

Active Bones

Orthopaedic Surgery and Sports Medicine
Teaching and Research Foundation Newsletter



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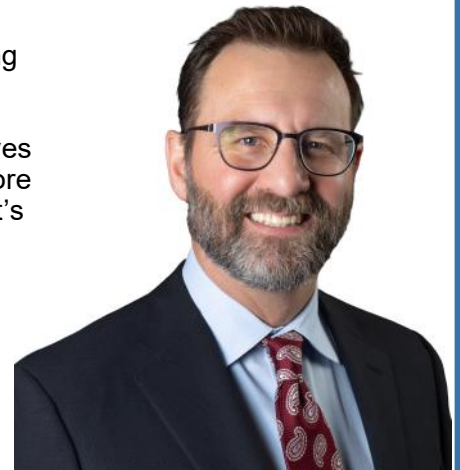
Fall / Winter 2025

Dear Readers,

As the seasons change, so too does the world of orthopaedic care—bringing breakthroughs that mean faster recoveries, less pain, and more time doing what you love. In this issue, you'll discover a revolutionary shoulder replacement, developed from Dr. Chudik's patented technique, that preserves vital muscles; learn from a pro athlete's comeback after knee surgery; explore the growing movement toward preventive care; and be inspired by a patient's creative, determined recovery. Each story reflects our mission: combining innovation with patient-centered care to help you recover faster, move with confidence, and embrace an active, fulfilling life.

Wishing you the best in health and wellness,

Dr. Steven Chudik
President OTRF
Orthopaedic Surgeon and Sports Medicine Physician



In This Issue:



Innovation Spotlight: A groundbreaking shoulder replacement technique that preserves vital muscles and speeds recovery



Seasonal Conditions: Minnesota Vikings QB J.J. McCarthy's comeback from a torn meniscus



What's Trending: The growing movement toward preventive care in sports medicine



Community Connections: Maya Wilson's inspiring ACL recovery and Adam Retzler's resilience through complex rotator cuff surgery



Health & Wellness Tips: How to transition from fall to winter sports without risking injury

"It's not whether you get knocked down, it's whether you get up."

- Legendary NFL Coach Vince Lombardi



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A Revolutionary Breakthrough in Shoulder Replacement Minimally Invasive, Rotator Cuff Sparing Technique by Dr. Chudik

Imagine facing shoulder surgery with the promise that your most vital shoulder muscles won't be cut, you won't be confined to a sling for weeks, and you could be moving your arm within days. Dr. Chudik's patented work, combined with the expertise of a select team of talented orthopaedic surgeons, has made this new reality possible.

A Surgeon's Mission: From Inspiration to Innovation

For decades to access the shoulder joint, conventional shoulder replacement surgery has required cutting the subscapularis muscle—a key component of the rotator cuff, the group of muscles that allow you to lift and rotate your arm. This step often led to muscle weakness, prolonged recovery, and sometimes permanent limitations.

Driven by the desire to improve patient outcomes, Dr. Chudik asked a fundamental question: Why must surgery involve cutting the rotator cuff and dislocating the humeral head (top of the upper arm bone) to reach the worn glenoid (shoulder socket)? Is there a way these essential structures can be preserved?

The Breakthrough:

What Makes This Technique Different?

- **Faster Recovery:** Rather than up to 6 weeks of immobilization in a sling, most patients will be able to move their arm immediately following surgery which could speed up recovery from 6 months to as little as 6-12 weeks.
- **Preserves Your Vital Shoulder Muscles:** Unlike traditional surgery that cuts the crucial subscapularis muscle, this approach keeps your muscles intact—so you maintain strength and avoid lasting weakness or the devastating complication of failure of the subscapularis muscle of the rotator cuff.
- **Protects Your Shoulder Joint from Trauma and Its Associated Complications:** By not dislocating your shoulder there is less surgical trauma and a decreased risk for nerve injury, fracture and other associated complications.
- **Drastically Lowers the Risk of Future Surgeries:** Avoiding injury to the subscapularis and the rotator cuff means far fewer chances of complications that require additional operations or revision surgery.
- **Potential for Greater Results and Outcomes:** Preserving the rotator cuff and avoiding strict immobilization and starting active motion and physical therapy earlier will not only speed up recovery but is expected to improve overall motion, strength and functional outcomes, helping your new shoulder feel more like your real shoulder.



Conventional recovery meant weeks in a sling.



Now, patients can regain mobility in days—not weeks.

A Revolutionary Breakthrough in Shoulder Replacement *Continued*

In simple terms, this technique avoids muscle damage, dislocating the shoulder, long immobilization, and is expected to lead to faster, improved and more predictable results—helping you get back to the activities you love sooner and stronger.

A Long Journey of Innovation and Collaboration

Dr. Chudik's concept began more than 20 years ago as a simple sketch in a notebook. Since then, it has evolved through rigorous laboratory trials, partnerships with industry leaders and collaboration with a network of expert orthopaedic surgeons. These collective efforts led to FDA approval and the creation of specialized instruments essential for performing this unique surgery.

