



CLINICAL ORTHOPAEDIC SOCIETY

Learn by Seeing, Hearing, Fellowship and Criticism

COS NEWSLETTER

2ND EDITION
SPRING 2026



Welcome to the Second edition of our Clinical Orthopaedic Society Newsletter!

This publication is your go-to source for all things COS — from important updates and upcoming events to member highlights and the latest in orthopaedic research. Stay connected with the COS community and discover how we are shaping the future of orthopaedic care and education.

SAVE THE DATE

114th Annual Meeting
August 26-29, 2026
Omni Louisville
Louisville, KY



Join the Movement -
Become a Member

Watch our COS
Legacy video

Have an idea for the newsletter? Email us!
info@cosociety.org

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VOLUNTEERS





PRESIDENT'S MESSAGE Marlene DeMaio, MD, EdD

Welcome to our second newsletter. I am honored to represent you in our quest for clinical excellence, experience, collegiality, and lifelong learning. But first, allow me to review with you our accomplishments, goals, and challenges.

Membership is at an All-Time High: Over 480 members, reflecting a growing and engaged community. These achievements reaffirm COS as a national leader in clinical orthopaedic education—a society that is interactive, forward-thinking and based in a strong foundation of clinical orthopaedic surgeons.

113th Annual Meeting Highlights

Under the ardent stewardship of the immediate past president, Afshin Razi, the 113th Annual Meeting in Amelia Island was a success by all standards: record breaking attendance at almost 400, over 950 abstract submissions, 153 Rapid Fire presentations, and 40 hard posters. There were seven outstanding clinical symposia and seven general sessions. The Scientific Program Chairs were Jaimo Ahn, MD, PhD and James Wittig, MD. Continuing Dr. Razi's concept of "paying it forward," there were special sessions for medical students and residents led by Brandi Hartley, MD, Member, Board of Directors, and Alfonso Mejia, MD, MPH, your current Vice President. Your Board of Directors provided expert advice during the year and served as moderators for the Rapid Fire and Scientific Programs. A new collaboration was forged by Dr. Razi with editor-in-chief Ira Kirschenbaum, MD at the *Journal of Orthopaedic Experience and Innovation* (JOEI) began, showcasing several updates. The first is "Total Joint Infections: Cutting-Edge Updates and Game-Changing Strategies" by Joshua Rozell, MD, NYU Langone Orthopaedic Institute. The downloads are over 9700 and counting: <https://doi.org/10.60118/001c.154280>.

The administrative on-site support was deftly managed by Jessica Quintilian, Executive Director; Harlee Mooney, Director of Meetings and Events; Heather Skinner, Abstract and Rapid Fire Coordination; Karen Fernandez, Vendor Concierge; Audrey McDonough Cameron, CME and event app; and Brynn Jones, Social Media.

COS-RJOS Webinars

Since the meeting, we initiated and collaborated with the Ruth Jackson Orthopaedic Society (RJOS) in the mentorship of medical students interested in a career in Orthopaedic surgery. I had the honor of kicking off the first session. The second session provided critical advice on interviewing. The full description appears later in this newsletter. Additional webinars include excelling in the "rehearsal", sub-internship rotation, and composing your essay. Stay tuned!

114th Annual Meeting

Let me introduce you to our Scientific Program Chair for our 114th Annual Meeting at the Omni Hotel in Louisville, KY, Aug 26-29, 2026. He is Paul Celestre, MD, a fellowship-trained, board-certified, highly skilled, and busy spine surgeon at Norton Leathersman Spine Specialists in Louisville. The program, "Excellence in Action," will highlight the extraordinary history of orthopaedic surgery and clinical care in Louisville. Other key topics will include important updates and current concepts with case-based learning. We will also continue special sessions for medical students and residents. We also welcome advanced providers in musculoskeletal care. Our meeting promotes our key initiatives and our strategic plan in support of your clinical practice and lifelong learning. We are committed to our motto and remain true to our historical roots.

We are plan daily rates for meeting attendance. Remember, registration fees are waived for medical students and residents. Our meeting could be a reunion for your residents or fellowship mates. Past President and BOD Member, George Brindley, has invited his residency program graduates to attend in Louisville. I urge you to do the same. Medical students and residents, please encourage your co-author faculty to attend with you. We will have fun as we learn. There will be some great social events!



COS Annual Meeting Webinars

In this forum, attendees will be able to interact with meeting presenters, including discussion of cases, after the 114th meeting. More information will be in the next Newsletter.

Call for Volunteers

Please see the "WANTED" ad in this issue to volunteer, or you may email your interest to info@cosociety.org with your name, personal email, and what you'd like to do. We need you! We have additional initiatives that will benefit from your participation.

