

PREVAIL

EXCLUSIVELY FOR OUR BENEFACTORS

SUMMER 2018



LILLY SAYS "THANK YOU"

Your gifts to Howard Head Sports Medicine helped Lilly Johnson return to the game she loves.

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BACK ON THE ICE

Lilly Johnson was practically born ice skating. She began at 2 years old, which led to a college scholarship to play hockey. She was devastated during her freshman year when it looked like hip pain would sideline her forever.

Lilly first injured her hip playing high school hockey. She took a month off to rest. When she again laced up her skates, she still had some pain.

Over the next several years, the pain intensified. When she started the rigorous training required at the college level, the pain got so bad she couldn't lift her leg.

"I was 18 with an 80-year-old body," Lilly says.

Building strong bodies and friendships

Her only option was surgery and physical therapy. After surgery in August and October 2016, she

Thanks to our therapists, Lilly Johnson can play college hockey again.



^ Lilly began playing at 11, and it was love at her first hockey check.



^ Melissa Strezelski was one of Lilly's therapists who provided support throughout her therapy and after her father's passing.

spent the next year doing therapy at Howard Head Sports Medicine.

"My PTs were amazing," she says. "They worked as hard as I did to get me back on the ice."

Having therapy every day, Lilly soon thought of the Howard Head team as family. She says they always supported her, even at her crankiest.

"I wasn't a great patient," she explains. "I'm sure everyone got tired of me saying 'I hate this,' but they never stopped encouraging me."

Lilly valued their support even more when her father died last year. "My therapists were my shining light. They stepped into the role of friends," she says.

Returning to the rink

Today, Lilly is practicing with her team. "I feel amazing," she says. Good thing since she trains every day—all year long.

Even after college, she plans to keep hockey in her life with coaching and refereeing.

"Hockey has always been important to me," Lilly explains. "Without my therapists, I may never have played again. They all have a special place in my heart."

Because of you, patients like Lilly receive the best physical therapy—close to home.



OLYMPIC-QUALITY CARE RIGHT HERE

^ Our physical therapists, like Rebecca White, help patients return to their active lives.

Howard Head therapists provide physical and occupational therapy.

“I attribute my great hip recovery in large part to my therapists. They’re knowledgeable, very professional and caring. Howard Head is

top-notch,” says Rob Gonzalez.

Rob’s care represents the great physical therapy all patients receive at Howard Head Sports Medicine.

It’s why patients from as far away as Europe and South America stay here. In 2017, physical therapy sessions totaled nearly 80,000.

Our 70+ sports medicine experts have a single goal—to help people return to their active, productive lives following injury or surgery.

They do this through best-practice protocols, customized to meet each patient’s needs. We also strive to improve treatment through research.



^ Shauna Nelson is one of our 70+ therapists known for great care.

Serving our region and the world

Thanks to your support, there are 11 Howard Head clinics across Eagle and Summit County.

They also operate with the same philosophy: “To help patients achieve their previous activity levels, while maximizing function and strength,” says Mary Ellen Broersma, clinic director in Vail.

So it’s no wonder Howard Head is an official medical provider of the U.S. Ski & Snowboard and USA Climbing teams.

Meeting each patient’s needs

Howard Head Sports Medicine is well-known for helping people recover from sports injuries. Our therapists also treat patients after cancer treatment, stroke and brain injury. Their goal: Get people back to the activities they love.

Our staff are experts in all areas of physical therapy—from pediatrics to joint replacement to chronic pain. These professionals provide the same great care at all our clinics.

“The experience and atmosphere at Howard Head makes us unique,” says Mary Ellen. “Our therapists have as high of expectations for positive outcomes for their patients as the patients themselves.”



^ Our therapists conducted 80,000 sessions last year. Pictured: Mary Ellen Broersma, clinic director.

WHAT'S NORMAL FOR A HEALTHY ANKLE

Research sets guidelines for successful outcomes.

What's normal for a healthy ankle? That's what researchers at Howard Head Sports Medicine want to find out.

“Without knowing what normal function is, it's hard to develop the best treatment strategy for patients,” says Ana Robinson, the study's primary investigator. “Once we have norms, we can set more realistic goals and patient expectations.”

Leading-edge ankle research

To get to those norms, Ana and her team are studying the mobility and strength of healthy ankles. They're measuring ankles' range of motion as participants go through a series of easy movements.

Armed with this data, therapists can more accurately monitor a patient's recovery. It will also help them identify people at risk of injury.

(The greater the balance between the ankle's mobility and strength, the less likely it will become injured.)

The study kicked off this summer and will run for two years. Our researchers will evaluate up to 400 healthy, active people age 18 and up.



“We're helping determine when patients can safely return to play.”

*—Ana Robinson,
PT, DPT, OCS*

The research has already produced a valuable tool—a simple, inexpensive way to test ankle strength.

Ana and her team measure the ankle's angle as participants bend their knee. They also count how many times subjects can flex up and down on their toes. It's that easy.

Most clinicians currently use expensive equipment or have less accurate measurement tools.

Also, our simple tests will make it easier to communicate results to patients.

Knowing what's normal for healthy ankles will help therapists treat patients more effectively and get them back on their ankles faster.

