

PONY

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Morgan Stanley Children's Hospital of NewYork-Presbyterian/Columbia University Medical Center

Non-Surgical Treatment for Clubfoot

Joshua E. Hyman, MD

Assistant Professor of Orthopaedic Surgery

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"We can begin treatments in the first few days of life," remarked Joshua Hyman, MD, Pediatric Orthopaedic Surgeon and Director of the Club Foot Center. "The Ponseti method has been working for my patients. Less than five percent may require the extensive release surgery because of the severity." Surgeons at CHONY began using the Ponseti technique in 2000 after receiving special training on the manipulative and casting techniques. Today, the Club Foot Center performs this non-surgical treatment almost exclusively for their patients with clubfeet. Each treatment requires a team of three (surgeon, pediatric orthotist, and parent) to ensure that the manipulation of the foot and application of casts are properly administered. Without proper techniques,

it is easy to worsen the deformity and impact further treatment outcomes. "While this treatment technique requires a tremendous commitment from the parent because of the repeat visits, we have only seen enthusiasm from our families," said Dr. Hyman. Patients begin the treatment in the first weeks of life with weekly visits over five to eight weeks. Treatments continue with less frequency up until the child is three or four years old. The Ponseti method is still in review, looking for long-term effects. "But early results look very good," stated Dr. Hyman.



Even severe cases of clubfoot can benefit from the casting and manipulations.

The Club Foot Center

The newly opened **Club Foot Center** at the Children's Hospital of NewYork-Presbyterian offers new hope for parents. Children with clubfeet receive the latest in treatment options including the non-surgical Ponseti method of manipulation and casting. A specially trained team administers each treatment with precision and compassion. Parents are counseled and educated on what to expect and how to care for their infant or child throughout the treatment

period. Literature about the nature of clubfeet, its treatment, and cast care is available in the office and on the Department's website. As part of the Center, patients benefit from on-going research focusing on the patient with clubfoot, treatment options and quality of life concerns. Physicians in the Club Foot Center welcome colleagues from around the world as they seek information. Speakers are available for professional audiences. Call **(212) 305-5475**.

Treatments Can Start at Birth

By **Michael Vitale, MD, MPH**

Herbert Irving Assistant Professor of Orthopaedic Surgery

The minute Noelle was born, the obstetrician at Methodist Hospital in Brooklyn counseled her worried parents that Noelle's clubfoot could be corrected. She had a severe case, but it had gone undetected on sonograms during Christy's pregnancy. Michael Vitale, MD, orthopaedic surgeon, was called in to examine the newborn the next day. Dr. Vitale helped the new parents understand what clubfoot was, and what they could expect during treatment. He described the new Ponseti method, and that their participation was an

important part of the therapy, including weekly visits to the office, and helping in administration of the casts. Watching the anxious couple, he also suggested that they start therapy in two weeks, giving time for mother and baby to bond without the interference of the casts. While the manipulation and casting process works, it does require the family's commitment. Providing encouragement to the parents when their child seems frustrated with the weight of the cast, or lack of mobility, is all part of the treatment plan at the Club Foot Center.

Treatment of Severe Clubfoot in Older Children

"Sonya skips, hops, and jumps. You would never know," says Sonya's mother, Sylvia Budeska, ecstatic about what Joshua E. Hyman, MD was able to accomplish with her daughter, now 3 years old. After completing their research of treatment alternatives for clubfoot, and gathering recommendations, the Budeskas contacted Dr. Hyman. Their daughter was one year old when they first saw Dr. Hyman. Traditional treatments for children of this age and severity would have included extensive surgery. Dr. Hyman elected to perform an open achilles tenotomy as opposed to a percutaneous tenotomy that is done in the younger infants. She was then treated with the Ponseti method and has not required any additional surgery. "Sonya will be done with her treatments

before she enters kindergarten," said her mother. "Dr. Hyman knew that would be an important time in her life." She



explained that traveling from Wayne, New Jersey for frequent treatments has made Dr. Hyman part of her daughter's life.

Treatments began for Sonya's severe clubfeet at the age of one. She is now skipping and jumping like other three year olds.

Spine Surgery Improves Quality of Life

By **David P. Roye, Jr., MD**

St. Giles Professor of Pediatric Orthopaedic Surgery



Siblings born with SMA are happy to be out of their braces that held them in an upright position.

Both Amanda and John, brother and sister, were born with Spinal Muscular Atrophy (SMA), a group of inherited diseases that lead to progressive muscle degeneration and weakness. As with most cases of SMA III, John's symptoms didn't occur

until he was 2 years old - after their mother, Heidi Montouri, was pregnant with Amanda. Their pediatrician immediately referred the family to David Roye, Jr., MD, Chief of Pediatric Orthopedic Surgery. As the muscle degeneration progressed, Dr. Roye and his staff discussed options with the family. While there is no treatment for the progressive weakness, there were options that could help improve the upper body alignment. Both children underwent spinal deformity correction and fusion last

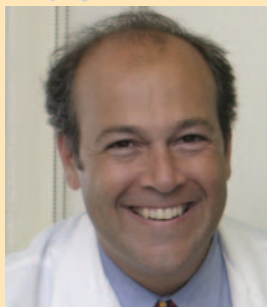
year at the respective ages of 9 and 11 years old. The children no longer need to wear the body braces that kept them in

“ ... also conscious of the whole picture. ”

an upright position. Mrs. Montouri, spoke about her first interaction with Dr. Roye as a “blessing” and from the moment the family met they knew they were in the right place with the right doctor. The team at Columbia truly cared not only about the immediate treatment but was also conscious of the whole picture. Together they decided on a treatment plan that would be implemented at the right time and that would cause the least amount of stress to the family. Today Amanda and John enjoy typical kids' activities including video games, listening and playing music, fishing, Yankees baseball, and spending time with their friends.

