



Hand and Upper Extremity Fellowship Program at Hospital for Special Surgery



The pursuit of excellence dates back to Hospital for Special Surgery's (HSS) earliest traditions and continues to guide our present-day mission: to improve the mobility and enhance the quality of life of patients, while advancing the science and profession of orthopaedics and rheumatology through clinical research and medical education. HSS's long-standing tradition of joining promise with skill and knowledge has put generations of surgeons at the center of the creation and delivery of the most effective treatments.

The Hand and Upper Extremity Fellowship Program at HSS has trained and educated innovative and outstanding physicians to be future academic leaders in musculoskeletal clinical care, research, and teaching for over 25 years. Our Fellows become an integral part of the community around them through close collaboration with faculty, research staff, and all the members of the HSS care team. In addition, HSS's affiliation with NewYork-Presbyterian Hospital, Weill Cornell Medical College, and Memorial-Sloan Kettering Cancer Center provides Fellows with the unique resources of this rich academic and scientific community, within walking distance of the Hospital.

The Hand and Upper Extremity Fellowship Program offers an abundantly diverse educational and operative experience. Our eight internationally prominent faculty members have sub-specialty expertise in diverse conditions and treatments including complicated injuries to the brachial plexus, the treatment of tumors, congenital conditions, complex elbow repair, and treatments for complex injuries to the hand, wrist, forearm, and elbow in adults and children.

Upon completion of the Fellowship Program, graduates are amply prepared to build surgical practices, focus more deeply on research, and teach at top academic medical centers and hospitals all over the country and the world. As a result, a large group of our Hand and Upper Extremity Fellowship Program graduates, who currently work in nearly 30 states and over a dozen countries, are actively engaged in our alumni network, which continues to be a valuable resource for our Fellows as they continue their orthopaedic careers.

We hope that as you plan your future, that you consider closely our very special community, our history of standard-setting care, and all the resources that both the Hand and Upper Extremity Fellowship Program and Hospital for Special Surgery have to offer.

Sincerely,



Edward A. Athanasian, MD
Chief, Hand and Upper Extremity Service



Scott W. Wolfe, MD
Fellowship Director, Hand and Upper Extremity Service



About HSS

Hospital for Special Surgery (HSS) is the world's leading institution and center of excellence for musculoskeletal medicine — including orthopaedic surgery, rheumatology, and rehabilitation. This academic medical center on the Upper East Side of New York City is affiliated with NewYork-Presbyterian Healthcare System and Weill Cornell Medical College. Since the Hospital's founding in 1863 by Dr. James A. Knight, Hospital for Special Surgery has set the standard for orthopaedic patient care, which has always been closely associated with world-class education and research.

Fellowship Program

The Hand and Upper Extremity Fellowship Program at HSS was established over 25 years ago to train future leaders in hand and upper extremity treatments and care. The Program was re-accredited with commendation by the Accreditation Council for Graduate Medical Education (ACGME) in 2011. Specialty-trained in hand and upper extremity and with a collective volume of more than 2,000 cases per year, the attending surgeons provide an opportunity for Fellows to gain a broad range of experience over the course of the year.

The Hand and Upper Extremity Service

The Hand and Upper Extremity Service at Hospital for Special Surgery has earned a national and international reputation as an authority in the treatment of common and complex conditions of the hand, wrist, forearm, and elbow. Staffed by eight surgeons, each with his or her own area of expertise, the Service offers a strong educational program on every level, with a commitment to exposing Fellows to the unique breadth and depth of the Service through didactic education, clinical instruction, and surgical exposure. In addition to its main campus, the HSS Hand and Upper Extremity Service directs surgical hand services at four affiliated institutions: NewYork-Presbyterian Hospital, NewYork-Presbyterian Hospital Queens, Memorial Sloan-Kettering Cancer Center, and Bronx Veterans Hospital.



CHArm Center

The CHArm Center (Children's Hand and Arm Center) at HSS is a comprehensive resource dedicated to the treatment and research of upper extremity disorders in children and adolescents. A variety of conditions are treated including congenital anomalies, cerebral palsy, orthopaedic trauma, sports injuries, rheumatologic conditions, neurological disorders, and tumors.

