

Ortho in Motion

Summer 2023

Henry Ford Health Appoints New Orthopaedics Chair and Medical Director



[Jonathan Braman, MD](#), an orthopaedic surgeon specializing in shoulder surgery, has been named new department chair and medical director of the orthopaedic service line at Henry Ford Health.

“As our new chair and medical director of orthopaedics, Dr. Braman will build on our great legacy and further strengthen our commitment and ability to deliver excellent patient care, to advance research and clinical training,” said [Adnan Munkarah, MD](#), president of Care Delivery System & chief clinical officer.

As chair and service line medical director, Dr. Braman will oversee all administrative, clinical, research and academic activities for the service line. Henry Ford Health’s orthopaedic service line has [more than 20 locations](#) throughout the tri-county area.

“Following a nation-wide search, we are excited to welcome Dr. Braman to lead our orthopaedic service line,” said [Steven Kalkanis, MD](#), executive vice president and CEO of Henry Ford Hospital and CEO of the Henry Ford Medical Group. “We look forward to having his leadership and expertise improve on Henry Ford’s national reputation as a destination for excellent orthopaedic patient care, academic research and education.”

In addition, he will develop and implement strategies to continue the advancement of orthopaedic surgery and clinical services at Henry Ford to be among the top in the nation while continuing to move the health system forward in the successful transformation of health care from volume-based to value-based care delivery across all markets.

“For years, I have known and respected the orthopaedics team at Henry Ford,” said Dr. Braman. “I am excited to join such a high functioning team and work collaboratively with all the musculoskeletal clinicians throughout the service line to provide patient-centric care to those we are charged to serve. I believe that combining the best of academic medicine, equitable clinical care, research, and education yields quality outcomes, promotes cost-efficient care and aligns with the goals of Henry Ford Health.”

Dr. Braman joins Henry Ford from the University of Minnesota Department of Orthopaedic Surgery, where he was Chief of Shoulder Surgery, Professor of Orthopaedic Surgery, Vice Chair of Faculty Development, and Director of Orthopaedic Research at the University of Minnesota Medical Center. He previously served as Residency Program Director. During his time in Minnesota, he practiced in the HealthPartners organization at TRIA Orthopaedic Center, at the University of Minnesota Medical Center, and at the Minneapolis Veterans Administration Medical Center.

Award-Winning Physician and Researcher

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Dr. Braman received his bachelor's degree in English from Princeton University, medical degree from the University of Washington School of Medicine, and his Master's in Healthcare Administration from the University of Minnesota.

Following graduation, he completed his residency at the University of Washington. He also served as a clinical fellow in shoulder surgery at the Leni and Peter May Department of Orthopaedic Surgery at Mt. Sinai Hospital in New York, NY

An award-winning physician and researcher who is involved in countless professional organizations, Dr. Braman brings a wealth of clinical knowledge and research of Orthopaedics and Sports Medicine. He has written many articles and editorials, delivered dozens of presentations and lectures throughout the country and has been involved in a number of clinical trials.

For more information about Henry Ford Health's orthopaedic services, visit henryford.com/orthopedics

Orthopaedic and Sports Medicine Services Available at Henry Ford Medical Center Plymouth

Conveniently located with easy access to parking.

Henry Ford Medical Center – Plymouth, the health system's new three-story, 120,000 square foot state-of-the-art medical center, located on the corner of Ann Arbor and N. Haggerty Rd. now offers Orthopaedic and Sports Medicine services.



- For more information
- Visit: henryford.com/plymouth
 - Main Phone: 734.928.1600
 - Emergency Phone: 734.738.2020

Treatment includes comprehensive trauma care including operative and non-operative care for all fractures (except head and spine). Treatment of complex peri-articular fractures, nonunions and malunions are also offered as well as most basic ambulatory fractures that require surgery.

The center also provides access to primary care, specialty care and emergency medicine with an easy-access emergency room open 24 hours, 7 days a week, full-service lab, pharmacy, convenient radiology services, and top physicians and specialists.

