

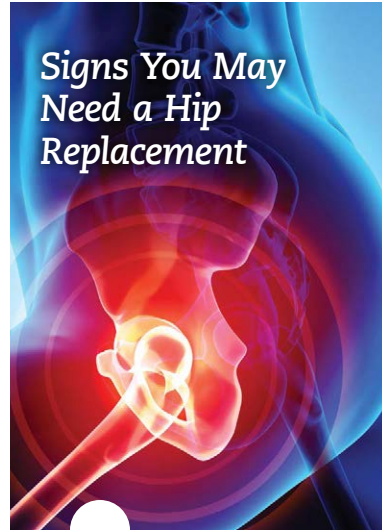
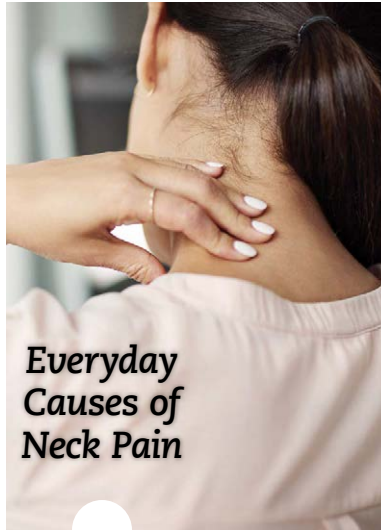
COI
fyi
2025

Connecticut 
Orthopaedic Institute

www.ctorthoinsitute.org



COI INSIDE fyi



COI by the Numbers: Performance Indicators for 2024

15

Maintaining excellence: Safer surgeries, fewer readmissions, fewer to the OR and increased satisfaction – patient, provider, community care and patient outcomes.

Total Hip and Knee Replacements: Getting you home sooner

Total Hip and Knee Replacements: 30-day readmissions / rehospitalizations

Spine Surgeries: Better than the national average

More people headed home after surgery



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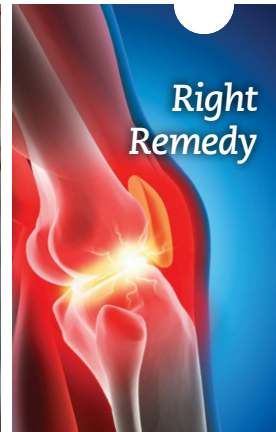
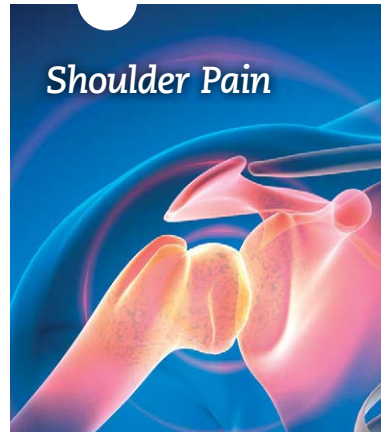
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Our PA's there 24/7



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ctorthoinstitute.org

Connecticut Orthopaedic Institute

Looking back on 2024, the story of the Connecticut Orthopaedic Institute (COI) continues to be rooted in the outstanding patient experience our team provides, quality efforts that earn us national recognition and sustained growth in both our footprint across the state and the number of lives our skilled team touches each day.

Some of the milestones and celebrations seemed almost inconceivable just eight years ago when we formed the Institute to offer the highest level of care for orthopaedic patients across all subspecialties. Consider our most recent milestone for example – In November 2024, we celebrated our 50,000th patient. This year alone, we've cared for nearly 9,000 patients with a variety of conditions, up from about 8,000 last year. It's incredibly gratifying to see so many people appreciating our commitment to care and seeking our expertise and treatment.

These numbers have grown through our commitment to expanding services and attracting talent that helps us serve a larger population in the state. We've started planning a physical expansion of services as part of the MidState Medical Center facility plan. Also, an expansion of operating rooms at St. Vincent's Medical

Center, expected to be completed in June 2025, will allow us to broaden the services we provide there.

While we recognize the value of these numbers, our commitment is to the people they represent, the patients who come to us with significant musculoskeletal injuries or impairments and wanting help. From the very beginning, our goal has been to maintain the highest possible levels of quality and safety for our COI patients. In the past year, our efforts were rewarded by national organizations like The Joint Commission, which audited our performance and quality and renewed our accreditations at the highest level.

We were also recognized by *U.S. News & World Report* as a high performer for hip and knee replacements and general orthopaedics and earned numerous other accolades detailed later in this report.

Such achievements are no accident. Every member of our team – from clinicians like surgeons, nurses, Physical and Occupational therapists and OT therapists to navigators and invaluable office colleagues – remains committed to the day-to-day efforts required to make it happen. Excellence is a journey and our stellar patient experience scores tell us that the hard work pays off with happy, healthy patients.

It's also work that motivates us every day as COI moves into its eighth year. I am grateful to be part of this dedicated team and inspired by the level of world-class orthopaedic care we provide to thousands of people from Connecticut and beyond.

Thank you for all you do.

John McCallum, MD

Physician-in-Chief



Our PA's: There 24/7



**John Lignore,
MS, PA-C**
Physician Assistant



It's not hyperbole to say the outstanding work of the Connecticut Orthopaedic Institute and the high patient satisfaction scores would not be possible without the physician assistants (PA) on the team.

In the past decade, PAs have become an invaluable part of most healthcare settings and our ranks have swelled at COI as the utility of the profession has increased significantly. COI and Hartford HealthCare actually lead the nation in nurturing our PA programs as a patient benefit.

PAs are an extension of physicians, assisting them in operating rooms, being the first face patients see in recovery, rounding on patients every morning, reviewing medications with them before discharge and serving as the eyes and ears of the physicians when they can't be there. In the evolution of the PA role here and nationally, we have been enlisted to manage many tasks

previously performed only by physicians and medical residents.

As the scope of programs at COI expands, having solid PA teams has become essential. Programs at St. Vincent's and MidState Medical Centers have PA teams that enhance patient care every day. In 2024, the COI PAs participated in 8,946 cases between both locations. Providing coverage 24/7 to our patients.

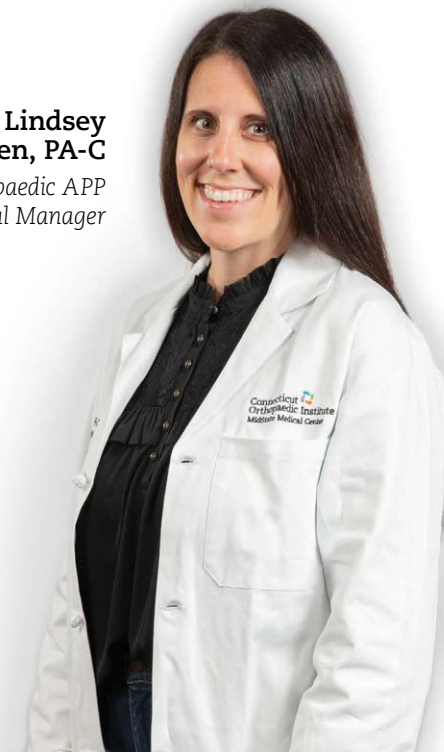
The result is a hotel-like, concierge-style experience that helps COI patients feel special. We develop closer relationships with each patient, a benefit reflected in outstanding Press Ganey survey results at both facilities.