Center for Brachial Plexus and Traumatic Nerve Injury

The Center for Brachial Plexus and Traumatic Nerve Injury at HSS is an innovative multidisciplinary program designed to provide state-of-the-art diagnostic and reconstructive options for patients with injuries or dysfunction of the peripheral nerve and brachial plexus. A multidisciplinary team of specialists in hand surgery, physiatry, neurology, radiology, psychiatry, pain management, rehabilitation, and integrative/complementary medicine provides clinical care and guides patients through their post-operative recovery. Comprehensive treatment of complex injuries of the brachial plexus is the hallmark of the Center.



Training

The primary goal of the Fellowship Program is to expose and train Fellows in a wide range of treatments from the most complex peripheral nerve dysfunction to the more common sports-related injuries to the hand. Each Fellow is involved in one of the busiest outpatient ambulatory surgery operative services at the Hospital. A Fellow works closely with our Attending surgeons and residents, assisting in the diagnosis, treatment, and management of a multitude of conditions affecting the hand and upper extremity including trigger finger, carpal tunnel syndrome, complex rheumatoid arthritis, hand and wrist fractures, complex elbow injuries, non- and mal-unions, congenital abnormalities, tumors of the upper extremity, complicated pediatric disorders, cerebral palsy, neuromuscular disorders, and brachial plexus injuries.

Rotations

Four three-month rotations, designed to broaden a Fellow's base of knowledge across all elements of hand and upper extremity, make up the Fellowship year. During each rotation, Fellows are exposed to a broad variety of upper extremity conditions in a one-on-one mentorship environment where a Fellow is exposed to a range of methods, techniques, approaches and management of multiple issues. Time is divided equally between office and operating room with additional time allocated for research.

During each rotation the Fellow will: analyze that area's literature and synthesize learning into everyday practice, conceptualize difficult problems, and assess care options. Fellows will cultivate skills of patient evaluation and management, learn to assess hand and upper extremity disorders, develop a rational approach for care, and organize and execute treatment for a diverse array of clinical problems. Fellows will develop expertise in:

- Upper Extremity Arthroscopy
- Microsurgery
- Approaches for Bone & Soft Tissue Trauma
- Acute and Chronic Post-Traumatic Elbow & Forearm Repair
- Evaluation & Management of Inflammatory Osteoarthritis
- New Treatments for Dupuytren's Contracture
- Complex Nerve Injury & Microsurgical Repair
- Acute and Chronic Wrist Trauma Treatment & Wrist Reconstruction
- Brachial Plexus Evaluation & Surgical Reconstruction
- Management of Compressive & Traumatic Nerve Disorders
- Acute and Chronic Hand/Wrist Injury
- Benign & Malignant Tumors of the Upper Extremity
- Fundamentals of Neoplasm Including Surgical Excision
- Cerebral Palsy & Neuromuscular Disorders Affecting the Upper Limb
- Limb-Sparing Surgery
- Management of Upper Extremity Injuries in Athletes
- Pediatric Hand Surgery





Microsurgical Course

Fellows are enrolled in a Microsurgery Course at NewYork-Presbyterian Hospital/Weill Cornell Medical College where they will become facile at complex nerve and vascular repairs. The course involves five days of intensive, individual, one-on-one laboratory instruction in microsurgical techniques including the use of the operating room microscope, micro-instruments, micro-suture, and live animal models. The course is tailored for surgeons with or without previous experience in microvascular surgery.

Weekly and Monthly Academic Conferences

Several weekly and bi-monthly academic conferences, where unique and complex cases are presented and discussed, provide didactic and Socratic instruction to complement the hands-on training. Members of the faculty attend these conferences, and Fellows are required to participate and often lead discussions. Weekly tutorials occur between Fellows and some of the Hospital's most experienced surgeons. Fellows also participate in weekly journal clubs as well as anatomy laboratory/dissection sessions.

