



Ortho In Motion

HENRY FORD HEALTH[®] Orthopedics

Breakthrough discovery of microRNA could transform diagnosis and treatment options for knee arthritis patients

Henry Ford Health researchers have identified a microRNA that could revolutionize diagnosis and treatment for millions suffering from knee osteoarthritis (OA). Recently published in *Nature Communications*, [the study](#) highlights the potential of a specific microRNA, miR-126-3p, as both a biomarker and a therapeutic target for knee OA.

Led by Assistant Scientist [Shabana A. Ali, Ph.D.](#), researchers identified miR-126-3p, a microRNA,

as a significant biomarker and therapeutic target for knee OA. Found at higher levels in individuals with knee OA, miR-126-3p not only improves diagnostic accuracy but also shows promise in reducing disease severity when used as a treatment in mouse models. This dual potential of miR-126-3p leverages cutting-edge microRNA technology to pave the way for novel non-surgical treatments, potentially transforming patient care in OA that commonly affects the knees, hands,

hips, and spine. OA can significantly impair daily activities and quality of life for millions worldwide.

Despite its prevalence, treatment options have been largely limited to pain management and surgical interventions, with no current therapies able to halt the progression of the disease. Osteoarthritis remains a major health challenge globally, yet it has seen little innovation in treatment options for decades.

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**Shirley Ryan
AbilityLab[®]**

**HENRY
FORD
HEALTH[®]**

Henry Ford Health brings Shirley Ryan AbilityLab, national leader in rehabilitation, to Michigan

The following interview with Sal LoGrasso, Director of Rehabilitation Services for Henry Ford Health and Henry Ford Medical Group, addressed questions about the alliance between Henry Ford Health Rehabilitation Services and Chicago-based Shirley Ryan AbilityLab.

Q. What brought about the alliance with Shirley Ryan AbilityLab?



Sal LoGrasso

Around the region spotlight: Plymouth Medical Center

In 2022, the new Plymouth Medical Center opened to offer services to the surrounding community. Within the facility is the Orthopedic clinics for sports medicine, joint care, wrist and hand, spine, trauma and physical medicine and rehabilitation (PM&R).

Tom Schoen, RN, BSN, MBA, Regional Director of Orthopedics in the Northwest region, shares,

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Inside



Student-athletes prepare for fall sports



Orthopedic surgeons share their passion for patients internationally

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From the chair:

Joint venture progress report

A message from

Dr. Jonathan Braman



**Jonathan Braman, M.D.,
MHA, FAOA**

Chair of the Department
of Orthopedic Surgery
at Henry Ford Health

Medical Director of the
Orthopedic Service Line
for Henry Ford Health



**Nancy Zehnpfennig,
R.N., B.S.N., M.H.A.**

System Vice President,
Heary & Vascular and
Orthopedic service lines

Integration of two excellent health systems continues to progress as we collectively work to combine into one. The first phase of clinical integration is underway which includes the electronic medical record system which is expected to be completed by the end of 2025. While we still have many unanswered questions, I would like to share with you where phase two will focus:

Leadership structure

As the leadership structure is being created, both Henry Ford Health and Legacy Ascension will operate utilizing parallel budgets for 2025. Formal leadership structure for the service line is being developed using input from all stakeholders and it should be in place by 2026. It is my goal to have representation from both organizations in order to ensure all voices have been heard, so together we can continue to deliver great care.

Nancy Zehnpfennig, Vice President Orthopedics Service Line, and I will be conducting site visits to each of the hospitals in the health system. We will meet and collaborate with current leadership to learn the strengths and opportunities that exist. A leadership committee, with subcommittees which focus on subspecialty areas, has been created. I believe the expertise of these subcommittees will guide us to develop an effective leadership structure and superior clinical operations as we become one orthopedic service line.