Beyond patient care, the COI PA program is committed to education. Our teams are skilled in the latest techniques and technology including orthopedic robotics, we host multidisciplinary colleague training and simulations and we are focused on developing skills in the community. Through partnerships with area colleges and universities,

we train and mentor students and we provide quarterly training programs for Emergency Medical Technicians.

Being a PA is professionally fulfilling and personally rewarding. We have worked hard to earn a valued place on the COI team and are proud of the trust institute physicians and patients place in us. We are committed to earning that trust anew every day. ■

**Lindsey
Lien, PA-C**
*Orthopaedic APP
Clinical Manager*



Your Bone Health

Bone Health Center at
St. Vincent's Medical Center



Fragility fractures in the United States have reached nearly epidemic numbers in older adults. Data from the American Orthopaedic Association reports that there are over 2 million fragility fractures each year, more than heart attacks, strokes and breast cancer diagnoses combined. Many of these patients will not receive appropriate osteoporosis treatment after their fractures and therefore, they will remain at high risk for subsequent fractures.

COI aims to close this gap and increase access to osteoporosis care by launching a dedicated Bone Health Center.

We are committed to ensuring that patients who are treated at St. Vincent's Medical Center for low impact fracture will have follow-up for both the fracture care and for bone health to investigate and treat osteoporosis, if appropriate, to reduce the risk of future fractures.

Joan Doback, PA-C, MHP
Bone Health Coordinator

We are pleased to introduce our new Bone Health Center which is devoted to providing comprehensive Osteoporosis care after fracture including:

- › Osteoporosis Screening
- › Diagnosis
- › Treatment and Therapies
- › Balance Therapy and Fall Prevention
- › One-on-One Patient Education
- › Coordination of Care (medical, lab, PT/OT)

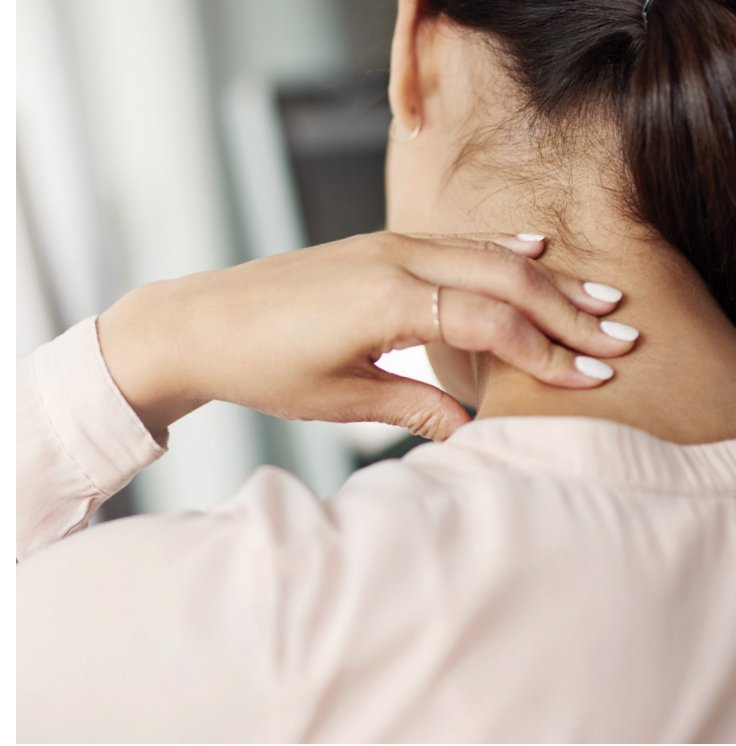
Questions?

Call: **203.382.2100**



3

Everyday Causes of Neck Pain & How to Treat It



It's common to hear people say they have neck pain. It could be from an injury, but more often, it's the repetitive motions of daily life that wears on us and about 20% of people will experience neck pain at some point in their lives.



Three everyday causes of neck pain:

1. **Too much screen time.** Having your face angled toward the ground is the opposite position your head and neck should be in.
2. **Work-related strain.** This includes activities that cause you to turn or hold your head and neck in an unnatural position for too long.
3. **Poor ergonomics at your workstation.** Looking up or down at your computer monitor or having your hands too high or low on a keyboard are usually the culprit.

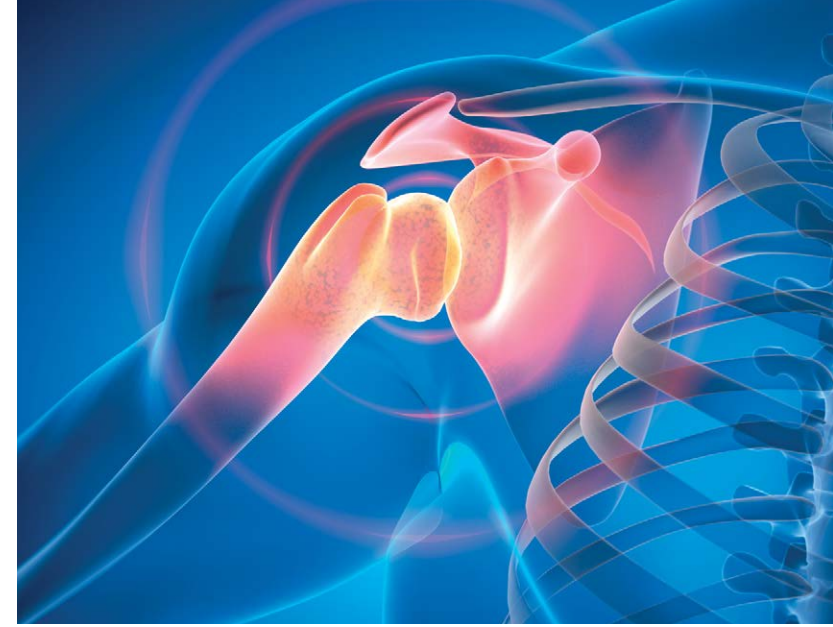
Alfred Hicks, DO
Spine Surgeon

Four ways to manage neck pain:

1. **Avoiding the cause of the problem.** Try changing the way your desk is set up, moving monitors up or down, and fixing your chair height. You can also pare down time spent hunched over technology.
2. **Regular massages.** Try therapeutic massage or visiting a chiropractor to work out the knots and realign neck bones to ease pain.
3. **Anti-inflammatory medications.** Over the counter or prescription can help.
4. **Physical therapy.** Therapists can address habits causing neck pain and give you exercises to do at home. 🍷



Is Your Rotator Cuff Causing Your Shoulder Pain?



The layer of tendons that make up the rotator cuff are responsible for controlling the movements of the shoulder joint and positioning the arm in space. This is what allows us to reach out to the side, behind the back and over our head. Because of the movement it helps us perform daily, the rotator cuff can be injured in several ways.