Early Access and Controlled Rollout for Safety

To prioritize patient safety and ensure top-quality care, this groundbreaking procedure will be introduced through a limited rollout. Only a small number of expert surgeons in the U.S., including Dr. Chudik, are trained and equipped to perform it at launch.

This fall, only five sets of surgical instruments will be available worldwide, with Dr. Chudik being among the first to offer the procedure. This careful approach ensures patients receive expert care using the latest technology.

As more surgeons are trained and technology advances, access will gradually expand to benefit more patients across the country and internationally.

Looking Ahead: Technology and the Future of Shoulder Surgery

The next chapter includes advanced navigation systems designed to make the surgery even more precise, reproducible, and accessible. Through even less invasive incisions and approaches, navigation will allow the surgeon to see and perform surgery in ways never done before. This will also drive the industry to develop even more advanced implants to keep up with the new developing techniques.

Broad Applicability and Patient-Centered Care

This procedure is designed for patients with arthritis from a variety of causes—including degenerative wear and tear and trauma—while preserving the essential muscles and tendons. Each patient is evaluated individually to tailor the surgical approach for the best possible outcome. In some complex cases and due to patient factors, traditional surgery may still be recommended to ensure safety and long-term function.

A Revolution in Shoulder Surgery, Centered on You

Based on Dr. Chudik's patent work, this minimally invasive, rotator cuff sparing shoulder replacement is more than a surgical technique—it is a transformative approach focused on preserving your body's natural anatomy, reducing pain and recovery time, and helping you regain strength and mobility faster than ever before.

This breakthrough marks a new era in orthopaedic shoulder care, combining cutting-edge innovation with patient-centered expertise, offering hope and healing for those facing shoulder joint challenges.

The Comeback Quarterback

J.J. McCarthy's Meniscus Surgery and Return to the Field

Minnesota Vikings quarterback J.J. McCarthy missed his entire rookie season in 2024 after suffering a torn meniscus in his right knee during the preseason. The meniscus is a crucial fibrocartilage cushion that disperses forces across the knee joint, and tears typically require surgery followed by months of rehabilitation to restore strength and mobility.

McCarthy underwent an initial surgery in August 2024 and a second minor procedure in November to address swelling that developed during rehab. Despite these challenges, he remained mentally engaged throughout, working closely with coaches to study game plans and maintain sharpness off the field. This mental preparation complemented his physical therapy, which focused on gradually rebuilding knee strength and function.

Now fully cleared by the Vikings' medical staff, McCarthy is expected to participate fully in offseason workouts and lead Minnesota's offense as the starting quarterback for the 2025 season. His comeback highlights the multifaceted nature of recovery from knee injuries—combining surgical intervention, personalized rehabilitation, and mental resilience.



Meniscus tears like McCarthy's are common in football due to high-impact movements, cutting, and pivoting stresses. Best practices in orthopaedic sports medicine typically involve minimally invasive arthroscopic surgery to repair a damaged meniscus, followed by tailored rehabilitation programs to optimize recovery while reducing risk of reinjury.

During the rehabilitation following meniscal surgery, it is most important to transition back to weight bearing activities on a gradual basis as the knee tolerates. With the minimally invasive surgical approach, many athletes' pain and other post-surgical symptoms resolve early and they have a tendency to progress and return to activity too quickly. This can result in relative overloading of the cartilage and subchondral (below the cartilage) bone of the knee and in turn, cartilage wear, swelling, subchondral fractures of the bone, prolonged recoveries and significant delays in return to sport.

This story serves as a powerful example for patients facing similar knee challenges—showing that with expert care, commitment to rehab, and mental focus, gradual return to peak performance and active lifestyles is achievable.

References: ESPN 2024, Minnesota Vikings Official Site 2024, The Athletic 2025

Preventive Care in Sports Medicine

Growing Awareness for Injury Prevention

More individuals across North America are prioritizing health before injuries occur, and sports medicine is leading this shift. From athletes to active adults, there is growing recognition that preventive care plays a critical role in maintaining mobility, performance, and overall quality of life.

This trend is driven by increased awareness of safe training practices, proper warm-ups, and holistic wellness. Physical therapy, movement screenings, functional assessments, and nutrition guidance are being adopted not only to aid recovery but also to proactively build strength, correct imbalances, and reduce injury risk before it happens.

Despite progress, significant knowledge gaps still exist, especially in youth and recreational sports. Many preventable injuries—such as sprains, strains, and overuse conditions—occur due to inadequate education on safe techniques and lack of targeted prevention programs. Expanding community-based initiatives, coach and athlete education, and routine biomechanical screenings are critical to closing these gaps and promoting safer sports participation.

By prioritizing preventive care alongside rehabilitation, healthcare providers, coaches, and communities help reduce injury rates, enhance performance, and enable more people to enjoy active, healthy lifestyles. This focus on prevention not only improves health outcomes but also drives sustained growth and innovation in the expanding sports medicine field.