The joint venture has made Henry Ford Health the largest employer in the state of Michigan which means the orthopedic service line we create will be more dynamic, more flexible, and remain extremely patient-centric. Patients will have access to more locations, ambulatory centers, orthopedic surgeons, and sports medicine clinicians. I believe meeting the needs of our communities can be accomplished with a pluralistic model where we combine the services of:

1. orthopedic surgeons who are employed by Henry Ford Health,
2. orthopedic surgeons who are in professional service agreements and contractual relationships with Henry Ford Health, and,
3. orthopedic surgeons who are in private practice and recognize that Henry Ford Health is an outstanding place to bring their patients and surgeries.

Medical education and research

Education is a priority, and we have a very large footprint with five residencies and 94 orthopedic residency slots per year. There are also two podiatry residencies, a surgical and two non-surgical sports medicine fellowships. We are the educators of the next generation of surgeons and our faculty are focused on providing research that furthers the knowledge in the orthopedic and musculoskeletal spaces.

Trent Guthrie, M.D., Henry Ford Health Residency Program Director, explained that the joint venture means with our five graduate medical education (GME) orthopedic surgery residency programs funding will continue to come from local sources, regardless how the program is named. These independent residencies and fellowships will remain local with on-site leadership similar to how they have been in the past.

These residency programs will continue to operate under the American College of Graduate Medical Education (ACGME), and faculty from each of these organizations will continue to train our residents. However, the joint venture has presented opportunities we will explore over time as we seek a collaborative approach and look to reduce duplication into the future.

Dr. Guthrie explained, "It's still early for certainties; however, the ultimate goal is to continue to educate and train future orthopedic surgeons." Current program names are:

- Henry Ford Hospital
- Henry Ford Macomb
- Henry Ford Providence Hospital, formerly Ascension
- Henry Ford Warren Hospital, formerly St. John
- Henry Ford Genesys Hospital, formerly Genesys

We have an unprecedented opportunity to deliver orthopedic care to the state of Michigan, yet we know there will be challenges along the way, however, I am confident together we can meet these challenges and achieve our mutual goal to provide outstanding care to our patients. I will bring you updates through this Ortho In Motion newsletter and internal communications when information becomes available.

If you have an idea or a concern, please reach out to nzehnpfh1@hfhs.org or jbraman3@hfhs.org.

Breakthrough discovery of microRNA could transform diagnosis and treatment options for knee arthritis patients



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Preliminary studies that reported no significant differences, caused Dr. Ali to reanalyze raw datasets from these studies. “I do believe without our analysis, without us going back and looking carefully at the data, this discovery would have been buried,” she reflected. Dr. Ali’s meticulous approach to research was pivotal in her groundbreaking discovery. Persistence in seeking out these datasets and applying Dr. Ali’s unique analytical methods unveiled one microRNA marker across four different patient populations, a key factor in her study’s success.

The work by Dr. Ali is part of a five-year research project. “We believe that with further research, this marker could be developed as both a biomarker and a therapeutic for knee osteoarthritis,” Ali explained. “This work represents a major advance in OA research that might lead to the first molecular diagnostic test or the first therapeutic agent for knee osteoarthritis, pending further development. This research unequivocally highlights the importance of microRNAs, showing their potential for diseases beyond osteoarthritis.”



Shabana A. Ali, Ph.D.

This research could revolutionize patient care because it moves towards molecular diagnostics and targeted therapy. While more development and clinical trials are needed, the findings offer a glimmer of hope for those suffering from this chronic condition.

“Part of the challenge specifically with OA is that it’s so complex and so heterogeneous and that is what has prevented decades of research from finding even a single therapeutic,” Dr. Ali said. “There is currently no cure, no treatments that are disease modifying for osteoarthritis.”

This study marks a significant milestone in OA research, opening new avenues for diagnosis and treatment that could greatly alleviate the burden of this debilitating disease. As Henry Ford Health continues to explore the full potential of miR-126-3p, the future holds promise for transforming patient care in OA.

“I think what we need to do is bring more attention to this disease. We need to identify it as a serious chronic condition and give it the effort that it deserves in terms of research,” Dr. Ali said. “I am passionate about precision medicine and the future possibility of diagnosing and treating patients based on a simple blood test. While more research is needed, our findings about microRNAs like miR-126-3p are a promising step toward that goal.”



Jonathan Braman, M.D.

