Robert K. “Kerk” Mehrle elected President in 2013.

Robert K. Mehrle, MD of Mississippi Sports Medicine & Orthopaedic Clinic was recently elected President of the Mississippi Orthopaedic Society at the annual meeting of the state society in Biloxi. Dr. Mehrle attended Millsaps College and received a Bachelor of Science degree from Millsaps College. Dr. Mehrle then attended medical school at the University of Mississippi Medical Center and obtained his Doctor of Medicine degree in 1999.

Dr. Mehrle’s training in Orthopedics began at the University of Mississippi Medical Center completing the five year residency program. He then pursued his specialty training in Hip and Knee replacement in Phoenix, Arizona with Dr. Anthony Hedley at the Institute for Bone and Joint Disorders.

Dr. Mehrle was in practice for 6 years at the University of Mississippi Medical Center until joining Mississippi Sports Medicine in 2012. He is a board certified Orthopedic surgeon with a special interest in hip and knee replacements.

Other recently elected board members for the Mississippi Orthopaedic Society are Vice President, Donnis Harrison, MD of Bienville Orthopaedic Specialists in Pascagoula; Treasurer, Lance Line, MD of Southern Bone and Joint Specialists of Hattiesburg; AAOS Councilor, George Russell, MD of University of Mississippi Medical Center in Jackson; Member at Large, Russell C. Linton, MD of Columbus Orthopaedic Clinic in Columbus; Member at Large, Kurre Luber, MD of Oxford Orthopaedics and Sports Medicine in Oxford; and Past President, Jay O’Mara of Mississippi Sports Medicine and Orthopaedic Center in Jackson.

Executive Board

Robert K. Merle, M.D.
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Mississippi Sports Medicine and Orthopaedic Center

Donnis Harrison, M.D.
Vice President
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University of Mississippi Medical Center

Russell C. Linton, M.D.
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Columbus Orthopaedic Clinic

Kurre Luber, M.D.
Member at Large
Oxford Orthopaedics and Sports Medicine

Jay O’Mara, M.D.
Past President
Mississippi Sports Medicine and Orthopaedic Center

Adair Cunningham
Executive Director
Capitol Resources, LLC

Mark Your Calendar

Early Spring 2014
TBD
Capitol Day
Jackson, MS

March 11-15, 2014
AAOS Annual Meeting
New Orleans, LA

April 30-May 3, 2014
NOLC
Washington, DC

May 1-3, 2014
MOS Annual Meeting
Oxford, MS

Save the Date!
Mississippi Orthopaedic Society Annual Meeting
May 1-3, 2014 • Oxford, MS
Invitation to follow
Frederick M. Azar, MD Mississippi Orthopaedic Society AAOS Featured Speaker

Frederick M. Azar, MD, is an orthopaedic surgeon specializing in sports medicine in Memphis, Tenn., and the 2013 first vice-president of the American Academy of Orthopaedic Surgeons’ (AAOS) Board of Directors.

Dr. Azar is chief-of-staff at the Campbell Clinic, as well as a professor and director of the sports medicine fellowship program in the University of Tennessee-Campbell Clinic Department of Orthopaedic Surgery. He also was director of that department’s residency program for 10 years. Dr. Azar is the team physician for the NBA Memphis Grizzlies and was selected as the 2012 Team Physician of the Year by the trainers from all 30 NBA teams. He also serves as a team physician for the University of Memphis and Christian Brothers University sports teams.

After earning his medical degree from Tulane University of Medicine, Dr. Azar completed a residency in orthopaedic surgery at the University of Tennessee- Campbell Clinic and a fellowship in sports medicine at the American Sports Medicine Institute in Birmingham, Alabama. He also was an American Orthopaedic Society for Sports Medicine (AOSSM) Traveling Fellow.

Dr. Azar has volunteered with the Academy for nearly 20 years and was a graduate of the inaugural AAOS Leadership Fellows Program class in 2003. He has held numerous positions in the AAOS, including that of Treasurer.

An active participant in a number of community philanthropic organizations, Dr. Azar serves on the Board of Directors of ALSAC/St. Jude Children’s Hospital and as member of several committees. He was part of the Haiti Disaster Relief Team in 2010.