Training tomorrow's researchers

The study is also teaching our sports physical therapy residents about the research process—from start to finish. They helped develop the study's test procedures and gathered and analyzed data. Next year's residency class will continue the study.

“Our ankle study is significant,” Ana explains. “We're defining criteria to evaluate patients' progress. Most importantly, we're helping determine when patients can safely return to sports.”



△ Ana Robinson tests healthy ankles to create better treatment plans.



FIRST-RATE FITNESS FOR FIREFIGHTERS

Howard Head Performance Powered by EXOS rolls out community-based programs.

“The results were significant,” says Battalion Chief Drew Hoehn, Red, White & Blue Fire Protection District, Breckenridge, CO.

He and four of his team members participated in a 30-day fitness program with Howard Head Performance Powered by EXOS. They all reported noticeable gains in strength and range of motion.

Howard Head Performance is built on four pillars—mindset, movement, nutrition and recovery.

The firefighters’ program is the performance group’s entry into the community at large. Until now, they mainly worked with patients of Howard Head Sports Medicine.



^ Chris Knerl developed an injury prevention program for Breckenridge firefighters like Jeremy Slaughter.

Preventing injury through fitness

The firefighters realized they needed to give more attention to injury prevention. So the Howard Head Performance coaches developed a program to achieve this goal.

“Working with Howard Head Performance was awesome,” says Jeremy Slaughter, the district’s wellness and fitness coordinator. “We trained with exercise physiologists and used first-class equipment not found at a regular gym.”

“We provide a level of expertise and resources few organizations can,” says Chris Knerl, Howard Head Performance manager.

Benefactor gifts purchased this advanced equipment for all three performance centers.

Partnering for overall wellness

Another benefit of training with Howard Head Performance is its tie to Howard Head Sports Medicine. The performance coaches are located in Howard Head clinics. This greatly benefited one firefighter.

He had had severe back pain for several months. His coach referred him to a Howard Head physical therapist. After just a few sessions, he was back to fighting fires.

The district’s Health and Wellness Committee wants the same level of fitness Jeremy achieved for its other 50 firefighters. That’s why district leaders are working to integrate the injury prevention program into its day-to-day operations.

Philanthropy is also covering some of the costs of the firefighter program.

The chief adds, “Howard Head Performance will help our firefighters have long, healthy careers.”

Making a difference

Philanthropy helps Breckenridge firefighters avoid injury so they can protect Summit County.



^ Howard Head resident Katie Weigand learns best practices from Matt Dudek.

NEXT GENERATION OF EXPERTS

“I’m challenged to be the best clinician I can be,” says Jack Friesen. He’s one of this year’s sports physical therapy residents at Howard Head Sports Medicine. “Your learning is limited only by yourself.”

“Our program exists only because

of our supporters,” says Thomas Olson, director of Research and Education.

Your gifts have funded the program since 2016. They allow two residents to come to Vail each year to advance their knowledge and skills.

Your gifts provide unique opportunities

“We know residents learn best by working with senior therapists,” Thomas explains.

That’s why our program includes 200 hours of mentoring. This is much higher than the national requirement.

In addition, our residents expand their skills through an exchange at Gundersen Health System’s Sports Physical Therapy Residency in Wisconsin. They also do a clinical rotation at the USSA Center of Excellence in Utah.

These young therapists provide medical coverage for the U.S. Ski & Snowboard and USA Climbing teams. These experiences expose them to a wide range of sports injuries.

Jack says he feels very lucky to work with nontraditional, as well as traditional, athletes. “Only at Howard Head would I have the chance to treat rock and ice climbers and Olympians,” he adds.

Like all our residents, Jack also played a key role in research at Howard Head.

Residents learn from the best

Thomas says Howard Head’s partnership with The Steadman Clinic and Vail-Summit Orthopaedics also sets our

program apart. Residents observe these renowned surgeons perform the most complex procedures. This helps them better understand each patient’s limitations and physical therapy needs.

“You have to know where to start to know where to end if you’re going to provide great care,” Jack says.

His residency is nearing its end, but it’s an experience he’ll remember forever.

“My year at Howard Head has been life changing,” Jack explains. “I truly believe Howard Head’s residency is the best in the nation.”



^ Residents Katie Weigand and Jack Friesen are training to be tomorrow’s physical therapy experts.

Howard Head residents learn from sports medicine leaders.



SPIRIT OF INNOVATION

Hospital exhibit showcases sports medicine expertise.

The name Howard Head stands for innovation. Howard Head, the man, is best known for inventing the first metal skis and a wider tennis racket. Howard Head Sports Medicine is known worldwide for providing advanced evidence-based physical therapy.

Like Howard, our therapists are committed to enhancing sports performance. They continually look for ways to help patients recover completely and return safely to the activities they love.

Our experts embrace Howard's passion for innovation. It's what

drives them to uncover new standards of care.

Generous supporters make exhibit possible

The Howard Head exhibit was underwritten by Gina Browning and Joe Illick. The sports artifacts were donated by Yosh Nakagawa.

Thank you to these generous supporters for helping share Howard Head's history of innovation. What we discover today shapes what we do tomorrow.