



HOWARD HEAD SPORTS MEDICINE

UPDATE 2017

Orthopaedic rehab with **GLOBAL IMPACT**

Thanks to you, patients at Howard Head Sports Medicine receive the most advanced physical therapy from renowned clinicians.

Because of your gifts, these expert therapists are developing better ways to treat orthopaedic injuries and diseases. Their research and test protocols are leading to innovative protocols. Most importantly, you're helping Howard Head staff improve patient outcomes around the globe.

Philanthropy funds

SIGNIFICANT RESEARCH

Weight bearing sooner promotes better recovery



When do you challenge the status quo? Luke O'Brien says when it can benefit patients.

Luke, Howard Head Sports Medicine vice president, is conducting research that is doing just that. The study questions the effectiveness of the standard rehab after FCL surgery. What he's discovering is improving patient care.

FCL stands for fibular collateral ligament. It attaches the thigh to the bone on the outer side of the lower leg. This tear is usually caused by sports like skiing or soccer.

"Our research is significant. It's the first randomized trial conducted here," Luke says.

Study tests therapy after FCL surgery

The standard practice following FCL surgery is to keep weight off the knee for six weeks. But Luke partnered with Dr. LaPrade and Steadman Philippon Research Institute to ask "what if"? Their curiosity prompted a three-year study of 40 patients. These patients put partial weight on their knees just three days post-surgery.

Research findings improve recovery

What are these researchers discovering? So far, patients in the study have had no FCL damage six months after surgery. In fact, their recovery has been easier.

"We're expecting huge benefits," Luke explains. "Patients' muscle atrophy and bone loss are minimized. Their bone density and mobility has been greater."

New therapy becoming standard of care

Analysis of the findings isn't complete, but Luke says this innovative treatment will likely become the Howard Head protocol for rehab after FCL surgery. He predicts it will eventually become the standard worldwide. The study's findings will be submitted for publication in a peer-reviewed journal this fall.

Luke and Dr. LaPrade are also studying the effects of weight bearing on recovery after PCL surgery. The PCL or posterior cruciate ligament connects the thigh to the shin. The researchers expect this study will also show major benefits for patients.

These are just a few of the ways your gifts help patients return to their active lives quickly and safely.



Research challenges standard care, and patients win with better outcomes.



Your gifts

REBUILD BODIES

through a unique fitness program

Howard Head Performance helps people achieve their goals

Howard Head Sports Medicine therapists conduct about 76,000 treatment sessions each year. Within a matter of weeks, patients are back to their daily lives. But that doesn't mean their bodies are ready for sports.

Now there's a new program at Vail Health that helps people reach this higher level of fitness. It's called Howard Head Performance Powered by EXOS. EXOS is the nation's leader in health and performance. Over 1.2 million people use EXOS every day.

"Howard Head Performance helps fill the gap between physical therapy and high performance," says Nico Brown, senior vice president, Howard Head Sports Medicine & Total Joint Center. "It's designed for anyone who wants to become stronger and healthier, not just patients."

Program focuses on the whole person

Howard Head Performance is very different from other fitness programs. It uses an integrated system that guides people toward their goals. The program is based on EXOS's four pillars: mindset, nutrition, movement and recovery.

"Our goal is to make Howard Head Sports Medicine a one-stop shop for people recovering from injury. Patients can easily move from surgery to PT to sports performance. We help them fully prepare for their active lifestyles," says Chris Knerl, performance manager.

The Orthopaedic Bridge Program is unique to Howard Head Performance. Post-op patients still in rehab work with a coach between therapy sessions to strengthen their overall body.

After finishing rehab, they can continue performance training to



Performance Manager Chris Knerl helps athletes achieve their fitness goals through Howard Head Performance by EXOS.

The program offers a service for every need, including:

- Individualized performance plans
- Semi-private and group performance training
- Youth and adult sports team training camps
- Orthopaedic Bridge Program (post-op and bridge programs)
- Sports science testing
- Performance nutrition consultation

"Howard Head Performance is the **gold standard** of orthopaedic care."

Luke O'Brien, Howard Head VP

prepare for returning to sports and other strenuous activities.

Generous supporters enhance performance

Your gifts purchased the latest in exercise equipment for the performance centers. Each machine's unique design maximizes training and prevents injury. Its technology also allows coaches to monitor a person's progress during exercise.

The centers are located in Vail and Breckenridge. A third facility will open in Edwards this fall.

"Howard Head Performance is a natural progression in meeting the health and wellness needs of our region," says Luke O'Brien, Howard Head vice president. "It's the gold standard of orthopaedic care."

Without you, Howard Head Performance wouldn't exist. Your gifts help people achieve their health goals.

Program trains
future leaders in

SPORTS MEDICINE

Thanks to philanthropy, residents learn from the best

“I had experiences at Howard Head I couldn't have gotten anywhere else,” says Caitlin Wooldridge, physical therapy resident. “I learned from some of the smartest clinicians in the world.”

Philanthropy makes it possible for two residents to further their knowledge and skills at Howard Head Sports Medicine each year.

“Our residency exists only because of our supporters,” says Thomas Olson, director of Research and Education. “Their gifts help us provide a program we feel is among the best.”

Your gifts fund unique experiences

“We know residents learn best by working with senior therapists,” he says. “That’s why our program includes 200 hours of mentoring. This far exceeds ABPTRFE’s minimum requirement.” ABPTRFE

stands for American Board of Physical Therapy Residency and Fellowship Education.

In addition, our residents further their skills through clinical rotations at Gundersen Health System’s Sports Physical Therapy Residency in Wisconsin and the USSA Center of Excellence in Utah. They also provide medical coverage for the U.S. Ski, Freeskiing and Snowboarding teams and USA Climbing team. These opportunities expose them to a wide range of sports injuries.

Thomas says Howard Head’s partnerships with The Steadman Clinic and Vail-Summit Orthopaedic Group also set our program apart. Residents learn about the most complex surgeries from these renowned orthopaedists. “Such vast experiences help our residents become master clinicians,” he says. “They’ll be tomorrow’s physical therapy experts.”



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Caitlin Wooldridge,
Howard Head resident



Resident Caitlin Wooldridge, left, learns from her mentor Meghan Gallegos as she works with patients like Carolina Botero.

Howard Head Sports Medicine **BY THE NUMBERS**

Growth 2013-2017	28.2%
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2016 Patient visits	76,554
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2016 Outreach	211 Hours
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Staff with Specialty Certification	52%
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Therapists	63
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Official Medical Provider of the USA Climbing team
and U.S. Ski, Freeskiing & Snowboarding teams



BIGGER SPACE

Enhances rehab outcomes

Larger clinic allows for more therapy options

Your gifts are making a big difference in patient care at Howard Head Sports Medicine. Because of you, the Vail clinic is now 30 percent larger.

The extra square footage made room for additional treatment beds and treatment rooms. This allows therapists to treat more patients. It also helps shorten the time patients wait before their sessions.

The larger footprint also provides

greater options in selecting exercises. There's even room to swing a golf club. In addition, it provides room for a Howard Head Performance facility in the hospital.

"Now we have space for more of the latest exercise equipment," says Mary Ellen Broersma, Vail clinic director. "It helps our therapists better evaluate patients' progress and customize their rehab. This leads to faster recovery."



**VAIL HEALTH
FOUNDATION**

PO BOX 1529
Vail, CO 81658
(970) 569-7766