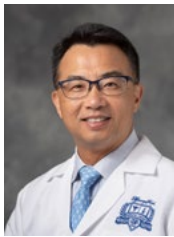


Fall 2024

Ortho in Motion

Leading the way in research and value-based orthopedic care



Henry Ford is pleased to announce that [Charles Day, M.D., MBA](#) has been appointed as Vice Chair of Academics and Value Integration in the Orthopedic Surgery Department and Service Line. Dr. Day, who also serves as System Medical Director of Value Specialty Care and Chief of Orthopedic Hand Surgery, will oversee several important

initiatives as part of his new role. This includes the development of a new research infrastructure to encourage faculty members to perform clinical research, development of academic rank and promotion criteria for faculty members seeking academic appointments at Michigan State University College of Human Medicine and/or Wayne State University School of Medicine, and integration of value-based orthopedic care into the service line clinical practice to provide the highest quality care at the lowest cost.

As someone who has had a strong interest in clinical outcomes research, Dr. Day says he looks forward to spearheading several quality initiatives to further improve orthopedic care and research at Henry Ford Health.

"I've been pretty active as an academician and clinician for more than 20 years, so the opportunity to lead the creation of a research infrastructure that overcomes obstacles for our physicians and can benefit other faculty members is very meaningful to me."

One of the strategies Dr. Day will oversee is increased resources to obtain data, analytics and biostatistics so that clinicians have easier access to critical tools that can enhance clinical outcomes research.

He further explains that when orthopedic quality metrics are only based on complications, then it will only affect about 2 – 3% of all orthopedic procedures. However, just because the patient didn't have a complication or readmission doesn't mean the result was ideal.

"Having patient reported outcomes data that substantiates clinical treatment modalities can help improve a patient's function or that decreases his/her pain is always number one on someone's list when they're considering surgery," he notes. "Implementation of patient reported outcomes to measure results before and after surgery is a key component to help clinicians tap into that data from their cases over the past several years and helps guide our surgeons to know what has and hasn't worked. Critically analyzing both the patient reported outcomes data and the cost of that episode across all of our orthopedic surgeries provides the value-based care model we are moving toward in the United States."



[Jonathan Braman, M.D.](#), Chair and Medical Director of the Orthopedic Service Line at Henry Ford Health explains Dr. Day's interest and experience in these initiatives makes him a perfect fit to achieve these critical goals.

"I'm excited to see the new heights that Charles can achieve in this role. By linking his passion for quality and value to his sustained success with research, I believe this role dovetails his areas of expertise and sets our organization up for success."

Around the region

Since its opening in 2022, [Henry Ford Medical Center - Chelsea](#), has improved access to essential orthopedic care close to the community it serves. Rebekah Waldron, Regional Director of Orthopedics, Neurosciences and Rehabilitation Services - Central Market at Henry Ford Health, explains a variety of orthopedic treatment options are offered through the medical center and orthopedic clinic.

“Having orthopedic and sports medicine specialists on-hand, our team offers convenient treatment for a variety of bone and joint injuries as well as access to occupational therapy to help restore strength and function for patients, along with on-site x-ray and laboratory services,” notes Rebekah.

Care providers

Hand and Wrist Specialists:

[Ryan Beekman, M.D.](#)

Occupational Therapist and Certified Hand Therapist:

Athena Anteau

Non-Operative Sports Medicine: [Stephen Spadafore, M.D.](#)

Learn more

henryford.com/Chelsea

517.205.2165

[Map & Directions](#)

Henry Ford Health named official team physicians for Detroit Red Wings

Henry Ford Health has achieved a significant milestone by becoming the official team physicians for the National Hockey League’s Detroit Red Wings. The announcement makes Henry Ford Health the medical services providers for all four major professional sports teams in Detroit — the Lions, Pistons, Red Wings and Tigers.

This partnership further establishes Henry Ford Health as a leader in sports medicine, offering comprehensive care and advanced medical support to some of the best athletes in the world.

“With this partnership with the Red Wings, we are setting a new standard in sports medicine,” said [Jonathan Braman, M.D.](#), Chair of Orthopedics and Sports Medicine at Henry Ford Health.

“Our dedicated team at Henry Ford Health is committed to leveraging cutting-edge medical practices and research to enhance the health and performance of Detroit’s top athletes. It’s a privilege to play such a pivotal role in their professional and personal well-being.”