The steady growth in preventive care reflects broader market trends fueled by rising sports participation, an aging yet active population, and ongoing advances in treatments and rehabilitation.



Reference: North America Sports Medicine Market Forecast Report 2025-2033

Overcoming Her ACL Injury Mentally & Physically Finding Strength, Resilience, and a New Path Forward

Meet Maya Wilson, a determined soccer player whose ACL injury during her freshman college season challenged her physically and mentally but ultimately made her stronger.

“My ACL injury significantly impacted both my physical and mental well-being. Learning that I would be sidelined for nearly nine months was a heavy blow,” Maya recalls. “The setback took a toll on my motivation and outlook, as I struggled with the emotional challenges of being away from the sport I loved.” The road to recovery required patience as she adjusted to a slower pace of life, constantly reminding herself of her long-term goals.

Today, Maya is thriving. “I’ve regained full confidence in my knee and feel stronger than ever. This injury has been a valuable learning experience, teaching me not only about the importance of perseverance but also about how to better care for my body.”

Her experience with Dr. Chudik and his team was instrumental. “They provided incredible support, both emotionally and physically... making me feel confident and cared for every step of the way.” Their encouragement even inspired Maya’s career path: “They’ve inspired me to pursue a career as an orthopaedic physician assistant, with the hope of helping others the way they’ve helped me.”



One of the most meaningful aspects of Maya’s treatment was the confidence instilled in her by Dr. Chudik’s team: “There were moments I doubted myself or didn’t feel ready for the next step, but they always believed in me and helped me believe in myself. Before I was cleared to play soccer again, I questioned if I was truly prepared, but they reassured me that I was strong and ready to go.”

Her advice for others? “Don’t rush the recovery process... Recovery is rarely linear... but with time, you will get back to where you were before, if not stronger.” She also emphasizes the importance of support: “Surround yourself with the people you love... Their unwavering support played a huge role in my recovery.”

Maya’s journey is a powerful reminder that with expert care, determination, and support, overcoming injury and returning to what you love is possible.

Thriving After Rotator Cuff Surgery

Adam Retzler's Journey of Resilience and Recovery

Adam Retzler's journey with Dr. Steven Chudik began nearly 15 years ago when Dr. Chudik performed surgery on his right bicep. Reflecting on that time, Adam shares, "During that recovery, I was forced to become a temporary leftie, which taught me a new level of humility (and creativity)."

Fast forward to December 2024—while tackling some typical "man-things" in the garage, Adam injured his right shoulder. When it didn't magically heal on its own, he knew exactly who to call. Dr. Chudik confirmed that Adam would require not one, but four procedures on his rotator cuff and shoulder. After the operation, Adam's right arm was benched in a sling for eight weeks.

Determined to remain as independent as possible during recovery despite the pain and setbacks, Adam found creative ways to manage everyday tasks. He bought a shirt two sizes too big and cut the right sleeve for easy access to bandages and icing, explaining, "Wrestling a T-shirt off with one arm wasn't happening."

For personal care, he engineered what he humorously calls "deodorant on a stick" by attaching deodorant to a paint stirrer, allowing him to stay fresh without pain. Facing the challenge of buckling a seatbelt with one arm, Adam added a seatbelt extender, enabling him to safely secure himself in the car like a "contortionist ninja." To avoid accidentally overusing his healing arm, he wore a sweatband on his wrist as a gentle reminder: "Part fashion statement, part 'hey, don't do that' signal."

Throughout recovery, Adam attended physical therapy up to three times a week, gradually regaining strength and mobility. "It wasn't glamorous, but it worked," he says.

With unwavering support from his wife and expert guidance from Dr. Chudik and the care team, Adam's perseverance paid off. He is now feeling significantly better, back to being active and thriving once again. Adam's journey exemplifies how determination, expert care and creative problem-solving can lead to a successful recovery and renewed strength.



Adam proudly building his garden post-surgery, with a little help from his dog, Hazel.



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Thank You for Reading!



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Need orthopaedic care or advice?
Contact Dr. Chudik's team today at **stevenchudikmd.com** or via email.



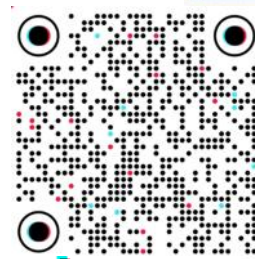
Transitioning From Fall to Winter Sports Safely

1. **Cross-Train:** Incorporate exercises that engage different muscle groups and movement patterns to ease the transition between fall and winter sports.
2. **Increase Gradually:** Slowly build up training intensity and duration to help the body adapt and prevent overuse injuries.
3. **Stay Flexible and Strong:** Maintain flexibility through dynamic stretching routines and build overall strength, especially core and lower body, to support new biomechanical demands.
4. **Rest Well:** Ensure adequate recovery time after the fall sports season to reduce fatigue and avoid burnout before starting winter activities.

UPCOMING: VIRTUAL SPORTS MEDICINE CONFERENCE

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