on Treatment of Distal Radius Fractures"

## **3rd Place**



S. Shamtej Singh Rana, BS KP Bernard J. Tyson School of Medicine \*Presented by Kishitij Joshi

"Evaluation of Artificial Intelligence Methods for Fracture Detection in Orthopedic X-Rays"

## **Poster Awards**

## 1st Place



Abigail Razi
Zucker School of Medicine at

"Semaglutide Use Prior to Single-Level Lumbar Fusion Associated with Fewer Readmissions and 90-Day Costs"

## Residents 2nd Place 3rd



Jibreel Hussain, MD University of Illinois at Chicago

"Effect of Low Body Mass Index and Hypoalbuminemia on Complications Following Total Hip Arthroplasty"

## **3rd Place**



Andrea Attenasio Rutgers/New Jersey City Medical Center

"Mixing Metals During Operative Fixation and In Vivo Galvanization"

## 4th Place



John Heifner, MD Miami Bone and Joint Institute

"The Impact of Anatomic Alignment on Radiocapitellar Pressure Following Radial Head Arthroplasty"

## **1st Place**



Jacob Zeitlin, BA
Philadelphia Hand to
Shoulder Center

"Xylazine-Associated Necrotic Upper Extremity Wounds"

## Medical Student 2nd Place 3rd Place



Oregon Health and Science
University

"Utility of Nutritional Biomarkers for Complication Prediction Post-Total Hip Arthroplasty"

Joshua Harounian, BS SUNY Downstate Medical Center

"Systematic Review and Meta-Analysis of Albumin and Total Joint Arthroplasty"

## 4th Place



Albert Mousad Tufts University School of Medicine

"Outcomes of Total Shoulder Arthroplasty in Patients >80 Years Old"



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Grossman, Lee MBA ML CAE



Hartley, Brandi R. MD





Jazayeri, Reza MD





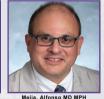
































Rodriguez, Ramon F. MD









Shenoy, Kartik MD



Sigman, Scott A. MD



Steinlauf, Steven D. MD





Ward, James MD



Webb. Antonio MD









A Special Thank You to all our Esteemed **Faculty Members!!** 



## **Support OREF and COS Scholarships!**

Donate to OREF and direct a portion to COS to fund student and resident scholarships.

Help advance orthopedic research and education.

Give today at OREF's Donate Page



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**COS Newsletter**