"We chose this new Plymouth site as the perfect complement to our existing Beck Rd. location to meet the needs of our growing patient base in western Wayne County," says Steve Horger, Henry Ford's director of regional operations. "We are grateful for the opportunity to revitalize this viable piece of property near the heart of Plymouth and expand the expertise of the Henry Ford Medical Group into this community."



Henry Ford Health Names Head Team Doctors for Two USFL Teams for the 2023 Season

[Jong Lee, MD](#) and [Joseph Medellin, MD](#), from the division of Sports Medicine at Henry Ford Health, will serve as head team physicians for the Michigan Panthers and Philadelphia Stars, respectively, of the [United States Football League](#) this season.

"Henry Ford Sports Medicine is proud to take on the important role of providing expert medical care for these USFL teams with a medical staff that is experienced in providing professional football coverage," said [Vasilios \(Bill\) Moutzouros, MD](#), chief of Sports Medicine and an orthopaedic surgeon at Henry Ford Health.

As the teams' lead physicians, Drs. Lee and Medellin will provide sideline coverage with their respective teams at away games and coordinate game-day medical coverage at Ford Field home games with a highly qualified team of Henry Ford Sports Medicine specialists and athletic trainers. In addition, they will coordinate with Henry Ford Health physicians across other medical specialties to provide any needed specialty care including cardiology, ophthalmology, otolaryngology, primary care and sleep medicine.

The Panthers and Stars will receive the high-quality medical care that Henry Ford Health has proudly provided for years as the official team physicians for the Detroit Lions, Detroit Pistons, Motor City Cruise, Detroit Marathon and the PGA's Rocket Mortgage Classic. Players will also have access to the same state-of-the-art athletic services Henry Ford Health is nationally known for and available to patients across the U.S., and to many Michigan colleges, universities and high schools.

Available resources for the two USFL teams will include the [Henry Ford Center for Athletic Medicine](#), [Henry Ford Medical Center – Chelsea](#), and the Detroit Pistons Performance Center which will all serve as hubs for medical and sports performance needs for players. The 2023 USFL game schedule kicked off April 15 and included a 10-week regular season.

To learn more about Henry Ford Health sports medicine services, visit henryford.com/sports.

Innovations Through Peer Review Publications in Orthopaedics

In the first two quarters of 2023, 39 articles featuring Henry Ford Health orthopaedic providers as lead/senior authors and 15 as contributing authors were published showcasing the health system's leading role at advancing best-practice and evidence-based techniques for improving orthopaedic related health outcomes.

1st/Senior Author Publications



Eric Makhni, MD, MBA
Sports/Quality

9



T. Sean Lynch, MD
Sports

7



Charles Day, MD, MBA
Hand/Management/
Leadership

4



Vasilios (Bill)
Moutzourous, MD
Sports

4



Kevin Baker, PhD
Bone and Joint

2



Jason Davis, MD
Joints

2



Stuart T. Guthrie, MD
Trauma

2



Trevor North, MD
Joints

2

Orthopaedic Research News

Upper Extremity Injuries in Major League Baseball Players Leads to Most Time Lost

Senior Author:

T. Sean Lynch, MD

Published Title:

Upper-Extremity Injuries Have the Poorest Return to Play and Most Time Lost in Professional Baseball: A Systematic Review of Injuries in Major League Baseball

Major League Baseball (MLB) players endure one of the longest regular seasons, spanning 162 games over 7 months. During this time, they experience extreme physiologic stresses and torque on the shoulder and elbow. Injuries can result in considerable time away from the sport and have a significant impact on team success, contract negotiations, and financial losses from players and teams. Ulnar collateral ligament (UCL) tears, shoulder labral tears, and anterior cruciate ligament (ACL) tears result in the most missed time. Shoulder labral tears, rotator cuff tears, and UCL tears had the poorest return to play rates.