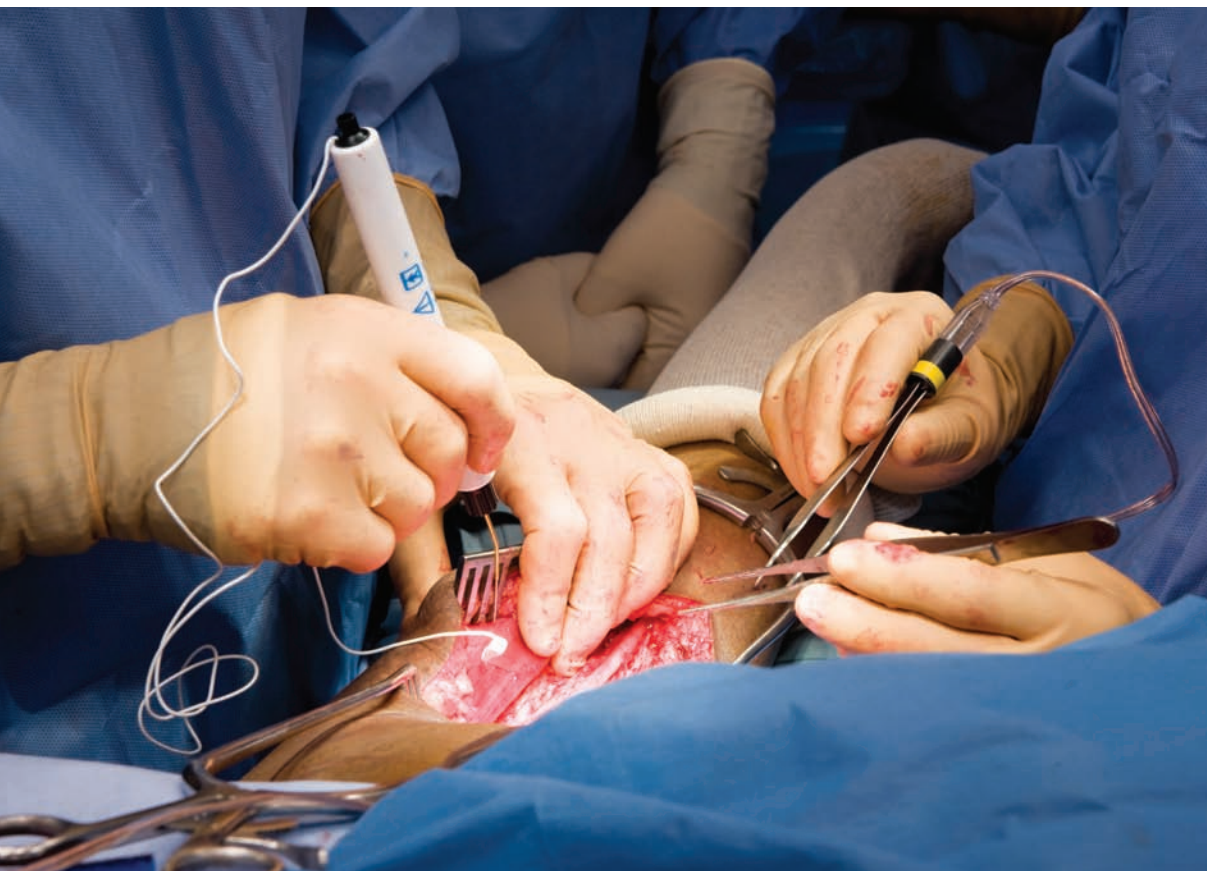
Research

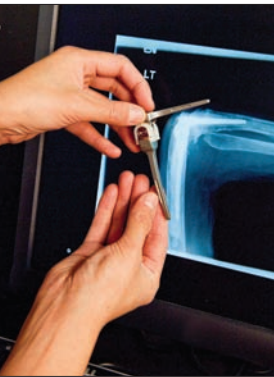
In addition to a robust clinical experience, Fellows build upon their existing research skills with extensive exposure to research methodology, study design, and critical data review. Each Fellow in the Program is required to complete at least one research project during the academic year, though some complete more. Fellows meet regularly with the assigned research mentor to design their research project and review milestones during the year. Fellows present their progress to the Hand and Upper Extremity Service, and also attend a series of research lectures organized each August by the HSS Academic Training Department, which instructs Residents and Fellows on research designs and techniques.

Academic Career Training

In addition to clinical care and research, Fellows develop strong teaching and organizational skills necessary to participate in an academic career. To this end, Fellows work closely with Residents on the Service to coordinate patient care. Fellows—along with an Attending surgeon—conduct weekly sessions in psychomotor

skills to instruct Residents and physician assistants in operative techniques. They also prepare literature for these sessions. Techniques for running a practice are taught by observing Attendings during office hours and through a series of practice management sessions.