Doug Plagens, M.D., and [Patti Kolowich, M.D.](#), will serve as co-head team orthopedic surgeons for the Red Wings. [Robert Albers, D.O.](#), will serve as the Head Primary Care Sports Medicine physician for the team and [Tony Collucci, D.O.](#), is the team’s Head Emergency Physician.

Ortho in motion spotlight

Q and A with Drew Cunningham, M.D., program director of the Primary Care Sports Medicine Fellowship Program at Henry Ford Health

Growing up in Tecumseh, Michigan, Drew Cunningham, M.D. stayed close to home for his medical training. He completed his undergraduate and medical degrees and family medicine residency at the University of Michigan before joining a private practice in his hometown.

Dr. Cunningham received his primary care sports medicine fellowship at Henry Ford Health in 2019 and worked as a core faculty member in a community family medicine residency, teaching both primary care and sports medicine to primary care residents. In that role, he served as head team physician for Cleary University. He recently returned to Henry Ford Health to become Program Director of the Sports Medicine Fellowship Program.

Welcome back to Henry Ford Health! What inspired you to return to Henry Ford in your new role?

It was really a dream opportunity for me. My two professional passions are sports medicine and teaching. To be able to do both at a world class institution like Henry Ford Health is really a dream come true.

As an alumni of the program, you have unique insights into the training provided through the fellowship. What are some of the highlights of the primary care sports medicine fellowship program that potential fellows should know about?

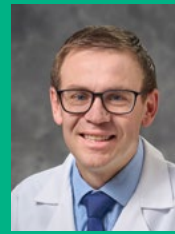
The breadth of clinical and sporting exposure that you get at Henry Ford is truly second to none. Fellows have the opportunity to be the primary point person covering high school, NAIA, NCAA Division I and II athletics. Additionally, they get experience in major event coverage with the Detroit Free Press Marathon and Rocket Mortgage Classic and assist in coverage at the highest levels of competition with the professional teams we are fortunate enough to take care of. Most importantly, they are able to take care of the residents in Southeast Michigan under the tutelage of experts in the field.

Moving forward, what is your vision for the program?

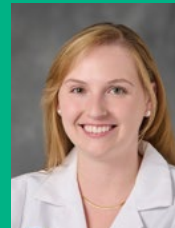
I envision Henry Ford strengthening regional and national leadership in fellowship education by leveraging its unparalleled opportunities in the clinic, community, and classroom. I aspire for the Henry Ford Sports Medicine name to become synonymous with excellence, attracting highly motivated candidates and producing top-quality sports medicine physicians who are passionate about caring for their community and advancing the field as a whole.

[Learn more about the Henry Ford Health Sports Medicine Fellowship Program.](#)

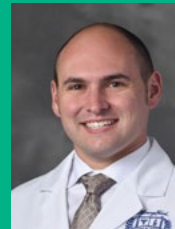
Welcome new Orthopedic and Sports Medicine Specialists



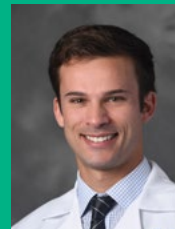
Andrew Cunningham, M.D.
Primary Care Sports Medicine,
Sports Medicine Fellowship
Director



Anna Martin, D.P.M.
Surgeon
Specialty:
Podiatry



Vincent Lizzio, M.D.
Surgeon
Specialty:
Sports Medicine



Mike Korn, M.D.
Surgeon
Specialty:
Hand Surgery



Anton Khlopas, M.D.
Surgeon
Specialty:
Hand Surgery

Henry Ford Health + Michigan State University - A catalyst for change



Hundreds gathered on June 17th to recognize the start of construction on the [Henry Ford Health + Michigan State University Health Sciences Research Center](#) in the New Center neighborhood.

Work on the \$335 million research facility — a hallmark of the 30-year partnership between the two Michigan institutions — officially began in late May. The health sciences research center is the first physical embodiment of the Henry Ford + MSU partnership and will further enable groundbreaking discoveries and translational research for which the partnership is becoming known. A key focus in this research is closing the gap in health care outcomes for people based on race, ethnicity, gender and socioeconomic status. In addition, it is MSU's largest research facility, designed to house more than 80 principal investigator teams.