Public Affairs and Informatics

We have incredible support from BOD Resident member Jack Michael Ayres, MD, and COS members Thelma Jimenez, MD, and Nazanin Kermanshahi, MD. We could use more help for the Newsletter and social media posts! We also need assistance with video edits of the Amelia Island meeting podium presentations.

Membership Committee

We know that many societies would like you as a member. The medical student and resident drive led by Immediate Past President Dr. Razi was very successful. COS now wants your advice in recruiting BC/BE orthopaedic surgeons.

Resident Advisor, Board of Directors.

Dr. Ayres is doing a fantastic job. Our vision was to have two! Please consider this opportunity to join the BOD with Dr. Ayres.

COS Website Offerings

We have added links and resources to our website. The important ones are the COS history, compiled by Dr. Razi; the inaugural George Brindley Lecture, given by Fred Flandry (a must-view for orthopaedic care); concierge nursing (an eye-opener for patient management); and an orthopaedic oncology tutorial. Our BOD member, Dr. James Wittig, developed the tumor website, which is the basis for many of the courses he teaches.

Bylaws Revision

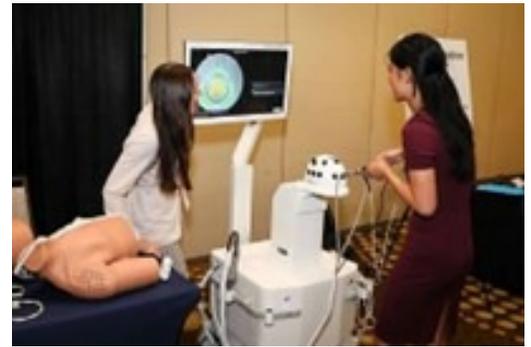
We have thoroughly reviewed and updated our Bylaws. Major changes include adding members treating musculoskeletal conditions, such as Physician's Assistants, Nurses, Medical Sports Medicine Physicians, Rheumatologists, Physical Medicine and Rehabilitation Physicians, and others. This year, we are inviting them to the annual meeting. We will have CMEs and plan to have CEUs.

Challenges and Opportunities

We want to continue financial sponsorship of medical students and orthopaedic residents. However, this initiative is in its last year and will be considered for renewal. We want to provide more education and networking opportunities. Yet, we face challenges that affect many societies in 2026 such as on site meeting attendance and volunteerism. Of course, financial support at any level will fund the goals. If your contribution is \$10 or \$10,000, I promise we will spend it wisely. Much of our donated funds support graduate trainees at our annual meeting.

COS remains at a pivotal moment regarding membership and meeting attendance. Invite your friends and colleagues. Have your personal reunion with us in Louisville. Spread the word. Our meeting will focus on national issues, the unique contributions of local surgeons in hand and spine surgery, problematic clinical practice guidelines, and important updates. We are committed to facing the above challenges together with you. Please let us know how we might serve you better at to info@cosociety.org. I look forward to meeting you at our meeting in August.

marlene DeMaio





Omni Amelia Island

A Focused Glance: 2025 COS 113th Conference

The 113th Annual COS Meeting was held in Amelia Island, hosting a dynamic gathering of orthopedic surgeons, residents, and students:

OUTSTANDING ATTENDANCE

Nearly 400 attendees at the 113th Annual Meeting, including 193 medical students and 59 residents.

ACADEMIC ENGAGEMENT

Over 950 abstract submissions, the highest in COS history.

EXPANDED EDUCATIONAL PROGRAMMING

15 Podium Presentations, 153 Rapid Fire Sessions, 40 Hard Posters, Over 600 ePosters

MEMBERSHIP GROWTH

Over 800 members, reflecting a thriving community.



Thank You Dr. Razi!



2025 RESEARCH AND AWARD RECIPIENTS

Clinical Orthopaedic Society has recognized the following distinguished leaders in Orthopaedic Surgery and would like to sincerely thank our guest speakers at the 113th Annual Meeting in September:



Lifetime Achievement and Legacy Award Recipient

Raoul P. Rodriguez, MD

Professor and Chairman Emeritus, Section of Foot and Ankle Surgery, Department of Orthopaedics, Tulane University
Past President, Clinical Orthopaedic Society



Dr. & Mrs. J. Elmer Nix Ethics Award

Joshua Jacobs, MD

The William A. Hark MD Susan G. Swift Professor and Emeritus Chairman, Department of Orthopaedic Surgery; Co-Director, Rush Arthritis and Orthopaedic Institute, Co-Director, Institute for Translational Medicine, Rush University; President, Orthopaedic Research and Education Foundation Board of Trustees



George Brindley Lectureship Speaker

Frederick C. Flandry, MD

Sports Medicine, The Hughston Clinic
Clinical Associate Professor, Department of Orthopaedic Surgery, Tulane University
Associate Professor, Department of Orthopaedic Surgery, Auburn School of Veterinary Medicine
Past President, Clinical Orthopaedic Society



“What I most enjoy about working with COS is getting to be a part of the passion, dedication and commitment these amazing surgeons, allied health professionals, residents and students have for carrying out the society’s mission and improving the lives of the patients we serve.”