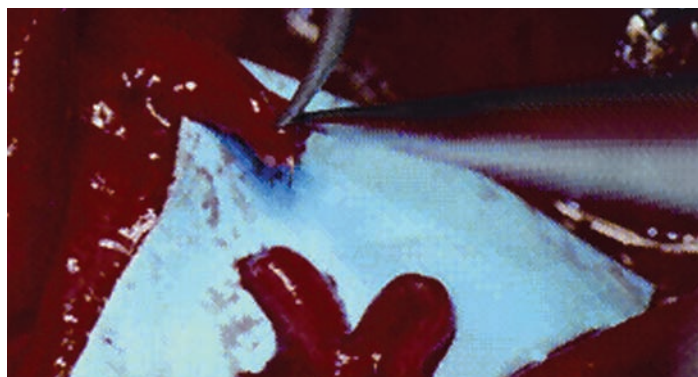


Innovating

For nearly 150 years, Hospital for Special Surgery has pushed the boundaries of medicine with breakthrough research to uncover new treatments and approaches to care. A short bridge connects the Hospital's clinical wings to a research institute with nearly 200 scientists and research staff. HSS is among the institutions comprising the York Avenue Complex, one of the most sophisticated clinical and basic research campuses in the world. Translating basic and clinical research into patient care is a hallmark of Hospital for Special Surgery's "bench-to-bedside" approach. Physicians and scientists are in close proximity to collaborate on finding ways to integrate innovations and scientific breakthroughs into state-of-the-art patient care. Funding for these research efforts comes from numerous sources, including NIH, institutional and foundation grants, industry support, and institutional investment.

Registries

With more than 200,000 patient visits each year, Hospital for Special Surgery is uniquely positioned to conduct clinical research that incorporates state-of-the-art patient care, while evaluating how best to apply the newest innovations in orthopaedics and rheumatology. Many health care institutions have incorporated randomized clinical trials into their clinical research programs, but few have developed the volume or breadth of patient registries currently being compiled by Hospital for Special Surgery's researchers. Through patient registries, HSS researchers and clinicians are making key discoveries about how various procedures impact patients' lives over time.



The Hand and Upper Extremity Service has registries in key areas including basal joint, distal radius, carpal tunnel, neoplasia, pediatrics, brachial plexus and the elbow. Ongoing data collection and analysis enables the Hospital's surgeons to study innovative nerve transfer and repair procedures and research and evaluate patient outcomes to improve management of these complex injuries.

Facilities

The Hospital is currently undergoing an exciting period of growth and physical expansion. In order to enhance the Fellow's clinical, educational, and research experience, the Fellow will have access to the Hospital's state-of-the-art facilities, including the following:

- **Bioskills Education Laboratory (BSEL):** Established in 2000, the BSEL simulates surgical procedures with equipment that is, in many instances, identical to that in HSS operating rooms, allowing Residents and Fellows to become more familiar with the myriad of devices currently used in surgery. The procedures in the lab can be performed on cadaver specimens or sawbones—plastic models of bones and joints. Weekly sessions are supervised by a member of the Attending staff.



■ **Computer Assisted Surgery (CAS) Center:** The CAS Center was created to investigate innovative methods of utilizing computer technology to assist in orthopaedic surgery. HSS is uniquely positioned to pioneer CAS technologies with the integration of important assets which are exclusive to the Hospital.

■ **Biomechanics Laboratory:** The mission of the Department of Biomechanics at Hospital for Special Surgery is to apply the principles of engineering and material science to solve orthopaedic problems by conducting basic and applied research that translates to the development of orthopaedic devices and instrumentation aimed at improved patient care. The Biomechanics Laboratory houses a robotics system that allows sophisticated testing of joint mechanics.

■ **Implant Retrieval Archives:** HSS was one of the first in the United States to begin archiving actual retrieved implants and one of only a few institutions in the world with a web-based capability. As a part of the Department of Biomechanics, the Archive's thousands of retrieved total joint implants are providing critical data that is helping to drive the development and refinement of implant materials and design.

■ **Core Research Facilities:** The HSS Core Research Facilities include Epidemiology and Biostatistics, Flow Cytometry, Musculoskeletal Repair and Regeneration, Analytical Microscopy, Imaging, and Mechanical and Material Assessment. In addition, HSS maintains a close relationship with the Cornell University College of Engineering, making it possible for its Fellows to utilize its expansive, Ithaca-based Core Facilities, which include Computational Analytics and Material Testing and Evaluation.

