

What's NEW at the office:

November 08.: announcing the return of my occasional newsletter: MED SHORTS NEWS, which is about recent medical studies on arthroscopy surgery for osteoarthritic knees.

As you may know, knee arthroscopy is a wonderful surgical method to repair damaged structures in the knee: a torn meniscus; torn ACL, etc. However, arthroscopy **is NOT USEFUL** for osteoarthritis alone. I think it's about time for people to learn the Limitations of arthroscopy for knee with osteoarthritis.

I was asked to be a co-editor of an issue of the journal : *International Musculoskeletal Medicine*. This issue will be devoted to the theme of medical cases where the office exam found the diagnosis when surgery or imaging(x-rays/MRi/Ct/etc.) couldn't. Boy, do I have a lot of cases I can remember. I have a lot of writing to do, and other doc's to ask for some of their cases.

Oct. '08: Most important is my new staff member: Rene Martel, an experienced medical biller. He is here on Wednesdays and is already a great help. Thanks to all my patients who have suffered from my office problems.

Also, I attended a "refresher" workshop on walking and orthotics. My teacher, **Dr. Howard Dananberg**, podiatrist, was my teacher on foot and ankle problems about 10 years ago. I relearned some things and got some new pointers. Dr. Dannanberg is a world famous podiatrist, who did important research on how people walk. He has published many medical articles about his findings. His work has been very useful to me and my patients.

Sept./Oct. '08. I taught a private class on musculoskeletal diagnosis and treatment at my office. In the 3 full days (on Sundays!) we went through the cervical spine, shoulder, and upper back. It was lots of fun as always. This is the same type teaching that started 15 years ago when I lived up in Rochester, NY. And still do at the annual meeting of my national organization: the American Association of Orthopaedic Medicine. I want to particularly mention the one physical therapist, Jack Weinstock, who has been for 2 years now one of my patient's favorite physical therapist.

July '08: I went to a one-day workshop on adjusting customizable orthotics to allow for abnormalities in one's walking. Then I ordered the necessary supplies and am working on learning this, and making these orthoses for my patients. My charge is \$60 at the office and another \$60 for the adjustments, compared to 450-500 for custom orthotics.

April, '08. I went to the annual meeting of my association: The Association of Orthopedic Medicine. I presented a day-long pre-course on musculoskeletal diagnosis. This uses the British method of office diagnosis of soft tissue lesions in and around the joints. I learned this method 30 years ago (1978) and it is the foundation of my sports medicine work.

February, '08, still working on mastering the ultrasound machine. Shoulders are the hardest, knees are easier. Very few sports medicine physicians do ultrasound as yet. I am sure ultrasound for diagnosis and for treatment guidance will be widespread in about 5 years. Also, preparing now for a day long class that I am teaching , at my association, the American Association of Orthopaedic Medicine, Annual conference at the end of April.

January, '08, Kansas City, Kansas: I taught a 3 day course in Orthopaedic medicine (musculoskeletal medicine) to a mixed MD and physical therapy group. Then, still in Kansas City, I studied at a 2 - day intensive course of use of diagnostic ultrasound for musculoskeletal imaging. This technique will assist me to visualize lesions like the knee meniscus, snapping loose tendons, degenerative ligaments, and then to follow healing over months after prolotherapy.

December,07,

I went to Colorado Springs to take a 2 day course in prolotherapy Injection technique as a "Refresher". Also, I learned new ideas on evaluation & prolotherapy treatment of rotator cuff & shoulder joint as presented by Dr. Tom Ravin, long-time orthopaedic medicine and prolotherapy expert and teacher. He was originally a radiologist. HE will soon be publishing a textbook on prolotherapy.