Potential injuries include:

- › Tendonitis. This can stem from overuse, particularly when performing repetitive overhead activities.
- › Partial tear. Likening this to fraying of the tendon. An MRI can determine the extent of the tear.
- › Full tear. This occurs when the entire attachment point of a rotator cuff tendon becomes completely detached.

How to know the rotator cuff is causing your shoulder pain

- › Pain when reaching overhead, out to the side or behind your back
- › Trouble sleeping
- › Significant bruising
- › Swelling in the area

Anyone experiencing a trauma like a fall or lifting injury that keeps them from raising the arm above shoulder height should see a specialist.

There are many ways to treat a rotator cuff that aren't surgery

- › Physical therapy
- › Over-the-counter anti-inflammatory medication
- › Activity modification
- › Corticosteroid or platelet rich plasma (PRP) injections

If these options don't work, we would then consider surgery. The procedure is typically outpatient and done arthroscopically through small incisions. Patients wear a sling for four weeks. Work to strengthen the repaired rotator cuff begins about 10 weeks after surgery, with patients returning to full activities in about six months. ▶

Derek Shia, MD
Upper Extremity
Orthopaedic Surgeon



How to know if it's Time for a Hip Replacement

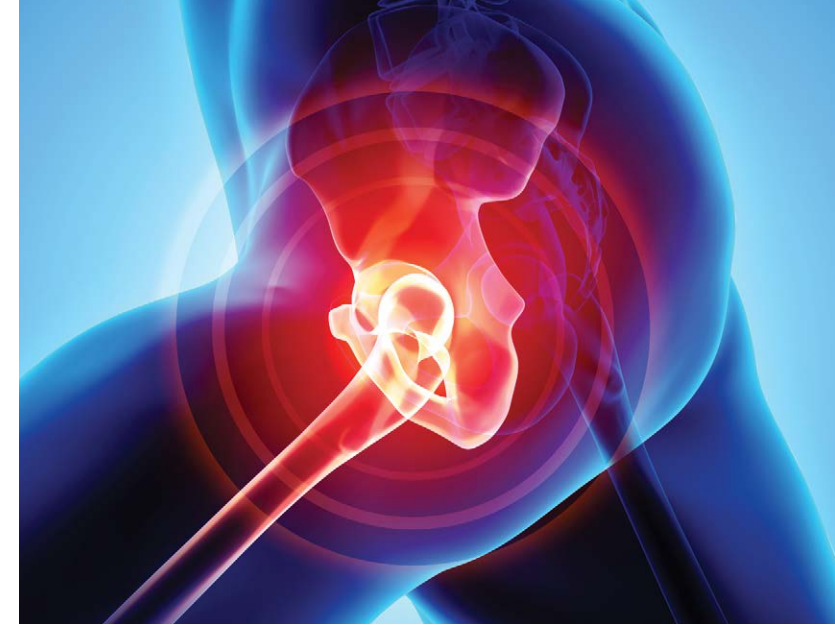
If you're dreading the idea of a hip replacement, we've got some good news for you. Hip pain doesn't necessarily mean you need surgery. And if you do need surgery, it can help you get back to the life you love.

6 signs you need a hip replacement

1. You have groin pain. (This is often the top sign of hip arthritis).
2. It's hard getting in and out of the car.
3. It's challenging to put on your shoes and socks.
4. Sleep is getting tough, and finding a comfortable position is difficult.
5. You're experiencing challenges with intimacy.
6. You feel like you're missing out on things you love.

John Keggi, MD

Joint Replacement Orthopaedic Surgeon



Can I make modifications to put off hip replacement surgery?

Talking with your doctor sooner rather than later about your hip pain is the way to go. Your doctor can first help you identify where the pain is coming from. It may have a few possible origins, including:

- > Arthritis
- > Hernia
- > Gynecologic causes
- > Other orthopedic conditions

An early conversation doesn't mean you necessarily need surgery, but this information-gathering process is the best way to put your mind at ease about what comes next.

A hip replacement lets you live without restrictions

Hip replacement surgery has come a long way. Your new hip can last about 30 years, surgery takes about 40 minutes, and pain relief comes quickly. People tell us they wish they had done this sooner and thank us for helping them get their lives back. If you're unsure about surgery, just come in, and we'll answer your questions. We want you to live your life fully. 🍷

Pain Point: Swollen Knee

If your knee is swollen, it's usually a sign that something's going on with the joint. But is it time to see a doctor?

The first step is understanding where the swelling is.

Your knee may have fluid in it, or you can have fluid in your entire leg or even swelling in the back of your knee. Your doctor can determine where the swelling is and why it's there. One tell-tale sign is the sensations you're feeling in your knee, it almost feels like a band wrapped around the knee.

5 common reasons why your knee is swollen.

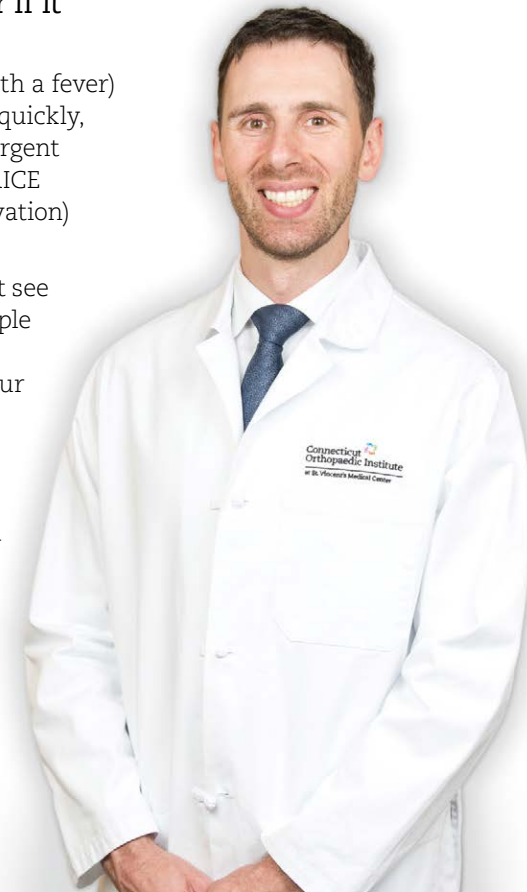
1. **Injuries:** Damage to the knee ligaments, shock absorbers (meniscus), and/or cartilage can result in swelling.
2. **Arthritis:** Osteoarthritis causes the bones to hit each other, leading to inflammation.
3. **Bursitis:** Inflammation around the knee, especially above or below the knee joint.
4. **Infection:** A swollen red knee (with an associated fever) may indicate a possible infection.
5. **Gout or other conditions:** These can also lead to knee swelling.

You can treat your knee at home but see a doctor if it doesn't improve.

Unless your knee is red (with a fever) or extremely swollen very quickly, you likely don't need any urgent intervention. Instead, try RICE (rest, ice, compression, elevation) for knee pain or swelling.