■ **Leon Root, MD Motion Analysis Laboratory:** This laboratory incorporates force sensors for upper extremity movement evaluation, as well as multiple high-speed video cameras, to conduct formal video analysis of human motion. In addition, the laboratory also allows telemetered electromyographic evaluation of muscle function.



HSS

Upon entering the Program, Fellows become an integral part of the community around them. During the year-long Program, Hand and Upper Extremity Fellows are immersed in all aspects of their area of concentration and build strong ties to other Fellows in the Program and with the Program's faculty members. Upon completion of the Fellowship Program, graduates are prepared to take their talents and expertise to leading community or academic medical centers all over the country and the world.

Fellows also serve as important members of the HSS community-at-large through close collaboration with physician assistants, nurses, and other members of the care team, as well as the Hospital's research staff. Moreover, through HSS's affiliation with NewYork-Presbyterian Hospital and Weill Cornell Medical College, Fellows have the opportunity to tap into this rich academic and scientific community located within a two-block radius of the Hospital.



Community

Living in NYC

Our Program is situated on New York City's Upper East Side, which consists of both commercial and residential areas, many of which are populated by families with school-aged children. The New York City setting, among one of the most economically and culturally diverse metropolitan areas in the world, provides Fellows with the opportunity to work with patients from a variety of religious, ethnic, and socio-economic backgrounds, as well as exposure to all the recreational and cultural activities and experiences that New York City has to offer.

Academic Training Department at HSS

The vision of HSS Academic Training is to educate innovative and outstanding physicians through graduate medical education training programs to be the academic leaders in musculoskeletal clinical care, research, and teaching. Overall support for the administrative and educational conduct of all of the clinical training programs is provided by the Academic Training Department, which is a part of the Education Division of Hospital for Special Surgery. The Academic Training Department works closely with the Fellowship Program Director to ensure that the Program meets its mission, as well as conducts a periodic evaluation process that includes all of the Program stakeholders.

Fellow Evaluation

The Fellow evaluation process is structured in accordance with ACGME guidelines. Formal evaluations are completed following each rotation. In addition to these formal evaluations, the Fellowship Program Director meets regularly with each Fellow to evaluate progress and address any questions or concerns.

Compensation (Stipend, Housing, etc.)

Fellows are provided a stipend and benefits based on the costs of living in New York City, competitive with those of other institutions. Additionally, Fellows will be put in touch with a Housing and Parking Coordinator, who is available to assist Fellows who are interested in obtaining housing through the Hospital. HSS does not guarantee housing for Fellows; however, to date, all interested Fellows have been accommodated.

How to Apply

To apply for the Hand and Upper Extremity Fellowship Program at Hospital for Special Surgery, please download our online application: <http://www.hss.edu/fellowships.asp>. For more information, please contact the Academic Training Department by phone at **212.606.1466**, by fax at **212.606.1477**, or via email at academictraining@hss.edu.



Our Faculty



Edward A. Athanasian, MD

Chief of Hand and Upper Extremity Service
Dr. Athanasian serves as Chief of the Hand and Upper Extremity Service at HSS and is also a member of the division of Orthopaedics in the Department of Surgery at Memorial Sloan-Kettering Cancer Center (MSKCC). He specializes in limb salvage and reconstruction of the upper extremity and hand as well as hand surgery. He has a career-long

interest in the treatment of bone and soft tissue tumors. His recent research has focused on the treatment of soft tissue sarcomas of the hand and on oncologic outcomes for these patients. Recent publications include: accuracy of MRI in determining residual soft tissue sarcoma following unplanned excision, complications of radiation in the treatment of soft tissue sarcomas, ray amputation for tumors of the hand and treatment of grade 3 giant cell tumor of the distal radius. A graduate of Harvard College and Columbia University, Dr. Athanasian was a Clinical Fellow in Surgery at Harvard Medical School/Boston's Beth Israel Hospital. He received orthopaedic training at HSS and completed Fellowships in Hand and Microvascular Surgery at Mayo Clinic, and in Orthopaedic Oncology at MSKCC. Deeply interested in Hand Fellowship training and education, he's also served as Education Director of the Hand Service and Curriculum Committee Chair.