[Jonathan Braman, M.D.](#)

Chair of Orthopedics and Sports Medicine at Henry Ford Health added, “The brilliance of research is that it allows scientists to use novel discoveries to plot new paths forward. This breakthrough underscores our commitment to pushing the boundaries of medical science to enhance patient

outcomes. This revolutionary paper outlines miR-126-3p’s role in knee osteoarthritis and opens potential new pathways for innovative diagnostic techniques, but also holds promise for developing targeted therapeutic interventions. As we continue to advance our understanding of microRNA mechanisms, we remain hopeful that these insights will translate into tangible benefits for patients suffering from osteoarthritis, aligning with our mission to deliver precision medicine tailored to individual needs.”

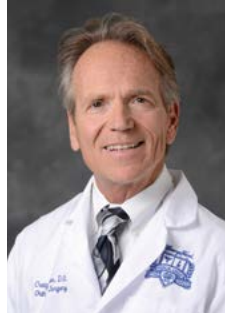
Wilson, T.G., Baghel, M., Kaur, N., Datta, I., Loveless, I., Potla, P., Mendez, D., Hansen, L., Baker, K., Lynch, T.S., Moutzouros, V., Davis, J., and Ali, S.A. Circulating miR-126-3p is a mechanistic biomarker for knee osteoarthritis. *Nat Commun* 16, 2021 (2025). <https://doi.org/10.1038/s41467-025-57308-5>. [Click to read the study.](#)



Awards and Recognitions

Tourniquet Syndrome and amputations in battle

[Craig D. Silverton, D.O.](#), Colonel, U.S. Air Force (Retired) and former Vice Chairman of the Department of Orthopedic Surgery, recently presented to the Society of Military Orthopedic Surgeons (SOMOS) at their national meeting. Comparing his surgical combat experience in both Iraq and Afghanistan with the current conflict in Ukraine. Dr. Silverton was accompanied by his former resident Erickson Andrews, M.D., Captain U.S. Army, Paul Dougherty, M.D., Colonel, U.S. Army (Retired), chairman University of Florida, and Mikita Tomlin, M.D., resident Mechnikov Hospital Dnipro, Ukraine.



Craig D. Silverton, D.O.

Topics included wartime amputations; past and present, tourniquets on the modern battlefield; lesson forgotten, and Tourniquet Syndrome and its sequelae, point of care ultrasound on the battlefield, and wound vac therapy in blast wounds. The message is that the use of tourniquets on the battlefield in Ukraine has created a new complication, not seen in Iraq or Afghanistan-tourniquet syndrome due to the prolonged evacuation times of up to 24 hrs. The advanced use of killer drones and targeting technologies has limited the ability to evacuate casualties in a safe manner. Prolonged tourniquet inflation leads to systemic issues requiring dialysis and ultimately amputation of the extremities.

100 faces of WSU Applebaum

In honor of the 100 years of pharmacy education in Detroit and 50 years of pharmacy and health sciences programs under the college of health sciences, WSU Applebaum's deans, chairs and program directors shared the names of their standout alumni. Each completed a questionnaire and 100 alumni were selected as the Faces of WSU Applebaum. Among them were two Henry Ford Health team members from the Department of Orthopedics and Rehabilitation:

Ryan Desgrange, DMSc, MS, PA-C, Advance Practice Provider Director, Henry Ford Health

"It wasn't until I transitioned from the emergency room to orthopedics that my love for teaching and leadership developed."

Dr. Desgrange shares his love of the profession allowed him to inspire young students and contributed to being awarded preceptor of the year from Henry Ford Health and WSU. He is currently involved with the coveted WSU Applebaum PA rotation at Henry Ford Hospital and offering lectures and workshops for PAs.



Ryan Desgrange, DMSc, MS, PA-C

Adele Myszenski, PT, DPT, Physical Therapy Supervisor, Henry Ford Health

"I have had the privilege of driving change and innovation in many areas of practice including early rehab in the ICU. Mentoring PTs and OTs and improving the lives of patients at their sickest are the highlights of my career." She is now part-time faculty in the department of PT and says she loves working with PT students as they embark upon their careers.



