

Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation Helps People Stay Fit and Healthy

Steven Chudik, orthopaedic surgeon and sports medicine physician with the Steven Chudik Shoulder and Knee Injury Clinic, founded the Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation (OTRF) in 2007. OTRF is a nonprofit, 501(c)(3) organization dedicated to funding research and education for the purpose of keeping people active and healthy.

In an effort to prevent injury and remain active, especially for young athletes, Dr. Chudik saw a growing demand from patients, athletic trainers and clinicians for up-to-date medical information and unbiased research on injury prevention, arthritis and wear and tear on the musculoskeletal systems such as joints, cartilage, tendons, ligaments, etc. To meet these needs, OTRF produces and distributes this newsletter, shares information about health performance-related issues like nutrition and fitness, hosts athletic training educational programs, conducts seminars for healthcare providers and the community and most important, funds unbiased research and development particularly in emerging areas such as arthroscopic and minimally invasive surgery for injuries to the meniscus, labrum, rotator cuff, ACL and cartilage.

However, none of this is possible without ongoing financial support. We are extremely grateful to all those who have contributed in the past. Many of the donations came from patients or their family members who benefited from Dr. Chudik's orthopaedic and sports medicine expertise. If you might be interested in helping us continue our research, please speak with Dr. Chudik or a member of his staff. Also, many companies sponsor programs that match charitable contributions made by their employees. Some even match donations made by retirees and/or spouses. Matching gift programs are a great way to double your generosity. Regardless the amount, every contribution helps make a difference.

Thank you for your interest in our newsletter, **Active Bones**, and the work of OTRF.

Steven C. Chudik, MD
OTRF Founder and President
Orthopaedic Surgeon and Sports Medicine Physician

Dr. Steven C. Chudik
1010 Executive Courts, Suite 250
Westmont, IL 60559
Phone: 630-920-2350
Fax: 630-920-2382
Email: stevenchudikmd@gmail.com

www.stevenchudikmd.com

© 2012 Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation. All rights reserved.

OTRF Board of Directors

Steven C. Chudik, MD, SSC
Blair Ciecko
Geoffrey S. Kuhlman, MD, CAQSM,
FAAFP
Ketan Mody, MD, CA QSM
Brent Smith, MS, ATC
Lark Welch, MS, ATC, CSCS

Please call 630-794-8668 or email us
at stevenchudikmd@gmail.com to
receive this newsletter directly