- Jessica Quintilian, COS Executive Director

2025 RESIDENT AND MEDICAL STUDENT AWARD RECIPIENTS

Join us in congratulating the following resident and medical student award recipients for their contributions and achievements in 2025:

Oral Abstract Award Winners

Medical Students

1st Place

Disparities in Long-Term Survival Following Re-Excision for Unplanned Sarcoma Surgery
Jacob Jahn, BS, University of Miami- Miller School of Medicine

2nd Place

Temporal Progression of NMJ Degeneration following Peroneal Nerve Transection
Vennela Challagondla, BS, MPH, University of Illinois College of Medicine

3rd Place

Preoperative Nutrition Consult and Its Effect on Postoperative Infection and Delirium Rates in Elderly Patients Undergoing Hip Fracture Fixation
Esther Auerbach, Maimonides Medical Center

Residents

1st Place

GLP-1 Use Increases Malnutrition Risk in TJA
Zachary Jodoin, MD, University of Texas Health Science Center San Antonio
**Presented by Daanish Sheikh*

2nd Place

Randomized Predictor-Outcome Pairings Yield Frequent Statistical Significance Without Clinical Meaning
Whisper Grayson, MD, Loyola University Chicago

3rd Place

Effect of GLP-1 Receptor Agonists on Total Shoulder Arthroplasty Outcomes
Joseph Michalski, MD, MPH, MS, University of Illinois Chicago

Rapid Fire Awards

Medical Students

1st Place

Impact of Preexisting Dementia on Mortality Following Surgical Repair of Hip Fractures in Older Adults: A Retrospective Cohort Analysis
Spencer Rasmussen, BS, Drexel University College of Medicine

2nd Place

CTA and Trauma: When Less is More
Sadie Charles Calame, BS, University of North Carolina

3rd Place

How Tourniquet Use Impacts Postoperative Pain in Tibia Plateau Fractures
Joe Dekle, BCHE, University of Alabama at Birmingham

Residents

1st Place

Timing and Trends of Periprosthetic Joint Infections Following Over 90,000 Revision Total Knee and Hip Arthroplasty Cases
Maxwell Trudeau, MD, NYU Langone Health / Langone Orthopedic Hospital

2nd Place

Diagnostic Value of Neutrophil-Lymphocyte Ratio in Fracture-Related Infections: Retrospective Analysis
Hans E. Lapica, MD, UM/HCA JFK Hospital Orthopedic Residency Program

3rd Place

National Trends in Rare Hemipelvectomy Procedures from 2010 to 2022
Alexandria Debasitis, MD, Maimonides Medical Center

Poster Awards

Medical Students

1st Place

Two vs. Three Diaphyseal Screws in Distal Radius Fixation
David M. Sylvester, BS, Rothman Orthopaedics Florida at AdventHealth

2nd Place

Hydrophilic vs. Non-Hydrophilic High-Tensile Strength Sutures: A Biomechanical Study
Samuel E. Mircoff, BS, Loyola University Medical Center

Residents

1st Place

The Influence of Dialysis in Primary Total Joint Arthroplasty
Bryan O. Ren, MD, University of Michigan

2nd Place

Lumbar Endplate Hounsfield Units Enhance Transforaminal Lumbar Interbody Fusion Subsidence Prediction Compared to Trabecular Hounsfield Units Alone
Jayanth Kumar, MD, UF Health Jacksonville



ePoster Awards

Medical Students

1st Place

Disparities in Long-Term Survival Following Re-Excision for Unplanned Sarcoma Surgery
Jacob Jahn, BS, University of Miami- Miller School of Medicine

2nd Place

Lateral Radiograph Technique May Affect Humeral Shaft Fracture Treatment Recommendation
Douglas Zhang, BA, University of Chicago Pritzker School of Medicine

3rd Place

PROMIS Score Trends During Tibial Plateau Fracture Recovery
Robin M. Litten, MS, University of Tennessee Health Science Center

Residents

1st Place

Treatment of Long Bone Nonunions: Bone Marrow Aspirate with Allograft Cancellous Chips vs Autologous ICBG vs RIA
Doriann M. Alcaide, MD, University of Missouri-Kansas City