Adele Myszenski, PT, DPT

Other Henry Ford Health and Legacy Ascension team members recognized:

- Joy King R.T.(R)(MR) (not pictured)
- Sarah Hill, PharmD (not pictured)
- Tracy Karinen, MS, PA-C (not pictured)
- Krisinda (Snyder) Palazzolo, MS, PA-C
- Ed Szandzik, PharmD (retired)
- Kristina Stein, PT, MPT
- Toleka Taylor, CRNA (not pictured)



Top to bottom:
Krisinda (Snyder) Palazzolo,
MS, PA-C
Ed Szandzik, PharmD (retired)
Kristina Stein, PT, MPT



Welcome new orthopedic and sports medicine specialists

Nathan McKenty, M.D., M.P.H.

Physical Medicine and
Rehabilitation

**Medical Education, Masters of
Public Health**

University of Miami School of
Medicine, FL

Internship – Internal Medicine

University of Miami School of
Medicine, FL

**Residency – Physical Medicine and
Rehabilitation**

University of Miami School of
Medicine, FL

**Fellowship – Amputee and
Musculoskeletal Medicine**

Virginia Commonwealth University/
Veterans Health Affairs Hospital
Richmond, VA

Board Certifications

The American Board of
Physical Medicine and
Rehabilitation - Physical
Medicine & Rehabilitation

Clinical Interests

Dr. McKenty offers
nonsurgical rehabilitation
care for a wide variety of
musculoskeletal and nerve
conditions, including the
knees, shoulders, elbows,
hand/wrist, hips, and knees.
He performs a wide variety
of ultrasound-guided
procedures, and evaluates
and prescribes orthotic
devices.

He is also
responsible
for the new
outpatient Multidisciplinary
Amputee Clinic,
providing comprehensive
rehabilitation care for
patients with limb loss,
including prosthetic
evaluation, therapy, and
management of pain, skin,
and functional issues.
Patients who have lost a limb
can be referred to this clinic
at any time in their recovery.

Locations

Henry Ford Hospital

Henry Ford Medical Center –
Fairlane

Henry Ford Medical Center –
Royal Oak



Nathan McKenty, M.D.,
M.P.H.

Juliana Molosky, M.D.

Orthopedics Primary Care
Sports Medicine

Medical School Education

Western Michigan University Homer
Stryker MD School of Medicine, MI

Residencies & Internships

University of Chicago Medical
Center, Family Medicine, IL

Fellowship

Duke University, Sports Medicine, NC

Board Certifications

The American Board of Family
Medicine - Family Medicine

The American Board of Family
Medicine - Sports Medicine

Clinical Interests

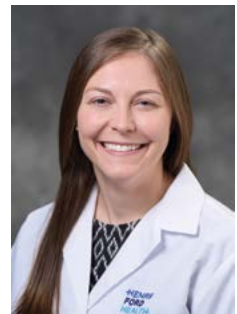
Dr. Molosky's clinical
interest is in ultrasound-
guided procedures, sports
nutrition and recovery, and
osteoarthritis.

Locations

Henry Ford Center
for Athletic Medicine -
Detroit

Henry Ford Medical Center –
Bloomfield Township

Henry Ford Medical Center –
Royal Oak



Juliana Molosky, M.D.

Henry Ford Health brings Shirley Ryan AbilityLab, national leader in rehabilitation, to Michigan



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A. Developing a relationship with Shirley Ryan AbilityLab emerged from the unexpected health challenges experienced by Dan Gilbert, founder and chairman of Rocket Companies. Traveling from Detroit to Chicago for his own rehabilitation care, Gilbert was determined that others who live in Michigan should have access to the best medical and rehabilitation care in the country, just as he experienced. This relationship evolved into an alliance between Shirley Ryan AbilityLab and Henry Ford Health that is defined by leadership and collaboration—with both organizations committed to providing best-in-class clinical offerings and outcomes for patients in our region.