See your doctor if you don't see improvement within a couple of weeks or experience a recurring swollen knee. Your doctor can assess what's going on, especially if it's a more chronic condition. Knee swelling has several potential causes and many treatment options. ▮

Adam Driesman, MD
Joint Replacement Orthopaedic Surgeon





4

Worst Shoes for Your Feet

When it comes to foot health, it turns out that not all shoes are created equal. You need to wear shoes that fit your foot, but you can't change your foot to fit the shoe.

To keep you on the right track, here's four types of shoes to reconsider and top tips for finding the right fit.

1. Heels

Very high-heeled shoes with pointed toes can lead to pressure of the forefoot. This pressure may lead to worsening bunions, hammertoes, and nerve pain as well as metatarsal head (forefoot) pain.



2. Minimalist running shoes

Minimalist running shoes can strain your metatarsals more if you are a high mileage runner, causing pain and metatarsal stress fractures. These shoes often lack cushioning and arch support, which can exacerbate underlying foot and ankle issues.



3. Flip flops/Slides

Flip flops and slides don't support or protect your feet. It's easy to stub your toes, sometimes causing fractures. Their loose fit can also lead to tripping, stumbling or ankle twists, which may result in more serious injuries beyond just your feet. It's best to save flip flops slides for lounging or casual use, and go with a sturdier option if there's more walking involved.



4. Canvas shoes

Canvas shoes are a popular choice for casual footwear, and while they're not the worst shoes for your feet, they can cause some problems. They often lack the support you need and can interfere with normal walking due to their stiff, flat sole. Consider adding insoles to better support your feet.



5 TIPS for finding your perfect shoe

1. Have your feet measured and choose shoes that fit the larger of your feet.
2. Don't rely on size alone, make sure the shoe shape matches your foot.
3. Always stand and walk in the shoes to make sure they are comfortable.
4. Choose shoes designed specifically for your activity. Running shoes, cross-trainers and walking shoes each provide different types of cushioning.

Megan Wolf, MD

Foot & Ankle Orthopaedic Surgeon



Are Cortisone Injections the Right Remedy for you?



Sure they crackle, creak, pop and click, but if your joints also ache and throb, there may be an easy remedy.

Cortisone injections can ease pain and inflammation in the joints caused by aging and wear. These injections have anti-inflammatory properties that, when delivered, deposit in the lining of joints and tendon sheaths. Cortisone injections can be effectively given in a variety of joints including the shoulder, elbow, wrist, hip, knee and ankle.

Cortisone injections have few side effects that your provider will talk to you about the risks and benefits before proceeding. This includes:

- › Raised blood sugar levels in patients with diabetes.
- › Increase risk of tendon rupture when used for tendonitis in areas like the Achilles.
- › Cause infection as the needle passes through skin before reaching the targeted area.

Pain-free-for how long?

Successful injections typically provide relief for a few weeks to months, a timeframe often determined by the formulation of the injection, joint location and condition being treated.

Unfortunately, while the injections are great at alleviating inflammation, they often do not treat the underlying cause. To help, specialists will often pair them with other medications such as ibuprofen and physical therapy. Repeat injections may also have diminishing returns after some time, often making surgery the better option. 🗨

Kelms Amoo-Achampong, MD
Sports Medicine Orthopaedic Surgeon



Coping with: Wrist Pain



From hairdressers to writers to electricians, hundreds of professionals share a painful connection because of the way they do their job.

Carpal tunnel syndrome stems from repetitive motion that compresses one of the main nerves to the hand, causing pain. This median nerve supplies sensation to the thumb through half the ring finger, traveling through the carpal tunnel. As pressure builds in the carpal tunnel due to repetitive movement of the hands, it puts pressure on the nerve and causes pain and stiffness in the hand and wrist.

Kristin Sandrowski, MD

*Hand and Upper Extremity
Orthopaedic Surgeon*

Easing the pain at home

- › **Wearing a rigid wrist brace at night.** This keeps the carpal tunnel in its most open position to minimize pressure on the nerve. Braces can help ease symptoms at night and during the day.
- › **Changing position often.** This helps if you do repetitive activities such as typing or are in a static position for too long while reading. Take a break and change position to help alleviate symptoms.
- › **Stretching on your breaks.** Add stretches called nerve glides to help the nerve move more easily in the carpal tunnel and decrease stress on it. For nerve glides, make a fist, keeping the thumb on the outside, then unfold and stretch your fingers one by one. Wiggle the fingers and rotate your wrists to keep blood flowing.

- › **Maintaining an ergonomically safe position.** This means keeping your wrists in a neutral position without flexing or extending them too much to do your work.
- › **Trying anti-inflammatory medications.** Oral ibuprofen or topical gels can help ease symptoms and decrease inflammation in the carpal canal.

Seeking professional help

Sometimes, even with at-home remedies, your carpal tunnel symptoms can get worse. That's when it's time to see a hand specialist. The goal is to treat the nerve while it has the chance to recover. A nerve test will tell us how healthy or unhealthy the nerve is, help determine if surgery is needed and the chances the nerve can make a good recovery. 🗨

Welcome New Doctors

to the Connecticut Orthopaedic Institute



Connecticut 
Orthopaedic Institute
St. Vincent's Medical Center

Connecticut 
Orthopaedic Institute
MidState Medical Center

Dr. William Conaway
Specializing in Spine

Dr. Anthony Viola
Specializing in Spine

Dr. Monica Stadecker
Specializing in Upper Extremity

Dr. Jeffrey Chen
Specializing in Hand
& Upper Extremity

Dr. Stephen Maier
Specializing in Orthopaedic
Sports Medicine



The Best at Getting Better

2024 Quality & Excellence Highlights



Advanced Certification

Spine Surgery
(MMC and SVMC)

Advanced Certification

Total Hip & Knee Replacement
(MMC and SVMC)

Certification

Hip Fracture
(MMC and SVMC)

Certification

Shoulder Replacement
(MMC)



Aetna Institutes of Quality®

(IOQ)

Orthopaedic Care Facility for Total Joint Replacement & Spine Surgery Designation
(MMC)

Aetna

IOQ for Spine Surgery
(SVMC)



Distinction+ for Knee & Hip Replacement

(MMC)

Distinction+ for Spine Surgery

(MMC and SVMC)



Own the Bone Star Performer

2024-2025 US News for SVMC Bone Health Program



HIP REPLACEMENT

High Performing Hip Replacement



KNEE REPLACEMENT

High Performing Knee Replacement



Women's Choice Award

Named one of America's Best Hospitals for Orthopaedics
(MMC and SVMC were 2 of 3 hospitals recognized in CT)

“We’re proud of the many recognitions of COI’s expertise and care.”