2nd Place

Reliability of mRUST Scores in Ballistic Lower Extremity Trauma
Jennifer Eurich, MD, University of Chicago Medical Center

3rd Place

Accuracy of 2D Imaging in Lower Limb Alignment: A Comparative Study with 3D Gold Standards
Maryam Salimi, MD, University of Texas Health Sciences Center, McGovern Medical School

Not Just Another Meeting: The Value of COS for Orthopaedic Residents

Jack M. Ayres, MD

Resident Advisor to the Clinical Orthopaedic Society Board of Directors; Third-year Resident, Prisma Health/University



For many orthopaedic surgery residents, annual meetings provide an important opportunity to present research, exchange ideas, and engage with the orthopaedic community. Through my own experience attending the Clinical Orthopaedic Society (COS) Annual Meeting, I came to appreciate the range of opportunities that this meeting offers residents throughout training.

One of the most valuable aspects of COS for residents is the opportunity for meaningful mentorship. The meeting fosters connection and dialogue between residents and faculty across subspecialties and practice settings, creating space for thoughtful discussion around career development, training decisions, and professional growth. COS also offers residents the opportunity to serve as mentors themselves. Engaging with medical students, junior trainees, and peers allows residents to share perspective, provide guidance, and begin paying forward the mentorship that shapes our own development. I found this to be a particularly rewarding part of the COS experience and an important step in developing as a leader within the profession.

In addition, COS demonstrates a strong commitment to resident education through focused, concurrent programming designed specifically for trainees, including a dedicated resident curriculum focused on professional development and early career considerations.

Overall, COS provides residents with a well-rounded conference experience that supports growth through mentorship, education, and connection. For residents at any stage of training, the COS Annual Meeting offers meaningful opportunities to engage, learn, and contribute to the orthopaedic community.

Dear Residents,

Join the Clinical Orthopaedic Society:

Elevate Your Orthopaedic Training Career Advancement: Present your research, giving you visibility and the opportunity for critical feedback.

Leadership and Collaboration: Participate in workgroups and committees, helping to shape the future of orthopaedic education and clinical practice.

Hands-On Workshops: Engage in cutting-edge, hands-on workshops to refine your clinical skills, from arthroscopy to surgical procedures.

Benefits

Free Membership: As a resident, join at no cost and unlock a wealth of resources to support your professional growth.

Exclusive Mentorship: Connect with senior orthopaedic surgeons who can provide invaluable guidance during your training and career journey.



Dr. Wittig Shares His Orthopaedic Oncology Website

James C. Wittig, MD

Orthopaedic Oncologist and Sarcoma Surgeon
The Tumor Surgery Network

[Online Orthopedic Oncology and Pathology Course](#)

The online orthopedic oncology and pathology course was designed by James C. Wittig, MD, an Orthopaedic Oncologist and Sarcoma Surgeon, to teach residents, medical students, attending physicians, and allied health practitioners about the radiologic and pathologic aspects of musculoskeletal tumors, leading to precise and accurate diagnosis and ultimately effective treatment. The course consisted of a series of lectures starting with the basic foundational aspects and advancing through each of the specific categories and types of benign and malignant soft tissue tumors, culminating in several unknown lectures where the learner is challenged with the case and given Dr. Wittig's specific approach to diagnosis and management. The goal of the course is to provide a foundation of knowledge and approach for diagnosis and management that will enable the resident to perform well in the annual training and board examinations. It also gives a strong foundation for clinical rotations and provides significant knowledge in the field, often only brushed on in medical school because of the rarity of the conditions. Dr. Wittig suggests starting with lecture 1 and providing stepwise as presented in the course, as each lecture may build on preceding lectures.

Check out the website here: tumorsurgery.org

ICYMI* from the 2025 Annual Meeting:

Important Considerations in Musculoskeletal Oncology

Scott E. Porter, MD

Professor, Orthopaedic Surgery, School of Medicine, University of South Carolina
Orthopaedic Oncology, Prisma Health, Greenville, SC



One of the many great talks at the 2025 Annual Meeting was **Deceptive Appearances: Case Studies of Tumors Mimicking**, presented by Dr. Scott Porter from Greenville, SC. Drawing from his experience as an orthopaedic oncologist, Dr. Porter shared practical insights into the diagnostic challenges that arise when musculoskeletal tumors present in ways that appear routine. The discussion emphasized how nuanced these cases can be and the importance of maintaining thoughtful clinical vigilance.