Scott W. Wolfe, MD

*Fellowship Director,
Hand and Upper Extremity Service*

Dr. Scott Wolfe is an Attending Orthopaedic Surgeon at Hospital for Special Surgery and Professor of Orthopaedic Surgery at Weill Cornell Medical College. He directs the Hand Fellowship Training program at HSS. He specializes in the treatment of wrist fractures and injuries, as well as the reconstruction

of complex nerve and brachial plexus injuries. Dr. Wolfe serves as Director of the Center for Brachial Plexus and Traumatic Nerve Injury at HSS and was previously Chief of the Hand and Upper Extremity Services at Hospital for Special Surgery and Yale University. He has over 100 scientific publications on surgery of the hand and upper limb. His research interests include treatments for other upper extremity conditions including motion analysis studies of the upper extremity, investigations into biologic augmentation of flexor tendon repair, developing 3D articular mechanical models of the carpus, and a comparison of wrist kinematics following proximal row carpectomy and midcarpal fusion. Dr. Wolfe's research lab is supported by numerous national and regional competitive research grants, and he is the holder of three patents for innovative wrist implants. He is the Editor-in-Chief of the recently released 6th edition of Green's *Operative Hand Surgery*, the authoritative textbook of the field.



Michelle G. Carlson, MD

Dr. Michelle G. Carlson specializes in sports-related hand injuries, pediatric hand conditions, hand disorders in women including carpal tunnel syndrome, tendinitis, arthritis, and neurologic injuries in the upper extremity. Dr. Carlson serves on the Council of ASSH. She is the consultant hand surgeon to The New York Knicks, The New York Liberty, and the Athletic

Department of St. John's University. She treats many national and international professional athletes, and is the organizer and head of a National Elite Athlete Study Group composed of consultant hand surgeons to professional teams. She also founded and serves as Director of the Children and Adolescent Hand and Arm (CHArm) Center at HSS. Among her research efforts are studies into the anatomy of collateral ligaments of the thumb joint, plating of distal radius, surgical intervention in elbow deformity in Cerebral Palsy, and development of an outcomes registry for the CHArm Center. Dr. Carlson is a winner of the Ruth Jackson Orthopaedic Society/Zimmer Research Grant, Lewis Clark Wagner Research Award, AOA Traveling Fellowship Award, and the T. Campbell Thompson Prize. She is also an Alpha Omega Alpha Honor Society member. A graduate of Cornell College and Weill Cornell Medical College, Dr. Carlson completed her orthopaedic training at HSS. She is currently an Associate Attending Orthopaedic Surgeon at Hospital for Special Surgery and an Associate Professor of Clinical Orthopaedic Surgery at Weill Cornell Medical College.



Aaron Daluiski, MD

Clinician-scientist Dr. Aaron Daluiski specializes in disorders and trauma of the elbow, wrist, and hand, particularly elbow disorders such as stiffness, pain, arthritis, and fractures. He completed his education and training in orthopaedic surgery at UCLA, where he also finished a basic science research fellowship in limb development and bone biology. He was a Hand and Upper

Extremity Fellow at HSS. His clinical research includes the study of elbow stiffness and instability and defining the importance of elbow range of motion in daily activities using a variety of population-based approaches. His basic science laboratory currently focuses on improving fracture healing, and has uncovered several molecular pathways that are differentially regulated during fracture healing in aged animals, which are being studied for potential therapeutic targets to accelerate bone healing. A complementary, novel drug delivery system for the treatment and imaging of healing fractures is being developed. Dr. Daluiski is the education director of the HSS Hand and Upper Extremity Service and Chief of the Hand Service at NewYork-Presbyterian Hospital/Cornell.

Our internationally prominent faculty serve in an array of regional, national and international educational capacities and have published papers and books in their specialties and related areas. This breadth of experience and knowledge as well as many decades of expertise translates into state-of-the-art training of Fellows.



Robert N. Hotchkiss, MD

Dr. Robert N. Hotchkiss specializes in treating conditions of the elbow including arthritis and contractures in both children and adults. He also treats injuries and arthritis of the hand and wrist, and vascular disorders of the hand. At Hospital for Special Surgery, he serves as Medical Director of Clinical Research, Director of Research for the Hand and Upper Extremity Service,

and Director of Translational and External Initiatives. His research interests include improving the performance of elbow replacements, treating carpometacarpal osteoarthritis, and the use of hyaluronan (Synvisc) for the treatment of osteoarthritis in the thumb. He completed his undergraduate and medical degrees and a fellowship in Orthopaedic Research at Johns Hopkins University. In addition, Dr. Hotchkiss served as a Biomechanics Visiting Fellow at the Mayo Clinic and a Hand and Microvascular Fellow at Raymond M. Curtis Hand Center, Union Memorial Hospital. He is an Associate Attending Orthopaedic Surgeon at HSS.