"When Michigan State and Henry Ford first embarked on this partnership, we knew and believed in what was possible," said [Kevin M. Guskiewicz, Ph.D., president of MSU](#). "Now, our health sciences research is unified under the partnership, we have the top-funded women's health research program in the nation, and our researchers have the once-in-a-lifetime opportunity to make discoveries that will definitively improve the lives and health of countless individuals."

The research center is a foundational component of the Future of Health: Detroit, a \$3 billion development between [Henry Ford, MSU, and Tom Gores and the Detroit Pistons](#) meant to reimagine and redefine health and well-being for our Detroit community and beyond. The development will be anchored by a major Henry Ford Hospital expansion and features mixed-income housing and retail development by the Detroit Pistons.

"I am so energized not only by the life-changing research that's already happening within the partnership, but also by the prospect of what more we can accomplish together inside the

walls of the cutting-edge research center we are building in Detroit," said [Bob Riney, president and CEO of Henry Ford Health](#). "We have a unique opportunity in front of us to meaningfully impact the health of the diverse population we serve through our collective research, while also serving as a national model for the power and potential of university and health care collaboration."

[Jonathan Braman, M.D.](#), Chair and Medical Director of the Orthopedic Service Line at Henry Ford Health, says the new building provides new opportunities for teams of researchers to collaborate in new environments having a profound impact on the ability of Henry Ford Health researchers and their collaborators to achieve success.

"Research is a cornerstone of a successful academic health system," Dr. Braman notes. "Thanks to the outstanding team at the Bone and Joint Center, orthopedics has been a leader at Henry Ford Health and nationally in musculoskeletal research. Going forward, projects like the Research Center will further enhance our research capacity as an organization."

Located on Third Street just across from the Henry Ford Detroit Pistons Performance Center, the new research center will:

- Include 335,000 square feet and seven stories of state-of-the-art laboratory space.
- Expand research in key areas including cancer, neuroscience, immunology, hypertension and more.
- Provide advanced technology to help recruit top researchers from across the country, offering cutting-edge opportunities for more than 500 team members.

The research center will also house the [Nick Gilbert Neurofibromatosis Research Institute \(NGNRI\)](#), the first-of-its-kind brick-and-mortar institution devoted to researching neurofibromatosis (NF) a rare genetic disorder that causes tumors to grow on nerve pathways throughout the body. NGNRI is named after the late son of Detroit-area philanthropists Dan and Jennifer Gilbert, who, together through the [Gilbert Family Foundation](#) and sister nonprofit [NF Forward](#), have invested more than \$125 million into research to cure NF. Neurofibromatosis type 1 (NF1) is the most common form of the disease and affects one in every 2,500 births around the world.

Local leaders praised the partners' efforts to fight health disparities, improve access to health care and bring jobs to the community.

Read more about [Henry Ford + MSU research](#).

Orthopedic and Sports Medicine awards and recognitions

National Recognition for Value-based Care

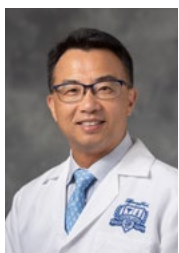
Avant-Garde Health, an independent group that evaluates hospitals and providers and offers feedback on how to improve on clinical, financial and operational areas, lauded several Henry Ford orthopedic and spine specialists for their work as part of their Healthcare Research All-Stars honors. More than 90,000 surgeons at 4,000 U.S. hospitals across 10 surgical specialties were evaluated.

The [criteria/methodology](#) for this includes the volume of research published by each surgeon, the impact factor of the research published and the author position on each paper. Each All-Star also consistently demonstrated better patient outcomes compared to their peers, specifically in the areas of reduced complication rates and lower mortality rates.

The individuals receiving All-Star honors included the following:

- Victor Chang, M.D.; Spine – Top 1%
- Mokbel Chedid, M.D.; Spine – Top 5%
- Jason Davis, M.D.; Hip and Knee – Top 5%
- Charles Day, M.D.; Orthopedic – Top 3%
- Eric Makhni, M.D.; Shoulder and Elbow – Top 1%
- Stephanie Muh, M.D.; Orthopedic – Top 5%

This is the type of independent validation that lifts Henry Ford Health and the medical group to even greater levels of recognition and prominence in the field of medicine and, more specifically, in the realm of value-based care. Congratulations to all who received this distinction.