For those who were unable to attend the meeting or did not have the opportunity to see Dr. Porter's lecture, we're excited to share that it will soon be available through the At the Meetings series in the **Journal of Orthopaedic Experience & Innovation (JOEI)**. As that content is in the process of being released, we wanted to share two additional anecdotal clinical situations, discussed with Dr. Porter following the lecture, that further highlight this important topic.

In one scenario, a patient presented with a painful shoulder mass thought to represent a lipoma. Advanced imaging was not obtained, and the patient underwent excision of the mass. Final pathology ultimately revealed a sarcoma, complicating subsequent management.

In another case, a patient with a history of low-grade bladder carcinoma presented with an aggressive femoral neck fracture. Fortunately, additional workup was obtained, including CT imaging of the chest, abdomen, and pelvis, as well as serum protein electrophoresis. This workup revealed a new lung mass, reframing the hip fracture as likely secondary to metastatic lung cancer rather than related to the known primary, as initially thought.

Do you have similar cases or experiences that highlight these diagnostic challenges? We'd love to hear from you and continue the discussion in a future newsletter or at the upcoming Annual Meeting. As a third-year orthopaedic surgery resident with an interest in pursuing fellowship training in orthopaedic oncology and spine surgery, I'm particularly interested in hearing these cases and continuing these conversations with our COS community.

I look forward to these conversations, and more, in Louisville this fall!

Jack Ayres, MD
Resident Member, Board of Directors, Clinical Orthopaedic Society

*In case you missed it



ABOS Part 2: Board Preparation Webinar

Ryan Roach, MD, MS

Orthopaedic Surgeon, Sports Medicine Specialist
Assistant Professor, Director of Quality, Dept. of Orthopaedic Surgery,
The University of Florida, Gainesville, FL

Dr. Roach leads this webinar to assist sports medicine orthopaedic surgeons preparing for the American Board Of Orthopaedic Surgery oral examination. The webinar includes a description and structure of the examination, available resources, methods for board collections period, and how to effectively prepare for the exam after cases are selected.

To register for the webinar, scan the code or visit <https://education.sportsmed.org/Listing/ABOS-Part-2-Board-Preparation-Webinar-5242>



MEDICAL STUDENT WEBINAR SERIES

RJOS Interview Prep Panel

Alfonso Mejia, MD MPH
Program Director
University of Illinois Chicago

Mara Karamitopoulos, MD
Associate Program Director
New York University

Bess Brackett, MD
Sutter Medical Group

Annabelle Davey, MD
PGY-5
University of Connecticut

Aseel Dib, MD
PGY-4
Carolinas Medical Center

Maike van Niekirk, MD PhD
PGY-1
HOORP

Jessica Schmerler, MD
PGY-1
UCSF

Monday, Nov 10th at 8:30 EST | Register here:

WELCOME TO ORTHO PANEL

DR. FRANCES FARO
DARTMOUTH-HITCHOCK MEDICAL CENTER

DR. BRANDI HARTLEY
UNIVERSITY OF MICHIGAN HEALTH

DR. AMIETHAB AIYER
JOHNS HOPKINS HOSPITAL

DR. NATALIA CZERWONKA
COLUMBIA ORTHOPAEDICS

DR. ELIZABETH LIEBERMAN
ORTHOPEDIC - FRACTURE SPECIALISTS

9 PM EST, OCT 8TH
REGISTER VIA QR CODE

During Fall 2025, we kicked off our medical student webinar series in collaboration with the Ruth Jackson Orthopaedic Society.

Our first webinar was geared toward first-year medical students and discussed the importance of getting involved early if orthopaedics is a field you think you might be interested in! We gave advice on how to find research opportunities and provided community resources for students to explore.

Our second webinar was tailored toward current and prospective orthopaedic surgery residency applicants. We discussed interview etiquette and gave tips and tricks for success during the residency application process. During this event, attendees were given the opportunity to ask current program directors what they look for in an applicant, both on paper and in person.

Please check the COS and RJOS websites as well as social media for future webinars.

CLINICAL PEARL: Loose as a Goose?

When patients exhibit significant “global ligamentous laxity,” painful joints, and joint subluxation or dislocation, particularly of the shoulders and patellofemoral joints, consider the hypermobility type of Ehlers-Danlos Syndrome (EDS). This genetic syndrome presents in a wide spectrum and may affect every organ system. The collagen defect includes mutations in the COL3A1 gene (severe, vascular type, Type IV) and COL5A1 or COL5A2 genes (autosomal dominant type). The Beighton criteria are useful to evaluate hypermobility and make a clinical diagnosis of EDS (EDS Society, <https://www.ehlers-danlos.com/wp-content/uploads/2019/09/hEDS-Dx-Criteria-checklist-1-Fillable-form.pdf>).