Dr. Azar and his wife, Julie, have two children, Isabel and Nicholas.
Doctor James R. Andrews is one of the founding members of Andrews Sports Medicine and Orthopaedic Center in Birmingham, Alabama. He is also founder of the American Sports Medicine Institute (ASMI) a non-profit institute dedicated to injury prevention, education and research in orthopaedic and sports medicine. This foundation is recognized as one of the world’s leaders in this field. Doctor Andrews continues to serve as Chairman and Medical Director of ASMI. He has mentored more than 275 orthopaedic/sports medicine Fellows and more than 55 primary care sports medicine Fellows who have trained under him through the ASMI Sports Medicine Fellowship Program. Doctor Andrews is also a founding partner and the Medical Director of the Andrews Institute and the Andrews Research and Education Institute also dedicated to prevention, education and research which is located in Gulf Breeze, Florida.

Doctor Andrews is internationally known and recognized for his skills as an orthopaedic surgeon as well as his scientific and clinic research contributions in knee, shoulder and elbow injury prevention and treatment. In addition, he has made major presentations around the world, and has authored numerous scientific articles and books.

Doctor Andrews graduated from Louisiana State University (LSU) in 1963, where he was Southeastern Conference indoor and outdoor pole vault champion. He completed LSU School of Medicine in 1967 and completed his orthopaedic residency at Tulane Medical School in 1972. He had surgical fellowships in sports medicine at the University of Virginia School of Medicine in 1972 with Doctor Frank McCue, III and at the University of Lyon, Lyon, France in 1972 with the late professor Albert Trillat, M.D., who is known as the Father of European Knee Surgery.

Doctor Andrews is a member of the American Board of Orthopaedic Surgery and the American Academy of Orthopaedic Surgeons. He is the past President of the American Orthopaedic Society for Sports Medicine and also served on that board as its Treasurer and its Secretary. He has served on the Board of Directors of the Arthroscopy Association of North America as well as the International Knee Society. He is Clinical Professor of Orthopaedic Surgery at the University of Alabama Birmingham Medical School, the University of Virginia School of Medicine, University of South Carolina Medical School and Adjunct Professor in the Department of Orthopaedic Surgery at the University of South Alabama. He has been awarded a Doctor of Laws Degree from Livingston University, Doctor of Science Degree from Troy University and a Doctor of Science Degree from Louisiana State University.

At present, Doctor Andrews serves as Medical Director for Intercollegiate Sports at Auburn University; Senior Orthopaedic Consultant at the University of Alabama; and Orthopaedic Consultant for the athletic teams of Troy University, University of West Alabama, Tuskegee University and Samford University. Doctor Andrews serves on the Medical and Safety Advisory Committee of USA Baseball and on the Board of Little League Baseball, Inc.

In the professional sports arena, Doctor Andrews is Senior Consultant for the Washington Redskins Professional Football team; Medical Director for the Tampa Bay Rays Professional Baseball team; and team physician for the Birmingham Barons Double A Professional Baseball team, an affiliate of the Chicago White Sox. Doctor Andrews is also known for his skills as an orthopaedic surgeon as well as his scientific and clinic research contributions in knee, shoulder and elbow injury prevention and treatment. In addition, he has made major presentations around the world, and has authored numerous scientific articles and books.

Doctor Andrews was inducted into the Alabama Sports Hall of Fame and was named recipient of their Distinguished Sportsman Award in 1992. In 1996, Doctor Andrews was inducted into the LSU Alumni Hall of Distinction. He was featured as one of the LSU’s 2007 Southeastern Conference Stories of Character. In 2008, Doctor Andrews received the LSU Cox Communication Academic Center for Student-Athletes Distinguished Alumnus of the Year Award and was inducted into the State of Louisiana Sports Hall of Fame and was named recipient of the prestigious Dave Dixon Louisiana Sports Leadership Award. Doctor Andrews is a 2009 recipient of the “Live the Dream” award presented by the Birmingham Regional Chamber of Commerce. Doctor Andrews was featured as one of the LSU’s Foundation and College Hall of Fame. Doctor Andrews was the recipient of the Excellence in Sports Medicine Award from the 2010 Orthopaedic Foundation for Active Lifestyles on October 26, 2010. Doctor Andrews received the 2010 SEC Team Physician of the Year Award.

A native of Homer, Louisiana, Doctor Andrews has called Birmingham home since 1986. He and his wife Jenelle have six children, Andy, Amy, Archie, Ashley, Amber, Abby and six grandchildren.
A Special Thank You to Dr. Kurre Luber

The MOS Board of Directors would like to extend a thank you to Dr. Kurre Luber, who has served for the previous two years as Program Chairman for the Mississippi Orthopaedic Society Annual Meetings in Oxford and Biloxi.