Charles Day, M.D., MBA, Vice-Chair of Academics and Value Integration and System Medical Director for Value Specialty Care, was recently a panelist/presenter at the 8th Annual [Orthopedic Value-Based Care \(OVBC\) Conference](#). He joined other leaders from institutions such as Johns Hopkins, Geisinger and Steadman Clinic to explore this dynamic topic.

The Henry Ford Medical Group presence in this space is important considering our pathway that leads to more value-based care (VBC). During this conference, Dr. Day was on panel discussions that addressed the following topics:

- Challenges, opportunities and obstacles to finding pathways in VBC that are symbiotic with the success of healthcare systems.
- Ortho leader's paradox: Can fee for service and value exist at the same time?



Melissa Nayak, M.D., Primary Care Sports Medicine Physician at Henry Ford Health has been named Clinical Associate Professor in the Department of Orthopedic Surgery, Wayne State University School of Medicine. (WSUSOM).

Evan Flatow, M.D., President of Mount Sinai West and Mount Sinai Morningside, both part of the Mount Sinai Health System was a visiting professor for the annual Henry Ford Health FROST lectureship in June for orthopedic residents. Dr. Flatow, an internationally renowned shoulder surgeon known for his development of a complete shoulder replacement system widely used by shoulder surgeons around the world, spoke on his journey



of innovation and the pragmatics of working with the industry. Dr. Flatow, who is [Dr. Jonathan Braman's](#) fellowship mentor also did a shoulder surgery case discussion during the FROST lectureship.



Vasilios (Bill) Moutzouros, M.D., was a 2024 recipient of the William A. Grana Award. Given by AOSSM and the Editorial Board representatives from its partner organizations, the award honors the best original research published in OJSM in the previous year. The paper titled "Effects of a Perioperative Blood Flow Restriction Therapy

Program on Early Quadriceps Strength and Patient-Reported Outcomes After Anterior Cruciate Ligament Reconstruction" focused on the use and benefit of blood flow restriction therapy post acl surgery according to Dr. Moutzouros. "The study is the first step to advancing the use of BFR in many post-op surgical areas in sports medicine," he noted.

Congratulations to the following Orthopedic Surgeons who were recently recognized for celebrating 10+ and 15+ year service at Henry Ford Health.

15 Year Service Award

Eddie El-Yussif, D.O.
Mark Ryan, D.O.
Craig Silverton, D.O.

10 Year Service Award

Gregory Graziano, M.D.
Michael Maceroni, D.O.
Kenneth Scott, D.O.



First patient to undergo Reverse Total Shoulder Replacement at Henry Ford Medical Center - Royal Oak

Army Veteran Kathleen Dornan describes herself as generally healthy, but she is no stranger to joint issues. In the past few years, the 66-year-old Plymouth resident has had knee replacement surgery on both knees and rotator cuff surgery on both shoulders because of a fall that affected her right shoulder in 2016.

After undergoing previous orthopedic surgical procedures outside of Henry Ford Health, she underwent rotator cuff repair surgery in 2023 with [Bill Moutzouros, M.D.](#), Orthopedic Surgeon at Henry Ford Health, when an acquaintance recommended him.

"After my original rotator cuff surgery failed, I decided to have rotator cuff repair surgery with Dr. Moutzouros for my left shoulder and was very pleased with the care and results," Kathleen said.

When x-rays revealed that Kathleen's right rotator cuff surgery failed as well, Dr. Moutzouros recommended a consultation with [Stephanie Muh, M.D.](#), Service Chief, Shoulder and Elbow Service Line at Henry Ford Health for an evaluation for reverse shoulder replacement.

Last year, Kathleen's left rotator cuff surgery with Dr. Moutzouros was performed at Henry Ford Medical Center-Royal Oak. One year later on May 13, 2024, she became the first patient at Henry Ford Health to undergo reverse shoulder replacement surgery for her right side in the same ambulatory surgery center with Dr. Muh.

"I was told I would be an excellent candidate to have the procedure at the medical center and because I had a good

experience at Henry Ford Medical Center-Royal Oak with Dr. Moutzouros, I agreed to be the first patient to have my reverse shoulder replacement procedure there."

The benefits of outpatient surgery

"Being able to go home the same day your joint is replaced provides major benefits, including a more comfortable recovery in the patient's own home, faster return to typical activities, and lower risk of certain complications, such as infection", according to Dr. Muh. "Additionally, because most people do not require narcotics there is less risk of complications related to opioid usage such as drowsiness and falls. Multiple studies have also shown that outpatient surgery results in a more satisfactory experience."