Article can be viewed at:

<https://pubmed.ncbi.nlm.nih.gov/36587750/>

Higher Total Hip Arthroplasty Volume Creates Lower Intraoperative Risk

Senior Author:

Trevor North, MD

Published Title:

Higher Annual Total Hip Arthroplasty Volume Decreases the Risk of Intraoperative Periprosthetic Femur Fractures

Periprosthetic femur fracture (PFF) can occur intraoperatively or postoperatively and is a serious complication of total hip arthroplasty (THA). Dr. North's study retrospectively assessed the relationship between the years of surgical experience and surgeon annual THA volume on intraoperative and postoperative PFFs. This study found that surgeons who performed fifty or more THAs per year had significantly fewer intraoperative PFFs than those who did less than fifty. Surgeon experiences was not significantly related to PFFs.

Article can be viewed at:

<https://pubmed.ncbi.nlm.nih.gov/37479197/>

Outcomes Following Robotic Medial Unicompartmental Knee Arthroplasty

Contributing Author:

Jason Davis, MD

Published Title:

Impact of Alignment and Alignment Correction on Outcomes Following Robotic Medial Unicompartmental Knee Arthroplasty

Background:

The purpose of this study was to retrospectively examine the relationship between preoperative and postoperative alignment in robotic unicompartmental knee arthroplasty (UKA) and postoperative patient-reported outcome measures.

Methods:

A retrospective review of 374 patients who underwent robotic-assisted UKA was conducted. Patient demographics, history, and preoperative and postoperative Knee Injury and Osteoarthritis Outcome Score for Joint Replacement (KOOS-JR) scores were obtained via chart review. Average follow-up period was 2.4 years (range: 0.4 to 4.5 years) to chart review and 9.5 months (range: 6 to 48 months) to latest KOOS-JR. Preoperative and postoperative robotically measured knee alignment was obtained from operative reports. Incidence of conversion to total knee arthroplasty (TKA) was determined by review of a health information exchange tool.

Results:

Multivariate regressions showed no statistically significant relationship between preoperative alignment, postoperative alignment, or degrees of alignment correction and change in KOOS-JR score or achievement of KOOS-JR minimal clinically important difference (MCID) ($P > .05$). Patients who had >8 degrees of postoperative varus alignment had on average a 20% lower achievement of KOOS-JR MCID compared to patients who had <8 degrees of postoperative varus alignment; however, this difference was not statistically significant ($P > .05$). There were 3 patients who required conversion to TKA in the follow-up period, with no significant relationship to alignment variables ($P > .05$).

Conclusion:

There was no significant difference in KOOS-JR change for those patients who had a larger or smaller degree of deformity correction, and correction did not predict MCID achievement.

Providing Healthcare Services at the Rocket Mortgage Classic

The Henry Ford Health Sports Medicine team was once again the Official Healthcare Provider for the 2023 Rocket Mortgage Classic held at the Detroit Golf Club June 27th through July 2nd. The team was onsite each day providing first aid care to the athletes and spectators.



Henry Ford Health as the official healthcare provider for athletes and spectators.

Henry Ford Health Commitment to the Community

The providers at Henry Ford Health are committed to serving our community, and one way we do that is by providing sports medicine and athletic training services to over 20 schools in the Metro Detroit area. When Detroit Country Day recently lost power, canceling sports physicals for its students, the Henry Ford team sprang into action to ensure student-athletes were ready to play the following week. With all hands on deck from across the health system – athletic trainers, emergency medicine residents, exercise physiologists, orthopaedic residents, physician assistants and orthopaedic/sports medicine physicians – they saw 88 athletes and completed 50 electrocardiograms in just 2 hours. The team at Henry Ford and Detroit Country Day were thankful to Marian High School who opened their doors to host this event.



Back row: Dr. Jonathan Braman, Dr. Muhammad Abbas, Alonzo Groggins, Dr. Noah Hodson, Dawn Thrasher, Dr. Ramsey Shehab

Front row: Nicole Schreiber, Amanda Pruden, Emma Reid, Meaghan Rourke, Melissa Keller, Rachel Blonde, Bailey Thompson, Katherina Steenson, Madison Grover

Sport Psychologist Joins Henry Ford Center for Athletic Medicine

The Henry Ford Center for Athletic Medicine, a state-of-the-art facility for athletes to heal, condition and optimize their performance, has a new team member aimed at optimizing athlete mental health.



