

## FROM THE CHAIRMAN

Greetings from the Department of Orthopaedics & Rehabilitation! We hope that you have enjoyed a great summer and are looking forward to the start of new academic year and a beautiful fall season.



There have been many changes in the department occurring over the summer and much more to come. As you will read, we bid a fond farewell to our Administrative Director, Jordana A. Bailey, M.S.S. and wish her much success with her new endeavors. She will be stepping into a new role here at New York Hospital Queens as Senior Administrative Director of Ancillary Services; it has been a pleasure working with her over the past three years.

We also welcome Jason Hu, M.D., a specialist in primary musculoskeletal care, to our Department. Jason comes to us from The Rehabilitation Institute of Chicago, where he has completed a fellowship in spine, sports and performing arts medicine. To schedule an appointment with Dr. Hu, please call (866) 670-OUCH (6824).

We welcome a new class of residents from The Hospital for Special Surgery and we look forward to another year of teaching and learning. Keep your eyes and ears open for our new marketing campaign for "The Bone and Joint Hospital of Queens." The campaign is on the radio, in print online and in the transit system, and we are very excited for the support that the Hospital has provided to help educate our community. This campaign allows us to showcase the variety of services that we offer, right here in Queens!

Please continue to share with us your news and ideas for future editions! We are specifically interested in patient comments on how to improve the patient experience with us. We all face great change and great challenges ahead in the world of healthcare. I encourage everyone to stay well informed of changes occurring in Washington and Albany and I welcome any input and discussions on this topic. For any and all comments, please contact me at [rosenje@nyp.org](mailto:rosenje@nyp.org).

## SPECIALIZING IN:

### **ORTHOPAEDIC SURGERY**

General Orthopaedics  
Hand & Upper Extremity  
Injection Therapy  
Joint Preservation Surgery  
Orthopaedic Spine  
Orthopaedic Trauma  
Pediatric Orthopaedics  
Sports Medicine & Arthroscopic Surgery  
Total Joint Arthroplasty

### **REHABILITATION MEDICINE**

EMG/Neurodiagnostic Testing  
Occupational Therapy  
Pain Management & Rehabilitation Medicine  
Physical Therapy  
*Including Lymphedema and Vestibular Rehabilitation*

## LOCATIONS:

New York Hospital Queens  
56-45 Main Street, 4th Floor South  
Flushing, NY 11355  
Main Line: 718-670-2558

NYHQ Center for Orthopaedics & Rehabilitation  
Medicine  
163-03 Horace Harding Expressway, 2nd Floor  
Fresh Meadows, NY 11365  
Main Line: 866-670-OUCH (6824)

Queens Crossing Location  
136-20 38<sup>th</sup> Avenue, Suite 6D  
Flushing, NY 11354  
Main Line: 866-670-OUCH (6824)

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# DEPARTMENT NEWS

- The entire Department would like to thank Jordana A. Bailey, M.S.S., Administrative Director, a fond farewell after 5 ½ years of service. We wish her much success and happiness in her new position as Senior Administrative Director of Ancillary Services here at New York Hospital Queens.
- We would like to extend a warm welcome to Jason Hu, M.D.! Dr. Hu has joined the Department of Orthopaedics & Rehabilitation this month as an attending physician, specializing in spine, sports and performing arts medicine. To make an appointment with Dr. Hu, please call (866) 670-OUCH (6824).
- We would also like to welcome Patricia Li to our Department. Patricia is the new Office Manager for our offsite location, located at 163-03 Horace Harding Expressway, 2<sup>nd</sup> Floor, Fresh Meadows, NY 11365. To contact Ms. Li, please call 718-670-2147 or email her at [pal9057@nyp.org](mailto:pal9057@nyp.org).
- On October 28, 2011, from 7:30am-3: 45pm in the Lang Auditorium, the Department of Orthopaedics and Rehabilitation will be hosting its first CME symposium, titled “Comprehensive Care of the Pediatric and Adolescent Athlete.” To receive further information or to register for this event, please contact Ms. Pamela Williams at [pgw9001@nyp.org](mailto:pgw9001@nyp.org) or visit [www.nyhqmcme.org](http://www.nyhqmcme.org).
- Orthopaedic floor renovation update! Below is a photo of the renovations in process of our orthopaedic floor on 4S; come stop by to see our progress! Renovation phase one (painting, floors and renovation desk) should be completed by mid to end of September.



## THE BONE AND JOINT HOSPITAL OF QUEENS

Do your knees hurt again today? How about that hip?

To support and bring awareness to the orthopaedics program, as well as to expand “The Bone and Joint Hospital of Queens” branding, the Hospital began a large scale advertising campaign this summer.