Surgery without narcotic treatment after

Kathleen, whose recovery has gone well, was a candidate for non-narcotic treatment after leaving the ambulatory surgery center, a protocol that Dr. Muh has been using for appropriate candidates.

An abundance of literature shows that acute post-surgical pain is multifactorial in nature. Inflammation, nerve sensitization, changes in neurotransmitter activity, and patient perception all play an important role in post-operative pain.

"During surgery although patients are unconscious (GETA) the biological processes leading to pain sensitization are already happening.

The central and peripheral sensitization pathways are activated and affects both the intensity of acute pain and the persistence of pain well into the postoperative period," Dr. Muh says.

She adds that post-surgical pain is best managed when the pre-, intra-, and post-operative phases of surgery are addressed which is why the complexity of post-surgery pain requires more than simply opioids.

Mortality and morbidity related to opioid usage

Orthopedic surgeons are the 3rd highest prescriber of opioids in the United States, notes Dr. Muh. A 2021 study showed that there is a 2-5% increased risk of continued opioid use 3 years after a patient received their first prescription after an orthopedic surgery. Therefore, there is a responsibility for orthopedic surgeons to mitigate this risk for patients.

"I use a multi-modal approach to the treatment with pain with an important first step being done in the clinic at the time the patient decides to proceed with surgery," she says. "On the day of surgery, patients are given medications that work on multiple locations of the pain pathway via different mechanisms to produce analgesia."

"By addressing pain in all phases of care, we get ahead of the pain and have successfully developed a pathway where a majority of patients do not need to go home with narcotics," she adds.

Multi-modal pain treatment

Kathleen, who before retiring moved 18 times in 30 years while serving in the military with her husband, says she is not opposed to taking narcotic medication if needed after surgery, but after following the post-surgery medication instructions from Dr. Muh, she described her pain as tolerable and felt she did not need the narcotic medications to relieve her pain.

"I would describe my pain as a 3 or 4 out of 10 after just a couple of weeks after the surgery," she said. "I've had narcotic prescriptions in the past after the rotator cuff surgery and was glad I had that option due to the pain, but with this surgery, I'm pleased that I did not require it and the recovery is going well!"

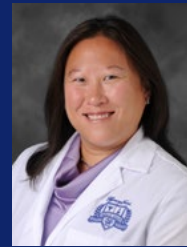
Kathleen expresses that after experiencing treatment outside of Henry Ford Health for her previous orthopedic procedures, she was extremely pleased with the Henry Ford patient experience.

"Every step of the way I was very impressed with the surgical treatment from Dr. Moutzouros and Dr. Muh as well as the detailed care and follow-up from Henry Ford staff!"

While no longer in the military, she and her husband still love to travel extensively, and with the reverse total surgery out of the way, she looks forward to getting back to exploring the world pain free.

Henry Ford Research on Non-opioid Multimodal Analgesia Protocol

Implementation of a Non-opioid Multimodal Analgesia Protocol Significantly Reduces Opioids Prescribed After Total Shoulder Arthroplasty



Led by [Stephanie Muh, M.D.](#), Henry Ford Researchers have published results of a randomized controlled prospective study reporting the successful implementation of a non-opioid postop pain protocol in shoulder arthroplasty.

Published in [Seminars in Arthroplasty: JSES](#), the purpose of the study was to evaluate the impact of a postoperative non-opioid multimodal pain protocol on the amount of opioids prescribed, pain level, and complications in patients undergoing total shoulder arthroplasty (TSA) compared to a standard opioid regimen.

"We found that there was no difference in pain scores between patients who received opioids and those who did not," says Dr. Muh.

She notes the only difference being the groups is that the opioid group received a prescription of narcotics at discharge. The non-opioid arm reported significantly lower opioid usage. Additionally, the opioid group had a significantly higher rate of constipation.

"Overall, we found the non-opioid multimodal pain protocol is safe and effective at treating postoperative pain in patients undergoing shoulder replacement."

Stronger Community +

Stronger Care: Ascension hospitals and ambulatory care sites in Southeast Michigan and the Greater Flint area are now Henry Ford Health. Learn more at henryford.com/ascensionjv

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