Seth Swary, Ph.D., a sport psychology clinician at the Henry Ford Center for Athletic Medicine is part of the multi-disciplinary sports medicine approach offered to athletes. Dr. Swary grew up in Ohio and attended Ohio Wesleyan University, where he majored in Neuroscience and Psychology and played football. He then went to the University of Denver for his Master of Arts in Sport & Performance Psychology, and West Virginia University for his Master of Arts in Clinical Mental Health Counseling and Ph.D. in Sport, Exercise, & Performance Psychology. Dr. Swary served as the coordinator of Sport & Performance Psychology for Oakland University for two years before joining Henry Ford Health in March of 2023.

Throughout his training and experience, Dr. Swary has worked with a range of athletes in ages, competitive levels, and sports. Dr. Swary joins internationally recognized Henry Ford physicians in areas of orthopaedics, concussion, brain health and cardiology for athletes to reach their highest potential.

Strength-training coach for the mind

Dr. Swary explains pressures to perform, physical injuries and intense schedules can take a toll on anyone's mental health, which is where a sport psychologist comes in.

"It's helpful that a sport psychologist knows the culture of athletics and the typical stressors that athletes face. We're familiar with the influence the world of athletics can have on someone and how it can affect their wellbeing."

How sport psychology can help athletes

Athletes often have a built-in support system: teammates and coaches who know what they're going through and trainers and physicians who can help manage aches and injuries. But still, it's not always easy. Some of the difficulties that athletes face where a sports psychologist can help include:

- **Increased attention on body image.** Especially if you play a sport that requires revealing outfits—or a sport with increased focus on weight—it might be difficult to maintain a healthy body image. For some, this can lead to an increased risk of developing an eating disorder.

- **The pressure to perform.** "If you're an athlete at the college or professional level and play badly during a game, social media can take a toll," says Dr. Swary. "But even if you're not in the public eye, there is pressure to perform from coaches, teammates, family members."
- **Navigating demanding schedules.** "I work with many college athletes and their schedules are packed practicing several hours a day, team meetings, traveling to and from games and then they're trying to keep up with school," says Dr. Swary. "It can be stressful."
- **Debilitating physical injuries.** The physical demand of sports can also bring about its own set of challenges especially when injuries occur. "You're not only dealing with surgery and rehabilitation, but you're also out of the game for a while," says Dr. Swary.
- **Making career transitions.** "I've worked with many athletes who are transitioning from one level of athletics to another (for example, middle school to high school, high school to college, college to professional) along with athletes who are transitioning out of their career," says Dr. Swary. "They wonder how they can leave this sport they've been doing their whole lives. It can be a huge part of their identity and a tough transition to make. Even more so if it's an injury that abruptly derails their career. We can provide them with ways to make a smooth, healthy transition."

Sport Psychology services offered:

Dr. Swary, who says all athletes can benefit from seeing a sport psychologist can provide services for athletes presenting with mental health concerns including anxiety, depression, relationship issues, body image, injury recovery, and stress management, as well as for improving/restoring performance through psychological skills training. Athletes of any age presenting with mental health concerns (mild to moderate anxiety, mild to moderate depression), athletes managing chronic or long-term injuries, or athletes looking to further improve performance are strong fits for services.

Learn more at henryford.com/sportpsychology

Dr. Swary can be reached by:

Email: sswary1@hfhs.org

Phone: 313.920.8506

Awards and Recognition

Congratulations to the following Henry Ford orthopaedic surgeons for the following achievements.

Awards and Honors

Trevor T North, MD orthopaedic surgeon who specializes in hip and knee replacement has been elected into the American Orthopaedic Association. Previous awards include being selected as the research resident of the year in his final year of residency. He was also the winner of the Henry Ford research symposium.

Henry Ford Health has received an educational grant from the **Arthroscopy Association of North America (AANA)** for the Sports Medicine Fellowship Program. The grant supports advancements in medicine through quality Fellowship education and training.

Patricia Kolowich, MD orthopaedic surgeon and fellowship director-Orthopaedic Sports Medicine, has been elected president of the Wayne County Medical Society. Dr. Kolowich will lead the organization's goal of increasing membership to represent the physicians in Wayne County.