Patients with EDS hypermobility type are often misdiagnosed with fibromyalgia, chronic fatigue syndrome, and depression. The differential diagnosis includes non-deforming osteogenesis imperfecta and Marfan’s syndrome. A diagnosis may influence soft tissue repairs and reconstructions. Family members may require an evaluation.

For more information:

Miklovic T, Sieg VC. Ehlers-Danlos Syndrome. [Updated 2023 May 29] In: Stat Pearls [Internet]. Treasure Island (FL): Stat Pearls Publishing 2025 Jan. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK549814/>

Shirley ED, DeMaio M, Bodurtha J. Ehlers-Danlos syndrome in orthopaedics: etiology, diagnosis, and treatment implications. Sports Health. 2012 Sep;4(5):394-403.

CALLING ALL 2026 ORTHOPAEDIC RESIDENCY APPLICANTS

Meet Nazanin! She is a current research fellow at Rothman Orthopaedics:

Meet the COS 2026 Orthopaedic Residency Applicants



Nazanin Kermanshahi

Medical School: Midwestern University, Arizona College of Osteopathic Medicine
Hometown: Tehran, Iran
COS Affiliation: Newsletter Chair, Social Media Committee, Medical Student Advisory Board
Hobbies: Painting, hiking, photography, cooking and baking
My favorite orthopaedic surgery moment: being allowed to scope a knee

Why COS?

COS has provided me with a strong sense of community and invaluable mentorship. During COS meetings, I have met many colleagues who have since become close friends—it is always a wonderful opportunity to reconnect at conferences across the country. The meetings are incredibly informative and filled with resources for individuals at every stage of their careers. Dr. Razi has been a dear mentor over the past few years and truly exemplifies the supportive and genuine spirit that defines COS.

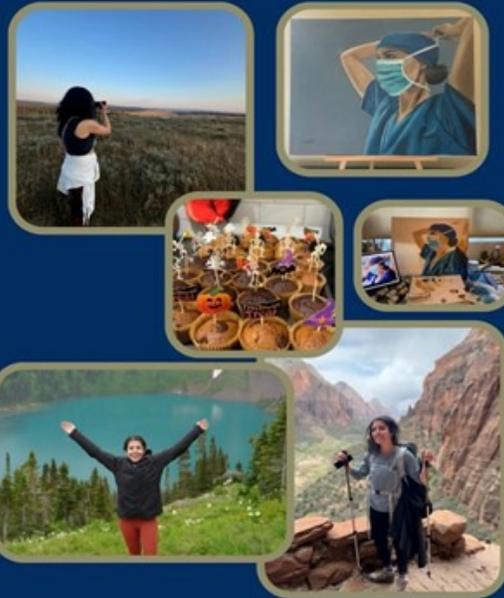


Why Orthopaedics?

Orthopaedics restores movement, independence, and joy. I hope to help my patients return to doing what they love—pain-free and by the side of those who matter most.



Hobbies



Are you a 2026 Orthopaedic Residency Match applicant and a member of the Clinical Orthopaedic Society?

We want to highlight YOU!

Fill out the short survey below so we can feature you in our upcoming “Meet the Applicants” spotlight series and celebrate your journey to becoming an orthopaedic surgeon.

<https://forms.gle/3xpLeTILhFNX9Q688>

THE COS KITCHEN: Bone Broth. Is it really a super food?

The Buzz About Bone Broth

Over the past several years, bone broth has gained popularity in the news and among nutritionists. However, it is nothing new. Bone broth is ancient and was widely used alone or as the liquid ingredient for soups and stews. Its “newfound” usefulness and popularity are in part due to the analysis of its components. The process of making bone broth extracts important nutrients, including collagen, amino acids, gelatin, and some of our favorite orthopaedic minerals such as calcium, magnesium, and phosphorus. Bone marrow is the source of minerals and small amounts of vitamins A, B, K, and E.

In general, bones are roasted often with some meat attached for hours. The roasted bones are then simmered with water; vegetables may be added. Some recipes omit the roasting step and start by placing the bones in a slow cooker with water. Of note, stock is made by simmering bones with aromatics (carrots, celery, onions, garlic) and spices just simmered for several hours. The bones for both bone broth and stock may be from beef, chicken, or fish.

Commercial preparations are readily available in liquid or powder form. Because the broth is so rich in these nutrients, bone broth has been termed a superfood. Dieticians, nutritionists, wellness gurus, and, probably, your grandparents, recommend it alone or as a healthy base for soups and stews. Try it and let us know what you think!