Meet

Joshua Hyman, MD



Joshua E. Hyman, MD is not only an exceptional surgeon, he is also an advocate for his patients. Columbia educated, and Harvard trained, Dr. Hyman's busy practice includes an on-going research component. Much of his research is directed to understanding the

impact that orthopedic problems have on the lives of his young patients. Dr. Hyman recently presented "Pediatric Orthopaedic Injuries: The Effect of Treatment on School Attendance" to a professional audience as well to local

school boards advocating for more support for children who are home recuperating. In the past year alone, Dr. Hyman has published eight manuscripts on various orthopedic topics, presented at three professional conferences, and was invited to speak at three area hospital's Grand Rounds on the latest treatments for clubfoot. This specialty area of Dr. Hyman's has resulted in him being named the Director of the new Club Foot Center at Children's Hospital of New York-Presbyterian. In May, Dr. Hyman volunteered his services as part of a medical team traveling to China to perform surgery on the children in China's orphanages, and in 2004 he was named Director of the Friends of the Palisades Interstate Parks Commission.

Upcoming Presentations:

- **American Association of Orthopaedic Surgeons 2005 Annual Meeting, Washington, DC** **Feb 23-27**
The Epidemiology of Slipped Capital Femoral Epiphysis: An Update - *Michael Vitale, MD and Charles Lehmann, MD*
- **Pediatric Orthopedic Research Society 51st Annual Meeting** **February**
Ten abstracts have been accepted - *Francis Y. Lee, MD*
- **Pediatric Orthopaedic Society of North America Annual Meeting, Ottawa ON, Canada** **May 13-15**
Volume of Scoliosis Surgery Among Surgeons with Spine vs Pediatric Orthopaedic Fellowship Training in the States of New York and California - *Michael Vitale, MD*
- **European Pediatric Orthopaedic Society 2005 Annual Meeting, Mallorca, Spain** **April 6-9**
Patient-Based Outcomes Following Clubfoot Surgery: A Fifteen Year Follow-up Study - *David P. Roye, Jr., MD*

Upcoming Articles: *(Over twenty manuscripts were published in 2004. For a complete list, call us or visit our website.)*

- "The Most Frequent Traumatic Orthopaedic Injuries from National Pediatric Inpatient Population",
– *Journal of Pediatric Orthopedics, January/February 2005*
- "The Contribution of Hospital Volume, Payer Status, and Other Factors on the Surgical Outcomes of Scoliosis Patients: A Review of 3,606 Cases in the State of California", – *Journal of Pediatric Orthopedics, scheduled for publication*
- "Volume of Scoliosis Surgery Among Surgeons with Spine versus Pediatric Orthopedic Fellowship Training in the States of New York and California", – *Journal of Bone and Joint Surgery, scheduled for publication*
- "Pelvic Fractures in Children: An Exploration of Practice Patterns and Patient Outcomes",
– *Journal of Pediatric Orthopedics, scheduled for publication*
- "Pediatric Orthopaedic Injuries: The Effect of Treatment on School Attendance",
– *Journal of Pediatric Orthopedics, scheduled for publication*

Join Us for a CME Conference: Saturday, April 23rd

"**Neuromusculoskeletal Issues in Children**" Hear an overview on advances in evaluation and treatment of common disorders including:

- Scoliosis
- Club Feet
- Fractures
- Receive data on outcomes.
- Tumors
- Discuss innovative and minimally invasive treatment protocols.

All faculty are members of the Pediatric Orthopedic Surgery Division of the Children's Hospital of New York-Presbyterian.

To be held at the **Brooklyn Marriott**, Brooklyn, New York

For Additional Information Contact: **Center for Continuing Education**

Columbia University College of Physicians & Surgeons

Telephone: **(212) 305-3334**

E-mail: **cme@columbia.edu** or **http://ColumbiaCME.org**

April 23rd
CME on “Neuromusculoskeletal Issues in Children” *see inside for details.*

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US News and World Report® ranked **The Morgan Stanley Children’s Hospital of NewYork-Presbyterian** as one of the best hospitals in the country. Newly constructed, visitors find a state-of-the-art facility dedicated to serving children and their families. As one of the largest pediatric groups in the tri-state area treating a wide range of musculoskeletal problems, we maintain offices at the following locations for your convenience. For an appointment at any of our locations call: **212-305-4565**

New York

Manhattan

- Children’s Hospital of NY-Presbyterian, 3959 Broadway at 165th Street
- Herbert Irving Center, 161 Fort Washington Avenue at 165th Street
- Columbia Eastside, 16 East 60th Street

Brooklyn

- Sclafani-Vitale Orthopaedics, 9711 Third Avenue
- Methodist Medical Center, 263 Seventh Avenue
- Maimonides Medical Center, 1301 57th Street
- Horton Medical Pavilion, 75 Crystal Run Road
- Medical Office Park, 244 Westchester Avenue

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