Q. Why partner with the Shirley Ryan AbilityLab?

A. Shirley Ryan AbilityLab, based in Chicago, brings more than 70 years of leadership and experience in rehabilitation care and science. Patients from around the world choose Shirley Ryan AbilityLab for comprehensive rehabilitation care designed to treat the whole patient. It has been recognized by *U.S. News & World Report* as the best rehabilitation hospital in the country for an unprecedented 34 consecutive years.



Q. What does the alliance mean to Henry Ford Health?

A. Shirley Ryan AbilityLab and the Henry Ford Health rehabilitation team will collaborate on this project to create the space and develop the services specifically tailored to our patients who require inpatient rehabilitation. A 72-bed, 125,000-square-foot inpatient rehabilitation facility will occupy three floors of the new Henry Ford Hospital patient tower—planned for the corner of West Grand Boulevard and the John C. Lodge Freeway in Detroit and expected to be complete in 2029.

With the new facility under construction, Shirley Ryan AbilityLab already is providing joint leadership for rehabilitation services at Henry Ford Health today. Shirley Ryan AbilityLab's expertise in offering comprehensive clinical services and driving high-quality rehabilitation outcomes sets them apart nationally—and Henry Ford Health is poised to benefit.

Q. What will this alliance mean for other Henry Ford Health hospitals and outpatient rehabilitation and Michigan?

A. There is an agreement in place to run and operate inpatient and acute-care rehabilitation operations at Henry Ford Macomb Hospital and Henry Ford Wyandotte Hospital and in 2029 Henry Ford Hospital's unit will open. Our clinicians will benefit from further training, as well as from greater access to evidence-based research, clinical trials and the expertise of Shirley Ryan AbilityLab's leadership team. This relationship and resulting collaboration provide the opportunity for Henry Ford Health rehabilitation services to develop further and grow services.

People from the Southeast Michigan region will benefit from having nationally recognized rehabilitation services closer to home. Meanwhile, the state of Michigan will benefit when residents can receive the best rehabilitation care without needing to travel. Finally, this project will bring more job opportunities to the Detroit area.

Q. What health conditions will be treated?

A. The rehabilitation facility to be completed in 2029 will provide inpatient care for those recovering from stroke, traumatic brain injury, spinal cord injury and other severe, complex conditions. More patients with these conditions have been treated by Shirley Ryan AbilityLab than any other rehabilitation hospital in the nation, which speaks to their experience and expertise.

Q. How is this project being financed?

A. The overall construction for the space will cost \$179 million, with \$119 million coming from the Gilbert Family Foundation and \$60 million being financed by Henry Ford Health. We are grateful to the Gilbert Family Foundation for inspiring this vision and collaborating to make this concept a reality with Henry Ford Health. Going the extra mile to ensure care for low-income Detroit residents, the Gilbert Family Foundation also will establish a \$10 million fund that will increase access to rehabilitation care for those who have limited or no insurance coverage.

HFMG Rehabilitation Services is a division of the Orthopedic service line under the leadership of Jonathan Braman, M.D. and Nancy Zehnpfennig, Vice President.

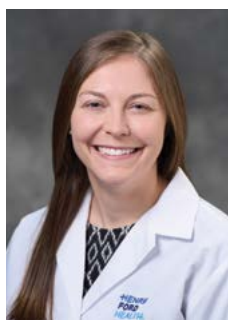
Student-athletes prepare for fall sports



Student-athletes are already gearing up for fall sports which always starts with the sports physical. To begin the academic sports year, a pre-participation history and physical examination is required for all student-athletes to participate in high school sports, per MHSAA guidelines.

[Juliana Molosky, M.D.](#),

Henry Ford Health Primary Care Sports Medicine physician, explains that the “school sports physicals involve overall health, heart and concussion history and aligns with the legal system and state of Michigan requirements. Specific points in the physical can change every year, for example sudden cardiac arrest is now emphasized.”



Juliana Molosky, M.D.

There are three methods to obtain the sports physical:

1. sports physical at the high school,
2. the athlete’s own pediatrician, family medicine or primary care physician or
3. through Henry Ford Same Day Clinic.