Dr. Luber assembled a variety of speakers and topics for the Annual Meetings. The MOS Board of Directors is grateful that Dr. Luber has agreed to serve as Program Chair a third year for the annual meeting in May of 2014 in Oxford.

Dr. Kurre Luber joined Oxford Orthopaedics and Sports Medicine in 2008. Prior to his professional return to Oxford, Dr. Luber was an honors graduate of the University of Mississippi and obtained his medical degree from the University of Missouri Medical School. Dr. Luber’s professional training in orthopedic surgery includes his residency in orthopedic surgery at the University of Mississippi Medical Center. During residency, Dr. Luber completed an AO International Orthopedic Trauma Fellowship in York, England. Rounding out his hands-on training, residency was followed by an accredited fellowship in sports medicine and arthroscopic surgery at the Tulane Institute of Sports Medicine and Orthopedic Center where he trained under distinguished, world renowned surgeons. During his training he also assisted in the management of athletes with the NFL New Orleans Saints and Colleges: Tulane, Jackson State, Alcorn State, Mississippi Valley State, Millsaps, and Belhaven Universities.

Dr. Luber is board certified by the American Board of Orthopaedic Surgeons. He obtained his board certification following the completion of accredited training in both orthopedic residency and a sports medicine fellowship. His experience includes advanced sports medicine and arthroscopic reconstruction, joint replacement, foot and ankle surgery, hand surgery, pediatric orthopaedics, nerve disorders and trauma. Through his AO International Trauma Fellowship and residency at a Level I Trauma Center he obtained extensive experience in the care of broken bones and traumatic injuries. In addition, his experience at the nationally recognized Batson Children’s Hospital afforded him a wealth of experience in pediatric orthopedic injuries.

Dr. Luber currently serves as an Orthopedic Surgeon and Sports Medicine Specialist for The University of Mississippi (Ole Miss) athletic teams. As an Orthopedic Surgeon for Ole Miss’s Health and Sports Performance program, Dr. Luber is dedicated to both prevention and treatment of sports related injuries. Dr. Luber utilizes his specialty in sports and arthroscopic surgery to care for Ole Miss athletes of all sports and active people of all ages. Dr. Luber performs minimally invasive arthroscopic surgery of the shoulder, elbow, wrist, hip, knee and ankle joints.

Dr. Luber’s accomplishments and drive have not gone unnoticed by fellow medical professionals as he was selected by orthopedic colleagues as a member of the American Orthopedic Association Emerging Leaders Program. Dr. Luber also received the Citizenship Award during his year as Chief Orthopedic Resident at the University of Mississippi Medical Center.

Dr. Luber and his wife, Tara, live in Oxford with their three children where they remain active in community activities.
Dr. David Waespe, originally from Lexington, Kentucky, received his undergraduate degree in Chemical Engineering and medical degree from the University of Kentucky. Waespe received a number of awards, including the Frank G. Ham Society of Character and the SEC Academic Honor Roll. While attending the University of Kentucky, Waespe played baseball from 2000-2003, and during the summer of 2002, he played on the European baseball team.

Earlier this year, Waespe completed an AO Fellowship in Chur, Switzerland based mainly in Orthopaedic Trauma. Kelly, Waespe’s wife, is currently a cardiology fellow at the University of Mississippi. Following graduation, Waespe will be with Mississippi Sports Medicine and Orthopaedic Center for a fellowship in adult reconstruction.
Exhibitors

The Mississippi Orthopaedic Society would like to thank our 2011 Annual Meeting exhibitors.

GOLD LEVEL

![Smith & Nephew Logo]

![DePuy Synthes Logo]

![Arthrex Logo]

SILVER LEVEL

![Zimmer Logo]

![Stryker Logo]

![K & W Associates Logo]
Dr. Craig Robbins, pediatric orthopedist at Batson Children's Hospital

All photos: Batson Children's Hospital
A limb deformity specialist at Batson Children’s Hospital in Jackson is one of a handful of physicians in the country using a new technology to lengthen the legs of children and some adults.

Craig Robbins, M.D., assistant professor of pediatric orthopedics at the University of Mississippi Medical Center (UMMC), has used the new internal device, called the PRECICE Intramedullary Limb Lengthening System, in four patients since its approval by the Food and Drug Administration in late 2011. The new device is a potential alternative to the still widely used external device developed decades ago.

“Most of my patients will need the external device because the internal device has much narrower indications for use, but when they’re there – hallelujah – because it’s much easier for everyone,” said Robbins.