Andrew Turczak, MHS, MBA, PA-C
VP, Connecticut Orthopaedic Institute



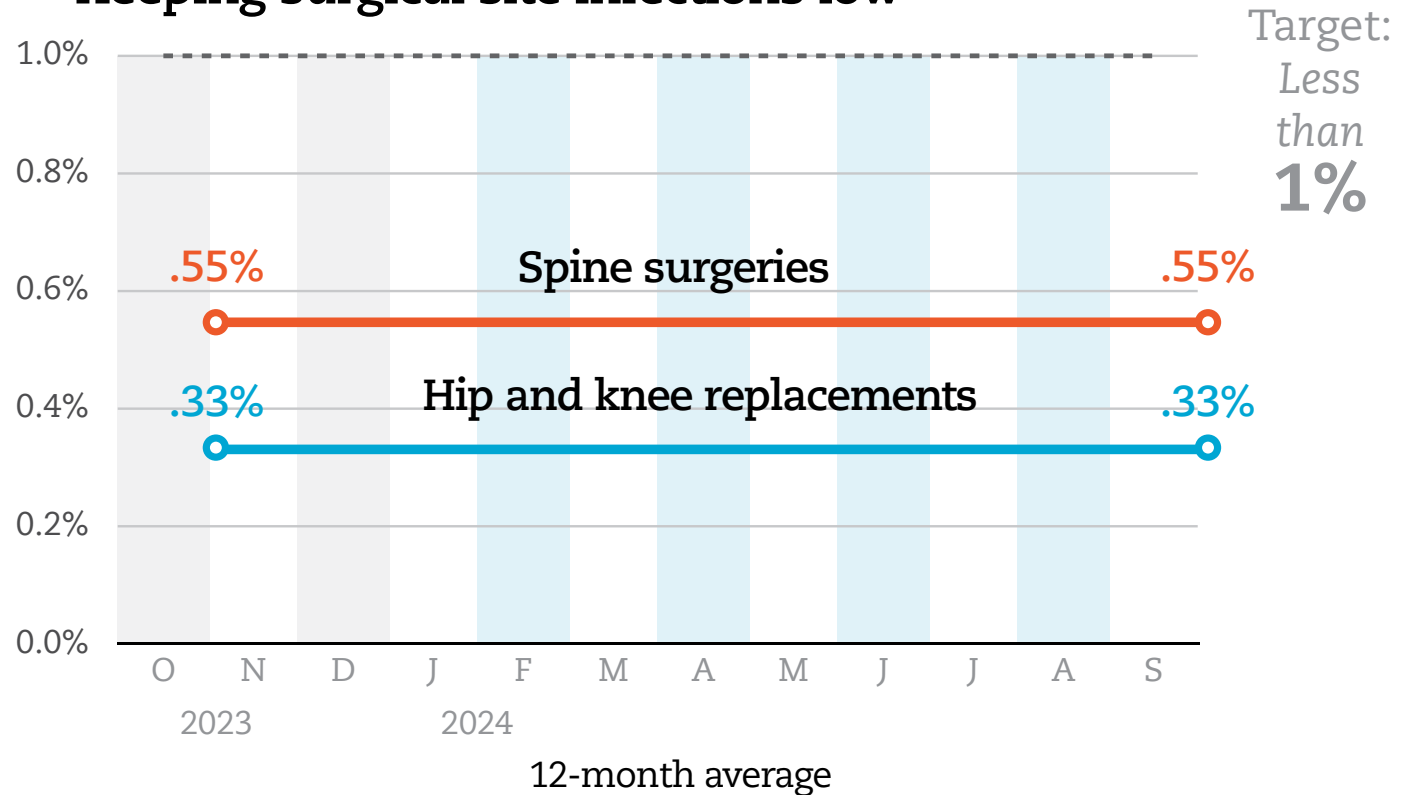
Maintaining excellence: Safer surgeries, fewer infections

Surgical site infections can lead to significant problems — patient morbidity, increased length of stay, readmission, return to the OR and increased costs. Reduction and prevention are crucial to improving quality of care and patient outcomes.

We continue to provide excellent surgical care, while remaining well below the benchmark for both hip and knee replacements and spine surgeries.

Note:
Deep and organ space.

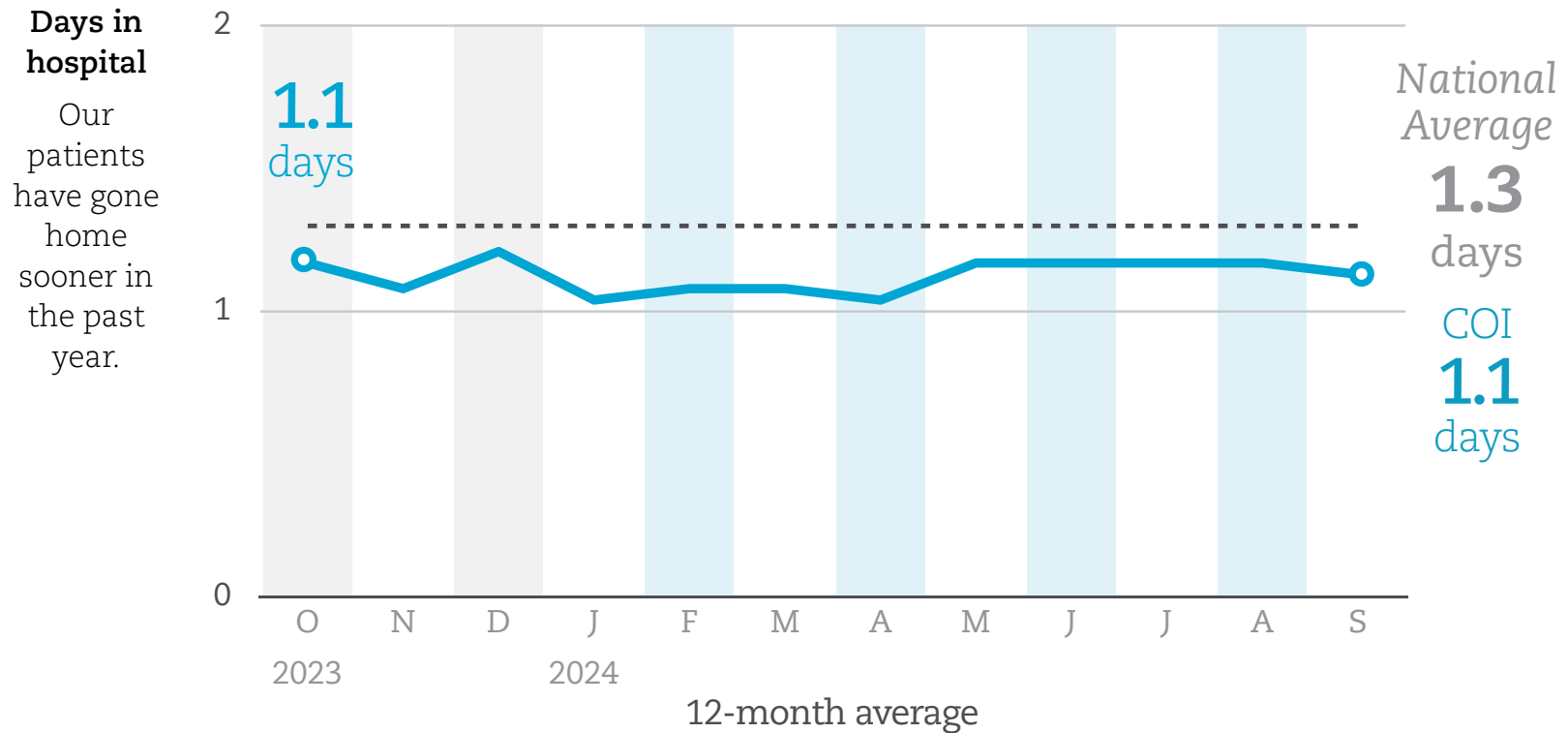
Keeping surgical site infections low



Total Hip and Knee Replacements: Getting you home sooner

Our enhanced recovery model helps patients mobilize early and minimize complications, resulting in an overall reduced length of stay.