Lana Kang, MD

Dr. Lana Kang treats a diverse range of hand and upper extremity conditions, with a special emphasis on trauma, work-related injuries, and arthritis. Dr. Kang received her undergraduate education from Stanford University, her medical degree from the University of California at San Francisco, and her orthopaedic training from Brown University. She holds a dual fellowship in

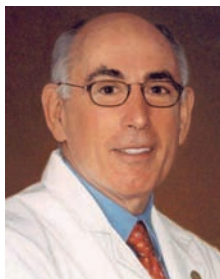
Orthopaedic Trauma and in Hand and Upper Extremity Surgery. Her research interests include the development and testing of a hand expectations survey, a multi-center study of outcomes of upper extremity musculoskeletal disorders, a study of dissociative carpal instability and midcarpal osteoarthritis, small joint arthritis and arthroplasty, and external fixation in distal radius fractures. She is a consultant investigator for academic and clinical trials, and a delegate to professional societies both locally and nationally. Dr. Kang serves as an editorial reviewer for the Journal of Hand Surgery (JHS) and Clinical Orthopaedics and Related Research (CORR). Dr. Kang is the recipient of the inSCOPE Orthopaedic Fellowship, Brown University Heffenreffer Research Award, OREF Resident Research Grant, and Stanford University Research Grant. She was also an NCAA Division I All-American.



Steve K. Lee, MD

Dr. Steve K. Lee serves as Director of Research at the HSS Center for Brachial Plexus and Traumatic Nerve Injury. His particular clinical interests within surgery of the hand, upper extremity, and microsurgery include brachial plexus and complex nerve surgery, hand tendon surgery, and wrist ligament reconstruction. His research interests are broad and include brachial plexus outcomes,

nerve regeneration science, biomechanical tendon studies and recently a novel method for scapholunate ligament reconstruction. From these projects, he has won numerous research awards including the American Society for Surgery of the Hand Award for Outstanding Research, the Sir Robert Jones Research Award, and the New York Society for Surgery of the Hand Research Award five times. Dr. Lee serves as Associate Editor of the Journal of Hand Surgery. In the American Society for Surgery of the Hand, he is the Chair of the Public Education Committee, which produces content for patients. He received his medical degree from the Duke University School of Medicine, completed his residency in orthopaedic surgery at the Yale University School of Medicine and finished his fellowship in hand, upper extremity and microsurgery at the NYU Hospital for Joint Diseases. Dr. Lee takes a strong interest in fellow and resident education and leads the weekly anatomy dissection and bioskills sessions.



Andrew J. Weiland, MD

Dr. Andrew J. Weiland is an attending orthopedist at Hospital for Special Surgery. He is currently Professor of Orthopaedic Surgery and Professor of Surgery (Plastic) at the Weill Cornell Medical College in New York. He specializes in Dupuytren's contractures, upper extremity joint replacement, wrist, hand and elbow fractures, complex ligament injuries to the hand and wrist, treatments for arthritis

of the hand, nerve injuries including carpal tunnel syndrome, and free vascularized bone grafts. Dr. Weiland's recent research includes studies of effectiveness of vit D levels on fractures of the distal radius, PIP joint replacement arthroplasty, radial osteotomy for Stage III A and III B Kienbrock's disease and volar locked plates in distal radial fractures. He is the past President of the American Society for Reconstructive Microsurgery (1991), the American Society for Surgery of the Hand (1995), the American Orthopaedic Association (1998-1999), and the American Board of Orthopaedic Surgery (1998-1999). He is past Treasurer of the American Academy of Orthopaedic Surgeons (2000-2003). He is Surgeon in Chief Emeritus at Hospital for Special Surgery (1990-1993). He is presently Chairman of the American Foundation for Surgery of the Hand. He has authored over 250 publications in peer reviewed journals and several textbooks dealing with the hand and upper extremity. Dr. Weiland is also a consultant to the NY Mets, NJ Nets, NY Red Bulls, NY Knicks, and the PGA.

HOSPITAL
FOR
**SPECIAL
SURGERY**



**Specialists
in Mobility**



Hospital for Special Surgery is an
affiliate of NewYork-Presbyterian
Healthcare System and
Weill Cornell Medical College.

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