	Beneficial Component
Joints	Collagen Gelatin
Bone	Minerals
Gut	Amino acids (glutamine, glycine, proline)
Skin and Nails	Collagen
Immune System	All components
Weight Management	Satiety when drunk warm before meals

References

Deboschnek, Alexis. A Simple Way to Make Nourishing Bone Broth. Bon Appétit online, Feb 5, 2025; accessed Jan 9, 2026.

https://www.bonappetit.com/test-kitchen/common-mistakes/article/common-mistakes-bone-broth?srltid=AfmBOoo7SjZy5BnZpEvof_Du-CbtbHx07MFKmgU0sifcntG8UCGmrB89

Manzano, Laura. How to Make Bone Broth, According to Experts. MarthaStewart.com; updated Aug 21, 2025; accessed Jan 9, 2026.

<https://www.marthastewart.com/how-to-eat-bone-broth-7479697>

Matar A, Abdelnaem N, Camilleri M. Bone Broth Benefits: How Its Nutrients Fortify Gut Barrier in Health and Disease. Dig Dis Sci. 2025 Jun;70(6):1951-1961. doi: 10.1007/s10620-025-08997-x. Epub 2025 Apr 3. PMID: 40180691.

CLINICAL PEARL: We Wanna Hold Your Hand

You are seeing a patient in the clinic who has not had medical care for decades. The patient meets the criteria for elective surgery. You are concerned about comorbid conditions beyond the information in the intake questionnaire and your history. What might you do during the physical examination to screen for additional diagnoses?

The hand skin examination is a useful screen for systemic diseases as well as cervical spine and peripheral nerve conditions. Evaluating for color, texture, bruising, anatomic changes, and function may quickly reveal significant signs.

- **Nails:** Terry’s Nails–liver disease, heart failure, diabetes mellitus; Lindsay’s Nails–renal disease; Spooning–pulmonary disease; Pitting–psoriasis; Splinter hemorrhages–trauma, subacute bacterial endocarditis, scleroderma; Muehrcke’s lines–anemia, low protein states, nephrotic syndrome; Beau’s lines–infection, hypocalcemia, malnutrition
- **Skin:** red palm–liver disease; dry, thick–hypothyroidism, tight–scleroderma, nicotine staining–smoking
- **Muscle:** thenar eminence atrophy–median nerve compression, hypothenar eminence atrophy–ulnar nerve compression, both–cervical spine condition
- **Sensation:** loss of light touch–compression neuropathy, cervical spine condition, diabetes mellitus
- **Joints:** swelling, stiffness–osteoarthritis, inflammatory arthropathy, both; Bouchard’s nodes–inflammatory arthropathy, Heberden’s nodes–osteoarthritis

For more information and images:

Examination of the Hand. <https://med.stanford.edu/stanfordmedicine25/the25/hand.html>

COS NEWSLETTER WORKGROUP

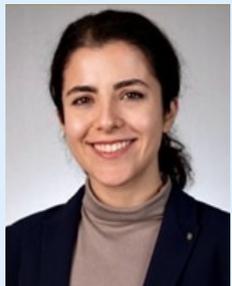
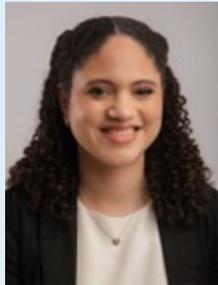


Jack M. Ayres, MD

Resident Board of
Directors Member
Resident, Prisma
Health/University

Thelma Jimenez, MD

Research Fellow
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**Nazanin
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Research Fellow
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Center

Kezia Duah, MS-1

Ohio University College
of Osteopathic
Medicine



Fuad Yazdani, MS-2

Central Michigan
University College of
Medicine

Kiah Mayo, MS-4

Meharry Medical
College



COS IN YOUR CORNER: Wellness

Wellness is often discussed and recommended for us. Yes, the concept of the “balanced lifestyle” includes wellness behaviors. Making it happen on a regular basis is associated with improvement in physical and mental health, happiness, and outlook. Wellness behaviors are also associated with less burnout and decreased moral injury. Let’s see how you might incorporate such behaviors.

Consider starting first thing in the morning and when you find a few extra minutes during the day. Was a surgical case delayed or canceled? Did you finish clinic early? Was call lighter than expected? Once you start incorporating such behaviors, you can then schedule them regularly, as an entry in your schedule. Give these a try.