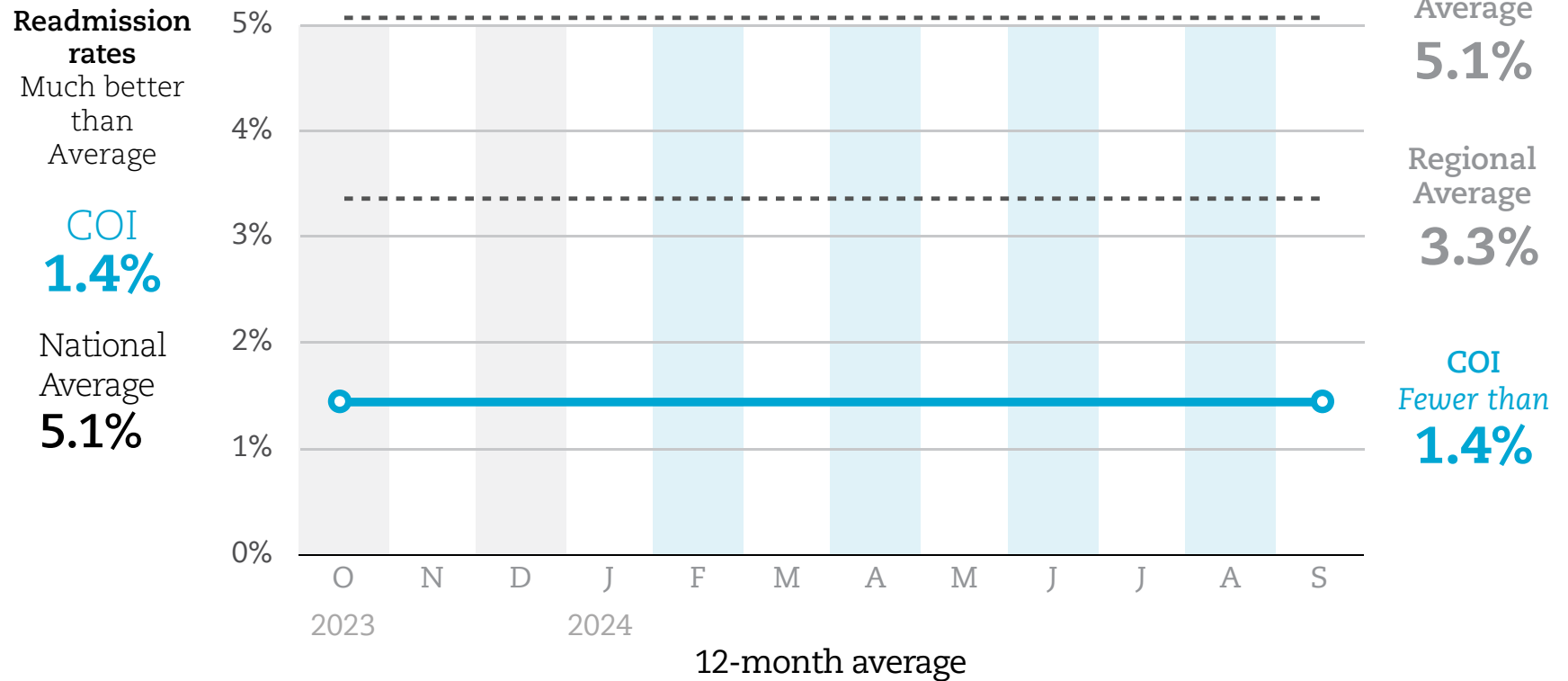
Shorter stays — over a long period of time



Total Hip and Knee Replacements: 30-day readmissions / rehospitalization

Our COI navigators play an integral role in communicating with and educating our patients. We continue to improve patient outcomes and experiences through enhanced communication and care team coordination, which helps reduce readmissions.