The campaign is in newsprint, online, broadcast (radio spots and promos as well as television promos), outdoor and transit advertisements.

We would like to especially thank Public Relations & Marketing for all of the hard work they have put into this campaign!



*One of the campaign billboards located in Flushing, featuring Elan Goldwyn, M.D.*

## SACROILIAC JOINT PAIN

BY: JASON HU, M.D.



The sacroiliac (SI) joint first described to be an independent pain generator in 1905. It can be a significant source of low back pain, as it accounts for 13-30% of chronic low back pain. Etiologies of SI pain include spondyloarthropathy, crystal arthropathy, septic arthritis, trauma, pregnancy diathesis, and mechanical SI dysfunction.

The joint is an L-shaped diarthrodial synovial joint formed by articulation of the lateral aspect of the sacrum and medial aspect of the ilium. It is innervated by the dorsal rami via medial branches to L4-L5, and the dorsal rami via lateral branches to S1-S3 (with anatomical variants distal to S4). Anatomical studies have demonstrated the presence of mechanoreceptors and nociceptors within the joint capsule. The proximity of the joint to the lumbosacral plexus may also be another source of pain stemming from the SI joint.

The patient may present with acute or gradual back, buttock, leg, or groin pain with tenderness over the joint, PSIS, long dorsal (sacral) ligament. On examination, there will be abnormal sacroiliac joint motion patterns, increased discomfort with positional changes. Muscular discomfort usually involves the quadrates lumborum, erector spinae, and piriformis muscles. Neurologic abnormalities are uncommon. There are a multitude of physical examination maneuvers, including, but not limited to, Patrick's Test, Gaenslen Test, Gillet test. However, none of these tests are pathognomonic for SI joint pain. X-ray, CT, and MRI are non-specific, and may help rule out other conditions. Bone scan has low sensitivity, and high specificity.

Single-photon emission computed tomography (SPECT) with higher ESR and CRP demonstrates the highest sensitivity and specificity, but may not be clinically practical. Fluoroscopic SI joint injection may have higher diagnostic value.

Treatment begins with conservative care: relative rest, oral NSAID's, a rehabilitation program that includes SI mobilization for the hypomobile joint or SI stabilization for the hypermobile SI joint, and may also have a trial of an SI belt (especially with SI pain secondary to pregnancy diathesis). If the patient continues to have pain over the sacral sulcus, and have not responded to a 4-6 weeks of directed physical therapy program, then a fluoroscopically (or ultrasound guided) diagnostic/ therapeutic injection may be indicated. Blind injection into the joint shows 22% success rate of an intra-articular injection. If the pain returns, and the patient requests longer lasting treatment, or corticosteroid is a contraindication, then an L4-S2 medial branch block and radiofrequency ablation may be another treatment option.

Remember, for those diagnosing young men with history of ankylosing spondylitis, you may wish to consider a diagnosis of SI joint pain. For peri-partum women with low back pain, a possible diagnosis could be SI joint pain. Lastly, post-menopausal women with sacral sulcus pain could be diagnosed with a sacral insufficiency fracture.

## SEPTEMBER 2011

DATE:	TITLE:	GIVEN BY:
09/07/2011	M & M	Orthopaedic PAs
09/14/2011	Ankle Fractures	Orthopaedic Residents
09/21/2011	Musculoskeletal Radiology Conference	Dr. Ari Jonisch
09/28/2011	Billing Compliance Lecture	Guest Speaker

## OCTOBER 2011

DATE:	TITLE:	GIVEN BY:
10/05/2011	M & M	Orthopaedic PAs
10/12/2011	Calcaneus Fractures	Orthopaedic Residents
10/19/2011	Orthopaedic Journal Club	Dr. Elan Goldwyn
10/26/2011	Talus Fractures	Orthopaedic Residents
10/28/2011	CME Symposium (Located in Lang Auditorium)	Department

## NOVEMBER 2011

DATE:	TITLE:	GIVEN BY:
11/02/2011	M & M	Orthopaedic PAs
11/09/2011	Pilon Fractures	Orthopaedic Residents
11/16/2011	Musculoskeletal Radiology Conference	Dr. Ari Jonisch
11/23/2011	Pelvis Fractures	Dr. Elan Goldwyn
11/30/2011	Attending Lecture: Topic TBD	Dr. Alexander Golant

NEW YORK HOSPITAL QUEENS  
56-45 MAIN STREET  
ORTHOPAEDIC CONFERENCE ROOM  
(FORMER LANG RESEARCH  
CONFERENCE ROOM)  
4<sup>TH</sup> FLOOR SOUTH

6:45 AM – 7:30 AM  
FRACTURE CONFERENCE  
7:30 AM – 8:15 AM  
GRAND ROUNDS