Charles S. Day, MD, MBA was invited to speak in Singapore last month at the 13th Congress of the Asia Pacific Federation of Societies for Surgery of the Hand (13th APFSSH/9th APFSHT/8th APWA). This organization is recognized worldwide as one of the most important and influential congresses for hand surgery. Dr. Day spoke on behalf of Henry Ford Health on several topics, including inner-city hand trauma programs, hand surgery outcome tools, and Wide Awake versus traditional hand surgery.

Henry Ford Health is one of the hosting institutions for two international travelling fellows of the Hip Foundation of Japan in October of 2023. They will be visiting Henry Ford, University Michigan/Beaumont, and Cleveland Clinic.



Dr. Moeller at 7th Annual World Congress of Orthopaedics annual meeting

Joseph Medellin, MD, Henry Ford Jackson primary care sports medicine specialist, has been selected as one of Jackson Magazine's Health Care Angels for 2023 by the committee of former winners and health care professionals. The award honors individuals in the healthcare field who have a passion for their work and the people they serve. Dr. Medellin will be featured in the 2023 September Magazine and will be presented with the award at their Health Care Angels event on September 5th. Dr. Medellin has also received the Henry Ford Jackson Trailblazer Award. Nominated by colleagues, the award recognizes physicians who are willing to boldly lead the medical staff and health system past comfort zones to enhance the level of care for every member of the community.

James L. Moeller, MD, FAMSSM, FACS recently presented data from his publications on pelvic apophyseal fractures in adolescent athletes to an international audience of orthopedic surgeons at the 7th Annual World Congress of Orthopaedics annual meeting in Lisbon, Portugal.



Dr. Day at APFSSH conference

Game-Changing Partnership Expands with Detroit Lions

For more than 60 years, Henry Ford Health has been the official health care provider for the Detroit Lions, a partnership that embodies the two organizations' perennial support of the communities they serve. Henry Ford has been proud to work with the Detroit Lions not only as the healthcare provider but as a community partner to improve health and wellness across the state of Michigan.

That partnership has now deepened with the appointment of T. Sean Lynch, MD who has been appointed head team physician for the Detroit Lions. Dr. Lynch, a senior staff surgeon at Henry Ford Health and vice chair of Academic Affairs for the Department of Orthopaedic Surgery is responsible for treating and coordinating the medical care of the Detroit Lions team members. Henry Ford physicians who help round out the health care team also include Eric Makhni, MD orthopaedic surgeon, and team physician for the Detroit Lions as well as Brad Jaskulka, MD, Robert Albers, DO and Michael Workings, MD Henry Ford Sports Medicine specialists.

Dr. Lynch says it's an honor to work with the entire Detroit Lions organization. "I appreciate the trust of Shelia Ford Hamp, her family, and the entire front office. It takes a village to help keep a professional football team healthy throughout the season."

The Lions athletic training staff and sports performance teams work seamlessly with the medical professionals to keep players healthy by preventing injury while expeditiously responding to diagnose and treat players who sustain injury on the field.

"The unparalleled resources and commitment from Henry Ford Health allow us to seamlessly deliver best in class care for the organization," says Dr. Lynch. "In turn, the lessons learned from treating world class athletes can then be delivered to patients in the surrounding Southeast Michigan community and throughout the entire state," he adds.



Pictured from left to right: Matt Barnes, Dr. Brad Jaskulka, Dr. Lynch, and Dr. Robert Albers.

MSU Medical Student Selected to Work With Detroit Lions

As Part of Expanded NFL's Diversity in Sports Medicine Program



Tamarandobra "Dobra" Ogeh, a third-year medical student in Michigan State University (MSU) College of Human Medicine, will get to complete a one-month clinical rotation with the Detroit Lions and Henry Ford Health Sports Medicine physicians as part of the NFL Diversity in Sports Medicine Pipeline Initiative.

Now in its second year, the initiative aims to increase and diversify the pipeline of students interested in pursuing careers in Sports Medicine to help make a positive impact in the medical field and work to diversify NFL club medical staff.