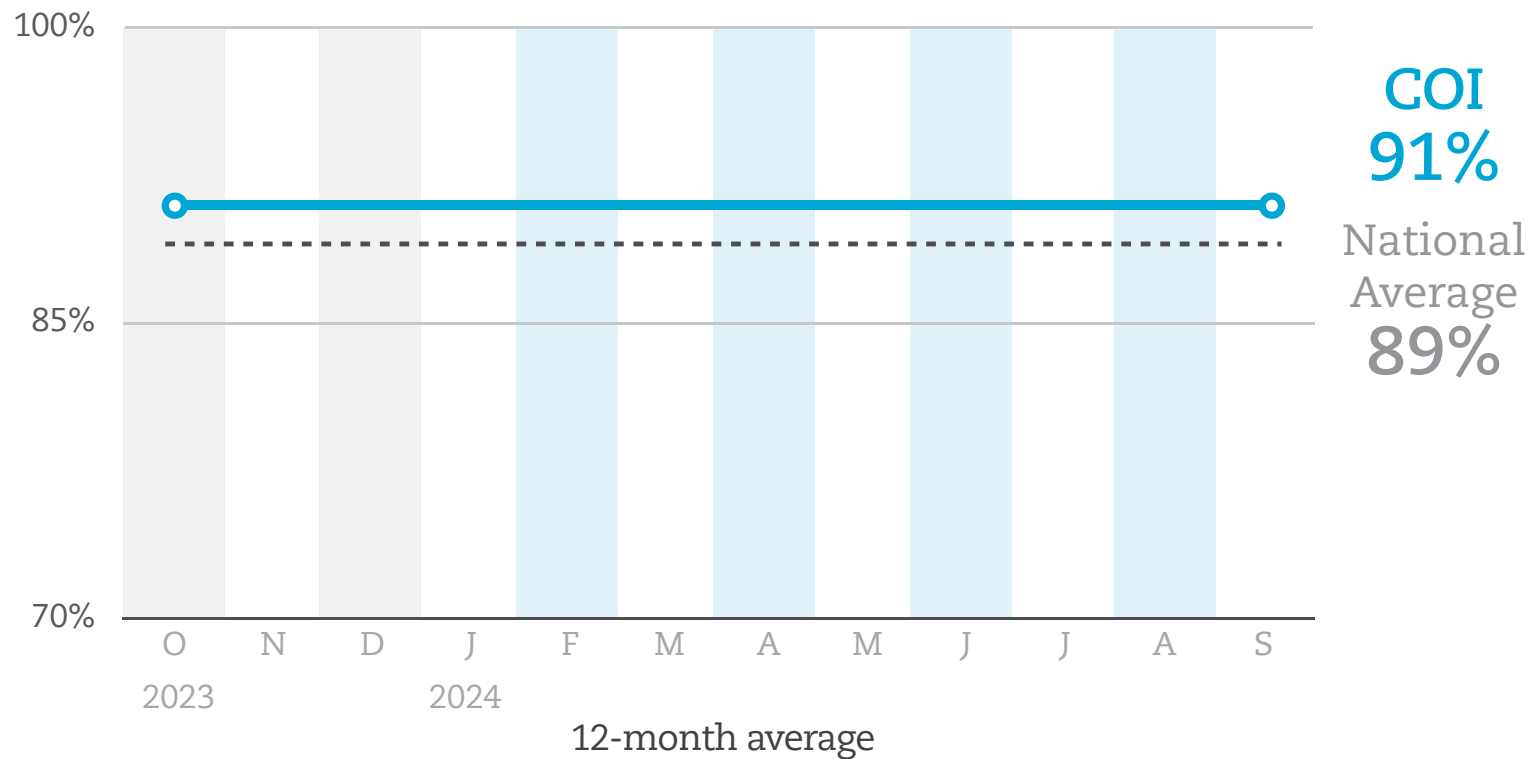
Fewer people returning after treatment



Spine Surgeries: Better than the national average

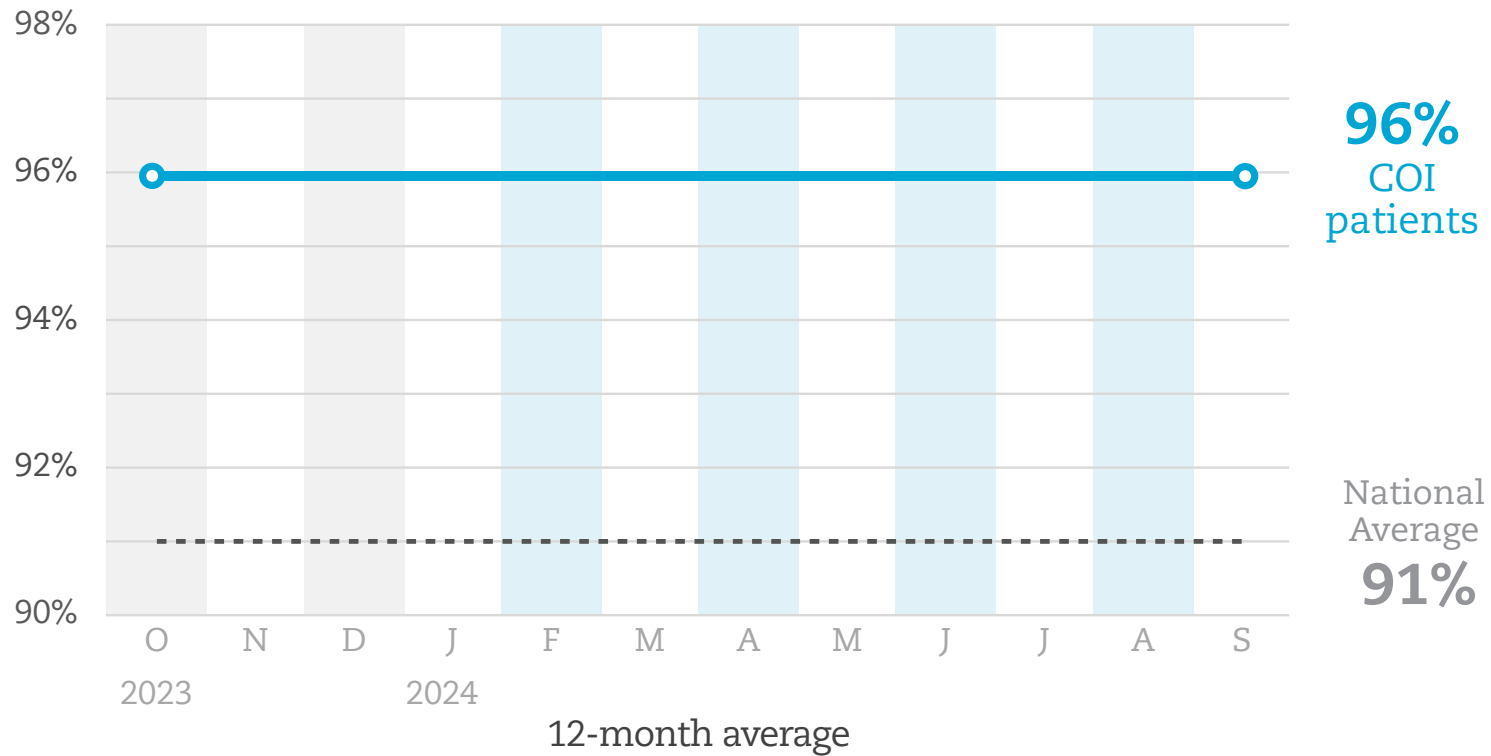
About 91% of our spine patients went home after surgery instead of a skilled nursing facility.

More people headed home after surgery



Total Hip and Knee Replacements: Transitioning to home

About 96% of our hip and knee replacements patients went directly home after surgery. People who go home after surgery instead of a skilled nursing facility often recover faster and experience decreased complications and readmissions.