Dr. Molosky notes the “advantage of seeing a primary care physician rather than participating in a mass sports physical means there is an opportunity to build further trust in the physician-patient relationship. The physician is more informed of the athlete’s existing conditions and history, which improves quality of care in case there is a medical issue in the future.”

Henry Ford has contracts with many area high schools and universities for continued care throughout the sports season. Dr. Molosky explained, “as the athletic school year continues, Henry Ford athletic trainers and orthopedic sports medicine physicians attend games and care for the student athlete during a game and after an injury occurs. If the student-athlete becomes injured while playing, they are typically treated by our athletic trainer and sports medicine physician assigned to that team. Typical injuries might be sprains or soft tissue injury.”

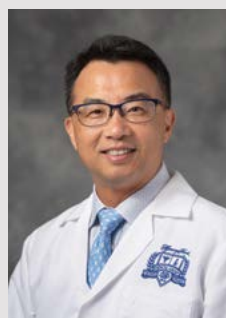
“Henry Ford athletic trainers and orthopedic sports medicine physicians attend games and care for the student athlete during a game and after an injury occurs.”

Continuity of care is important as Dr. Molosky explained, “we can assist our injured athletes in a way others may not be able to do. For example, if we determine surgery is required, we can quickly get the athlete into our orthopedic surgeon colleagues clinic so there’s less wait time or repeated imaging since it’s all in our system.”

Every Michigan student-athlete has access to the same sports medicine care. A Henry Ford Health sports medicine nurse navigator is available to guide injured student-athletes in need of medical treatment. In a phone conversation, the nurse navigator will determine whether an injury requires the care of an sports medicine physician or an orthopedic surgeon. The number to call is 313-651-1969.

Charles Day, M.D. appointed

[Charles Day, M.D., MBA](#), who holds several titles, including Vice Chair of Academics & Value Integration; and Chief of Orthopedic Hand Surgery, has been nominated and approved to serve a three-year term on the [Association of American Medical Colleges](#) (AAMC) [Council of Faculty and Academic Societies](#) (CFAS). The CFAS is one of three councils



Charles Day, M.D., MBA

of the AAMC—the other two being the Council of Deans and the Council of Academic Health System Executives. The CFAS specifically represents medical school faculty and academic societies on their shared interests.



Plymouth Medical Center

Orthopedic Experts

Around the region spotlight:

Plymouth Medical Center

Continued from page 1

"Plymouth patients can expect to receive the expertise of Henry Ford Health's orthopedic specialists all in one place." The orthopedic clinic is housed on the 3rd floor with two procedure rooms while outpatient surgery is performed in the ambulatory surgery center on the second floor with two operating rooms. A concussion clinic is on the third floor, run by Neurologist Jake Carpenter-Thompson, M.D. "The facility is not only stunningly beautiful, but also state-of-the art where every day we provide top notch care." The facility also houses a full-service emergency department equipped to accept ambulance runs, treat acute injuries and medical conditions, and keep patients for observation.

Orthopedic services provided at the Plymouth Medical Center include: sports injuries for those as young as 13, joint care, hand and wrist treatment, back pain, including complex spine, trauma injuries and PM&R. In the clinics, physicians treat these conditions and if necessary, perform minimally invasive procedures in the ambulatory surgery center on site, or provide continuity of care at other Henry Ford hospitals.



Andrew Baron, M.D.
Orthopedic Surgery
Specialty: Hand and wrist



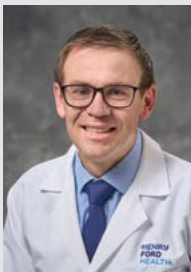
Ryan J. Berger, M.D.
Orthopedic Surgery
Specialty: Back and spine, minimally invasive



Jonathan D. Carrier, D.O.
Physical Medicine & Rehabilitation
Specialty: Back and spine care, sports teams



Jake Carpenter-Thompson, M.D.
Neurologist
Specialty: Concussion and Sports Neurology



Andrew K. Cunningham, M.D.
Sports Medicine, Family Medicine,
Specialty: Primary Care