Robbins, who performs between 50 and 60 limb deformity surgeries each year, cautions that the PRECICE system is not a replacement for the industry-standard external device.

“Sometimes the external device is the only option, but it’s a bit onerous,” he said.

The PRECICE system requires a minimum bone size, making it usable in only older children and adults, but in these cases, the ease comes from a completely internal lengthening tool. A magnetic rod implanted within the bone is controlled by a handheld magnetic device placed on the surface of the skin, which slowly extends the rod and stretches the bone and soft tissue.

By contrast, the external device lengthens by manipulating a series of metal rings surrounding the leg and attached to the bone through pins and wires.

Both devices require cutting through the bone and then slowly and deliberately pulling apart that bone, a process called distraction histeogenesis. This distraction process allows new bone to form in the cut and the surrounding soft tissue to respond.

“In general, you can lengthen about 1 inch per month on the fast side, but it takes twice as long to heal, so to gain an inch really takes at least three months,” said Robbins.

For the PRECICE system, once the rod is implanted, the handheld device, called an external remote controller, is used three to four times a day to expand the telescopic rod a quarter of a millimeter each time.

With the external device, length is achieved by turning a screw attached to the wires and pins sticking out from the leg bone, which moves the rings surrounding the bone. As the rings move, the bone and soft tissue stretch. Again, the process takes place three to four times a day and moves the bone about a quarter of a millimeter each time.

Both internal and external devices slowly stretch the bone and soft tissue to achieve the desired length in a bone made short either by a congenital malformation or a post-traumatic problem.
“If a child is born with a congenital anomaly – for instance, below the knee their leg is short – we can make predictions about what the overall limb length discrepancy will be and can intervene at an appropriate time to gain that length,” said Robbins.

“A 4-year-old with a 2-inch difference may have a 3½-inch difference at 15 years of age,” he continued. “You have to consider that.”

The timing of the intervention depends on what the predicted difference will be, but also on what other irregularities exist within the limb because congenital problems are rarely isolated. There is often curvature or rotation as well.

Robbins treats post-traumatic problems or fractures primarily in adults. Most of these patients have unsuccessfully tried the traditional methods of healing bones.

“If the normal stuff doesn’t work – plates, screws and rods – I’m the guy of last resort,” he said. “If I can’t get your bone to heal, we’re going to talk about amputation, which might be the right answer to begin with, but the point is, I’m the limb-salvage guy.”

In these cases, the affected or unhealed parts of the bone are removed, resulting in a shorter leg. Concurrent with the healing process, a lengthening operation can be performed so that the final results are limbs of equal length.

On rare occasions, a child has injured the growth plate and the bone will no longer grow normally.

“If it happens at the end of growth, it’s not a big deal because you’re going to be done growing in a few months anyway,” said Robbins. “But if you break the growth plate and it affects the growth, we can intervene.”

Robbins stated that many people have a small difference in their leg lengths and do not realize it. Those with large differences – anything more than about a centimeter – may ultimately suffer from knee, hip or back problems. He stressed that anyone with symptoms should consider being evaluated because even a simple treatment such as a shoe lift can cure the problem.

Robbins noted that the chief difference between the two devices also offers the biggest advantages. Because the PRECICE rod is internal and the adjustments can be done at home, patients have greater mobility and freedom during the lengthening process and do not have to worry about infections at the pin sites.
Another advantage to the PRECICE rod is that it can be made longer or shorter, and, therefore, so can the bone. So if a doctor happens to overcorrect, he or she can reverse the process and it is easy to control with the external magnet.

However, Robbins also cautions that not every child or adult can use the PRECICE system because only a few sizes of the rod are currently available.

“Right now, rods don’t exist for my smaller patients,” he said. “So there are size constraints and deformity constraints. A zigzag bone can’t take a straight rod.”

And although the PRECICE system is still in its infancy, Robbins said the technology has come a long way since the 1950s when Gavril Ilizarov first patented his external fixator design and began using slow distraction to heal broken bones without exposing the bone itself.

The first PRECICE system was used in December 2011 by one of Robbins’ teachers, Dror Paley, M.D., director of the Paley Advanced Limb Lengthening Institute.

According to Scientific American magazine, only about 100 surgeons in the United States perform limb-lengthening procedures.

“When possible, the internal method is preferred and is a new technique that not many people are doing,” said Robbins. “I’m part of a very small group of surgeons who use these techniques to treat our patients.”

Visit www.umc.edu for more information.