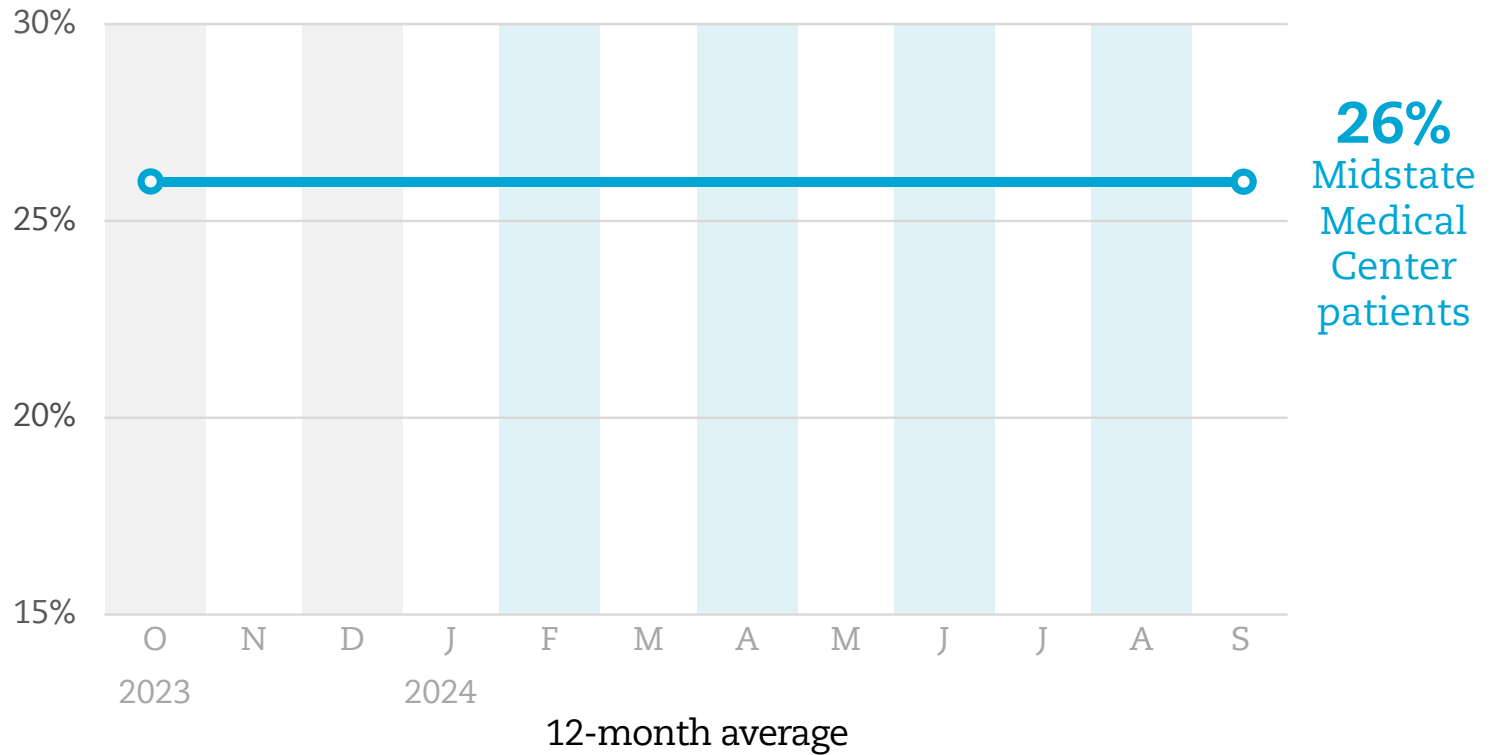


Total Hip and Knee Replacements: Going home same day

With advances in surgical techniques and pain management, patients can recover successfully in the comfort of their own home without spending the night in the hospital.

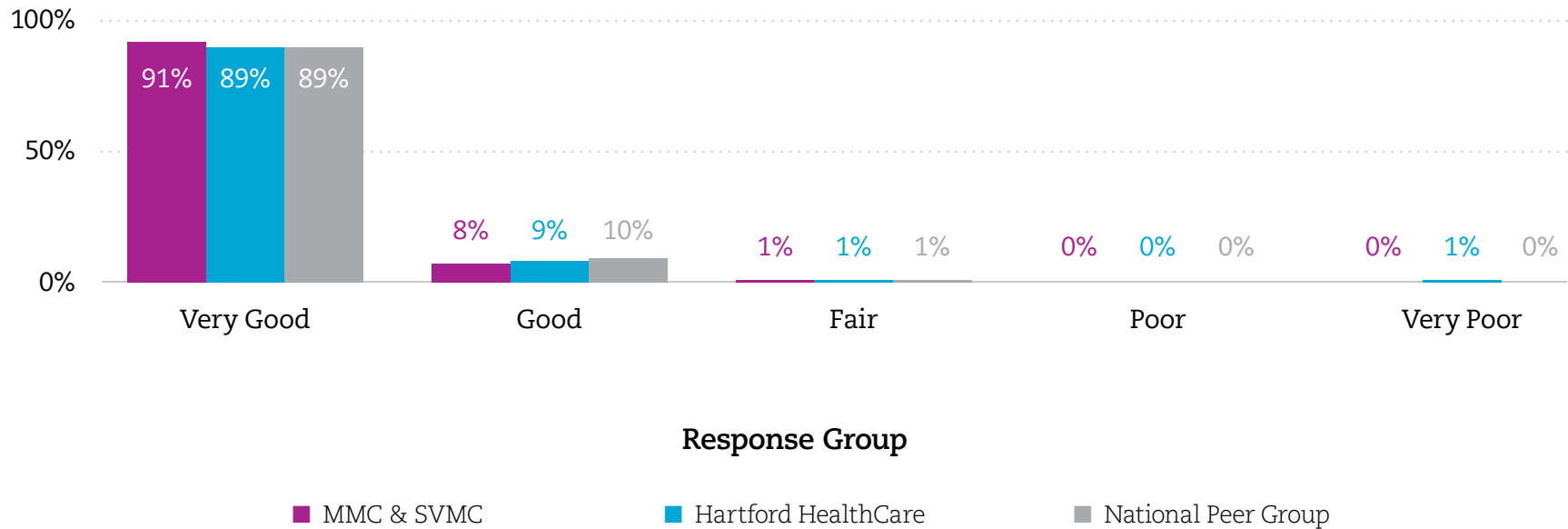
Year over year, COI MidState Medical Center has increased the number of patients going home the same day as their surgery.

Surgery, Then Home — in the Same Day



Patient Experience at Surgical Facility

FY24 Patient Experience at COI facilities 99% Very good/good



Follow us on Facebook and Instagram

We are excited to engage with our patients, families and community. Follow the Connecticut Orthopaedic Institute (COI) on Facebook and Instagram for intriguing Health News Hub articles, updates, community events, and highlights of our COI colleagues.

Like & Follow our page at the link or by scanning the QR code



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Reserve your spot today!

The 3rd Annual **Connecticut Orthopaedic Institute Symposium**

Friday, April 4, 2025
7:30AM–3:30PM

Quinnipiac University
Center for Medicine, Nursing and Health Sciences
370 Bassett Road, North Haven



Scan the QR code
to register online.

Connecticut 
Orthopaedic Institute

Quinnipiac
Frank H. Netter MD
School of Medicine



Future LPGA stars *to play in*



For a third July in a row, the Epson Tour will return in 2025 to the Hartford HealthCare Women's Championship at Great River Golf Club, Milford, as Connecticut Orthopaedic Institute surgeons again hit the greens with orthopaedic advice for Connecticut golfers.

In addition, 2023 and 2024 champions Daniela Iacobelli and Jenny Bae, who just turned pro, will be playing on the LPGA Tour.

"Two years ago, we welcomed the Epson Tour – the official qualifying tour of the LPGA - back to Connecticut. It's a partnership that aligns with our commitment to engage with our community while investing in and empowering future women leaders," said Karen Goyette, Hartford HealthCare executive vice president and chief strategy and transformation officer. "We are honored to support young women like Daniela and Jenny on their path to excellence."

The 2025 72-hole tournament promises to be bigger and better than ever with more ways to see players up close. The tournament will also provide a variety of features throughout the week such as the Women's Golf Clinic, Children's Clinic, Pro-am, VIP tent, HHC friends and family section and giveaways throughout the course.

Visit: hwcwomenschamp.com to learn more!

July 7–13th
Great River Golf Club

130 Coram Lane, Milford, CT