The NFL, together with the NFL Physicians Society and the Professional Football Athletic Trainers Society, announced the league-wide expansion of the initiative providing medical students with the opportunity to complete a clinical rotation with NFL club medical staff.

"There's racial diversity in the league's players, which is incredible, but I think it's really important to also have that racial and gender diversity reflected in the training and medical staff because increasing diversity in medical care teams has been shown to improve patient care overall," said Ogeh.

Originally from Nigeria, Ogeh and her family emigrated to Toronto, Canada, when she was five years old. She moved to the U.S. for her college career. "The fact that the NFL — which not only utilizes sports medicine but does so at the highest level — is showing their commitment to diversifying the field is amazing," she said.

"I think the program is essential and is phenomenal," echoed Jennifer Edwards-Johnson, the community assistant dean at MSU College of Human Medicine's Flint campus, where Ogeh attends. "Orthopaedic Surgery is one of the specialties in which we really see a need for programming to stimulate diversity so that we create a workforce that comes close to mirroring the population that is going to be served."

"In addition to being a Black woman who's really interested in orthopaedics, Dobra is just an exceptional student," added Edwards-Johnson, who is also an associate professor of Family Medicine at MSU. "Even before arriving on campus in Flint, she had already reached out and articulated her interest in Orthopaedic Surgery and in working with underserved communities. She has been such an asset to the Flint campus and is really dedicated to serving community."

The official team physicians for the Detroit Lions, Henry Ford Health also is proud of its 30-year partnership with MSU, resulting in Henry Ford Health + Michigan State University Health Sciences. This program is an excellent example of how the partnership's commitment and mission to expand educational opportunities with a focus on diversity is making real change in people's lives.

"The opportunity for us to work with a student of Dobra's caliber and participate in this NFL program is a great reflection of the power of our Henry Ford and MSU partnership," said T. Sean Lynch, Henry Ford Health orthopedic surgeon and Detroit Lions head team physician. "We are so fortunate to have so many incredible medical students throughout the great state of Michigan, and programs like this help shape the future of diversity in sports medicine."

Last year's inaugural class comprised 14 students who completed rotations across eight NFL clubs. Each student was selected from one of four historically Black colleges and universities with medical schools, including: Charles R. Drew University of Medicine and Science, Howard University College of Medicine, Morehouse School of Medicine and Meharry Medical College. The 2023 program expanded to match diverse students from 19 medical schools with NFL clubs across the league.

"In school I was an athlete, and I always had interest in Sports Medicine and, more specifically, Orthopaedic Surgery, but it's a field where there aren't a lot of people that look like me," said Ogeh, who played rugby. "This initiative is going to help push the needle forward. And now that I'm doing it, there can be room for other people that look like me to do it."

Diverse medical students, including those training to become sports medicine-focused physicians, are historically underrepresented. But according to the Association of American Medical Colleges, enrollment of diverse students is increasing. During the 2022-23 academic year, "the number of Black or African American matriculants increased by 9%," and "matriculants who are Hispanic, Latino or of Spanish origin increased by 4%," while "American Indian or Alaska Native matriculants declined by 9%."

The NFL's Diversity in Sports Medicine Pipeline Initiative is expanding to provide more students with an interest in Sports Medicine exposure and opportunities in the field.

"Working toward diverse representation across all roles in our league continues to be a top priority, and this program helps us make a tangible impact to grow and bolster a pipeline of diverse Sports Medicine professionals," said NFL Commissioner Roger Goodell.

"We know that diversity makes us stronger at every level, and we look forward to welcoming the 2023 class to our player care teams at clubs across the league."

About Henry Ford Health and Michigan State University

The product of a landmark, 30-year partnership introduced in January 2021, Henry Ford Health + Michigan State University Health Sciences is focused on setting a new standard for how individuals and communities experience care. Together, Henry Ford and MSU are creating a unified research community and investing in emerging cancer research and care; working to fight the health disparities that plague our most vulnerable communities in rural and urban settings; and preparing the next generation of physicians and nurses.