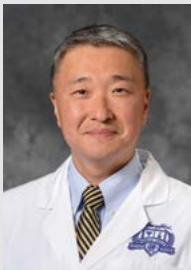
Stuart T. Guthrie, M.D.
Orthopedic Surgery
Specialty: Orthopedic trauma



William M. Hakeos, M.D.
Orthopedic Surgery
Specialty: Orthopedic trauma



Brandon W. King, M.D.
Orthopedic Surgery
Specialty: Foot and ankle



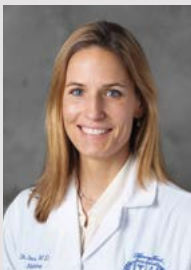
Jong W. Lee, M.D.
Orthopedic Sports Medicine
Specialty: Sports medicine and sports teams



Vincent A. Lizzio, M.D.
Orthopedic Sports Medicine
Specialty: Sports medicine and sports teams



T. Sean S. Lynch, M.D.
Orthopedic Sports Medicine
Specialty: Sports medicine and sports teams



Shaunna C. Sears, M.D.
Orthopedic primary care sports medicine



Robb M. Weir, M.D.
Orthopedic Surgery
Specialty: Joint care and replacement

For appointments with Orthopedic Surgeons and Sports Medicine physicians call **(734) 928-1600**

Detroit Lions prepare for fall season

A team of their own, Henry Ford Sports Medicine Orthopedic Surgeons and Sports Medicine Primary Care physicians are gearing up for the next Detroit Lions season.

Behind the scenes, in the off season, the Henry Ford Orthopedic team led by [T. Sean Lynch, M.D.](#), Sports Medicine Orthopedic Surgeon, attended the NFL Combine in Indianapolis, where prospects for the 2025 draft came to do workouts and drills. During the combine, the Henry Ford orthopedic team helps medically evaluate nearly 300 players. Each is a potential prospect for this year's draft class. [Vincent Lizzio, M.D.](#), Sports Medicine Orthopedic Surgeon said, "We also host about 30 prospects who did not go to the combine to provide their medical physicals. The NFL draft was held in April. In May, we provide physicals on the new rookies who are coming onto the Detroit Lions team."

Organized team activities (OTAs) are essentially voluntary workouts for the players. Some members of the team participate in a mini camp workout situation where the Henry Ford Orthopedic team is on hand for any injuries that might occur. Then in June, as the veterans come to camp, they receive general medical and sports physicals.

"In preparation for the season, the Henry Ford Orthopedic team participates in a big NFL wide in-person medical training course. In that course there are refreshers on dealing with on field medical issues and medical emergencies according to NFL medical protocols," explained Dr. Lizzio.

Dr. Lizzio said, "in July the entire medical team for the Lions, including their own athletic trainers, come together for several hours when we go through what is called an emergency action plan (EAP), which is generally done at all levels of competition. We work through designating the role of each person in any type of catastrophic event. What happens if someone has a spinal cord injury? What happens if someone needs to be carted off the field? What if someone has a cardiac arrest? How is each type of incident facilitated? It's important to pre-plan for any number of scenarios so we don't waste a second and there are no surprises—anything can happen."

As the pre-season practices begin, at least one and often two of the Henry Ford team are available to make sure the players remain healthy should any medical issue arise. The non-operative members of the team care for medical issues, while the orthopedic surgeons are available for any type of musculoskeletal injury.

As the rookie Orthopedic surgeon on the Henry Ford team, Dr. Lizzio shared how exciting it is to have grown up in the area and to now be back and part of the orthopedic team who cares for his home team—the Detroit Lions.

Visit henryford.com/teamdocs to learn more our sports medicine team and how we provide care for all four Detroit professional sports teams.

Members of the
Detroit Lions
Henry Ford
Orthopedic Team
include:



T. Sean Lynch, M.D.
Head Team Sports
Medicine Orthopedic
Surgeon



Eric Makhni, M.D.
Sports Medicine
Orthopedic Surgeon



Vincent Lizzio, M.D.
Sports Medicine
Orthopedic Surgeon



Bradley Jaskulka, M.D.
Emergency Medicine,
Sports Medicine
Primary Care



Robert Albers, D.O.
Primary Care Sports
Medicine

Orthopedic surgeons share their passion for patients internationally



The reason they went into medicine—to help people—is what drives them to go internationally to perform orthopedic surgery. Each year hundreds of patients in Kenya and Honduras receive care from an orthopedic surgery team that includes [Trevor North, M.D.](#), in Santa Barbara, Honduras and [Trent Guthrie, M.D.](#), in Migori, Kenya.