Physical exercise:

- Stretching
- Body weight exercises such as yoga poses and Pilates movements
- Brief high (5 minutes) intensity exercises
- Using the stairs

Sleep hygiene:

- Power nap
- Regular bedtime hour when not on call
- Adequate sleep hours in an environment promoting uninterrupted restful sleep

Outdoor activities:

- Walking, hiking, biking, skiing, and more
- Appreciating nature
- Go outside and deep breathe
- Swim (if you have the time), hot tub outside, or appreciate “blue spaces”

Social activities:

- In-person interactions with colleagues, friends, and family

Outlook:

- Mindset reflection and reorientation

Meditation:

- Identify causes of stress (internal and external) and consider a management plan
- Jot down what you are grateful for

Nutrition:

- Stay hydrated.
- Avoid sugary and highly caffeinated drinks.
- Eat healthy snacks. Avoid highly processed foods.
- Get enough calories, protein, and fiber.

Change takes time; give yourself six weeks to two months to incorporate some of the above activities. Consider enlisting a “Wellness Buddy” so you can work together with a trusted friend. Make this investment in yourself. You’ll thank yourself and your Wellness Buddy later. Go for it!

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HONORING SUCCESS IN AMERICA AND IN SPACE: THE ROLE OF ORTHOPAEDISTS

By Robert R. Slater, Jr., MD



July 20, 1969 is the date of one of the greatest accomplishments in human history and we ought to celebrate that: Lunar Landing Day. On that date, the whole world watched in wonder as The Eagle landed on the moon as part of the Apollo 11 mission and humans walked on the surface of another celestial body for the first time. Beyond that, lessons learned from that mission have direct implications for Orthopaedic Surgeons today.

This is an invitation for all members of the Clinical Orthopaedic Society to join the effort to turn the vision of a new holiday into reality. Among other things, it would provide an

excellent opportunity to highlight the importance of STEM education and to work towards improving the curriculum for students of all backgrounds, all across the nation.

The next generation of students in the USA is lagging behind many other nations in terms of STEM proficiency. Getting American students excited about the thrilling accomplishments of this nation's scientific missions that put humans on the surface of the Moon and brought all of them safely home again will surely engender greater enthusiasm for studying how that was done and what can be done beyond that on future space exploration missions

We are missing out on the chance to celebrate a national success story at a time when the need to unite around something positive has never been greater, given the divisive conditions we face today. Many of the devices and technologies we all use and rely on today in everyday life are direct spinoffs of the scientific knowledge gained from the Apollo missions. In addition, lessons learned about the performance of the human body in space have direct relevance to the patients we all take care of as Orthopaedists, including osteoporosis, muscle mass maintenance and atrophy, balance problems and more. In recent years, many news outlets have focused on and reported on the space exploration missions undertaken by other nations. That unbalanced reporting of those stories while ignoring the anniversary of the Apollo missions is deeply disappointing. We can do better in this country. We can educate more people in school and in society at large about the accomplishments of over 410,000 people, spread across all 50 states, striving together as a united nation to achieve the successes of the Apollo missions. This can serve as a valuable teaching moment about what we can accomplish as a country when we all pull together.

Perhaps one day soon, the accomplishments of the people working hard to ensure the glorious success of the Apollo 11 mission will earn a holiday. We can all hope so. To learn more about the endeavor to make this vision a reality, check out the website: lunarlandingday.net.

To watch a one-minute video that summarizes what this project is about, click here: https://lunarlandingday.net/wp-content/uploads/2025/10/lunarlandingday_dotnet-720p-1.mp4



To sign the petition in support of this project, scan or click the code.

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- Ken Blanchard

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The Scientific Program provides relevant topics in translational research, clinical updates, and solutions to complex clinical scenarios, with attendee interaction.

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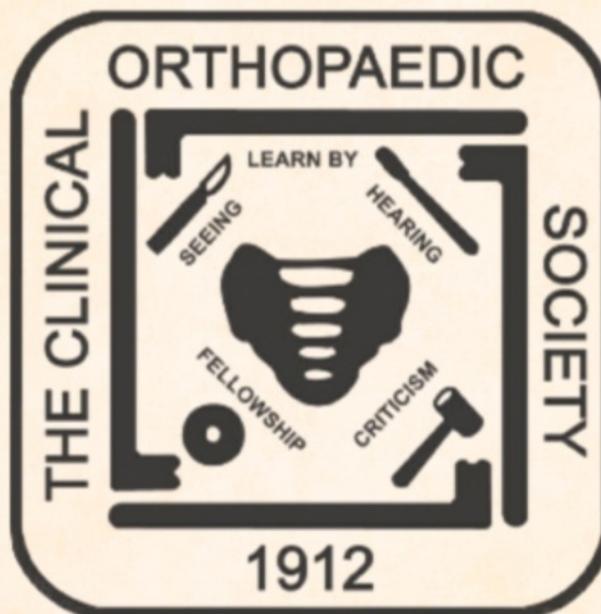
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