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Dr. Stephanie Muh Selected to Host Medical Student as Part of ASES/Nth Dimensions Scholar Program



Stephanie Muh, MD, Henry Ford Health orthopaedic shoulder and elbow surgeon and member of The American Shoulder Elbow Society (ASES) has been selected to host second-year medical student Morgan Bolton from Georgetown University as part of the (ASES)/Nth Dimensions Scholar program. [Nth Dimensions](#) identifies underrepresented medical students from around the country to participate in a summer externship and research project with ASES members between the 1st and 2nd year of medical school.

The goal of this program is to provide these students with research and mentorship opportunities exposing them to shoulder and elbow surgeons.

Bolton was selected to work with Dr. Muh in the summer of 2023 where she shadows Dr. Muh in clinics and operating rooms as well collaborating on research projects to gain a better understanding of the specialty. "The goal is to help mentor and provide resources to help program participants like Morgan to become a more competitive applicant for when the time comes to apply to the competitive field of orthopaedic surgery," says Dr. Muh.

What Bolton says about the program.

Bolton, who grew up in Dallas, Texas says her experience as an Nth Dimensions Scholar has been life-changing and is grateful to ASES for sponsoring her summer in Detroit. "Dr. Muh and the Henry Ford Health staff have been welcoming and accommodating," she says. Bolton adds that she's experienced many aspects of the orthopaedic profession including research projects, surgeries, clinics, grand rounds, and lectures. "Dr. Muh is intentional in providing crucial guidance to grow my fond of knowledge in not only orthopaedics but medicine as a whole. She's an exceptional leader, teacher, and mentor. I look forward to our blossoming relationship as I navigate my medical career and future goals of serving the medical profession as an orthopaedic surgeon."

Nth Dimensions was founded in 2004 by Dr. Bonnie Simpson-Mason, who worked collaboratively with academic institutions, community surgeons, and the healthcare industry to address the dearth of women and underrepresented minorities (URMs) in orthopaedic surgery. Through innovation and collaboration, Nth Dimensions creates competitive residency applicants and provides consistent and successful pipeline programs in these fields. Female Nth Dimensions Scholars are 45 times more likely to apply to an orthopaedic residency. Furthermore, the orthopaedic match rate among Nth Dimensions participants (87 percent) exceeds the overall national match rate (71 percent).

Steps to address the least diverse specialty in medicine.

Currently approximately 6 percent of orthopaedic surgeons are women, and 16 percent are orthopaedic female residents. Minorities make up only 7 percent of orthopaedic surgeons and representation has decreased over the last 10 years. "As a female who has had to and continues to navigate many barriers and bias to succeed as an orthopaedic surgeon, I am passionate to help invoke change for the next generation of orthopaedic surgeons both at Henry Ford and throughout the orthopaedic specialty," says Dr. Muh. "We know that improving the diversity to more mirror the overall population improves healthcare disparity, access to care, and improved patient outcomes."

In addition to hosting a Nth dimension scholar this summer, Dr. Muh initiated the Perry Initiative Program at Henry Ford. The Perry Initiative offers a one-day hands-on career exploration for young women in high school who are interested in careers in orthopaedic surgery, engineering or both. Henry Ford Health will be hosting this program on Saturday, Oct 28.

The Perry Medical Student Outreach Program is a hands-on introduction to the field of orthopaedic surgery for women in medical school. It will be hosted by Henry Ford Health on Oct 27th.

Welcome Henry Ford Health Orthopaedic Surgeons and Residents



Lindsay M. Maier, MD
Orthopaedic Trauma Surgeon
Medical School:
Wayne State University School of Medicine
Residency:
Henry Ford Hospital, Orthopaedic Surgery
Fellowship:
North Star/University of Minnesota
Orthopaedic Trauma



Sarah C. Carey, MD
Medical School:
Weill Cornell Medicine



Bailey Abernathy, MD
Medical School:
University of Minnesota Medical School



Emil Espinal Nunez, MD
Medical School:
University of Cincinnati College of Medicine



Ezra Goodrich, MD
Medical School:
University of Kansas School of Medicine



Obed Barkus, MD
Medical School:
University of Kansas School of Medicine



Michaela Rasmussen, MD
Medical School:
University of Toledo College of Medicine



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or call 877.434.7470.