Dr. North and the mission team in Santa Barbara, Honduras.

Dr. North joined the orthopedic mission team about 15 years ago at the urging of Ann Woodward, M.D., a Henry Ford general surgeon and critical care specialist. “Not all are Henry Ford employees, but 20 of the 35 people who go make up a team which includes pre-op, intra operative care, supply and logistics support.” Dr. North brings a Henry Ford orthopedic resident for the experience of health delivery in another country. He explained the team performs about 80-90 cases each trip. “Surgeries are hip and knee replacement, oncology cases to remove large tumors, and trauma injuries often with reconstruction.”



Trevor North, M.D.

Dr. Guthrie explained his team in Kenya typically has four surgeons, including a Henry Ford orthopedic resident, those who manage the supplies, anesthesia, and a team of nurses for pre- and post-operative care. His seventh orthopedic mission to Kenya is in September 2025. “Each time we go over for one week, we treat 400-500 patients and perform about 80 surgeries in a very small hospital that is responsible for patients in a very large geographic area.”

His personal time in Kenya is “very rewarding,” he said. “Bringing a resident allows them to have an experience of caring for patients in a different type of delivery system, one they might never appreciate without this opportunity.”



Trent Guthrie, M.D.

The why is simple, Dr. North said, “for those patients who would never have an opportunity for a surgery we do every day and maybe take for granted can be lifesaving for these patients. It means the patient can continue to work to provide for the family and live a productive life. Doing this work amplifies our passion to help others in underserved areas.”



Dr. Guthrie and the mission team in Migori, Kenya.

These missions are not Henry Ford sanctioned trips. The mission teams are not paid for their time, and they often use their own vacation time or give up their pay for the week they are in Kenya and Honduras.

Henry Ford Hospital named in top 5% of sports medicine research facilities

Henry Ford Hospital was named in the Avant-garde Health 2025 Healthcare Research



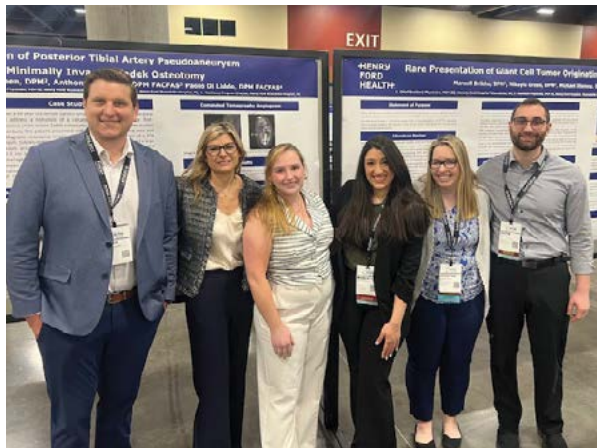
**AVANT-GARDE
HEALTH**

Let's Take a Closer Look™

All-Stars report. The report honored the top 5% of America's physicians and hospitals based on volume of research. Henry Ford Hospital was recognized among the 12 hospitals in the top 5% of sports medicine research facilities in the country.

Podiatric research posters presented at national conference

Henry Ford Podiatric Surgery Residents attended the national American College of Foot and Ankle Surgery conference in Phoenix, Arizona recently to present five research posters. One poster was selected for manuscript submission: Rare complication of posterior tibial artery pseudoaneurysm.



From left to right is attending Jason Weslosky, DPM, Nicole Brouyette, DPM, Anna Martin, DPM and residents Marcell Brikho, DPM, PGY 3, Mikayla Green, DPM, PGY 2, Devin Munk, DPM, PGY 3.



The selected poster for manuscript publication was attended by Anthony Giordano, DPM, (not pictured), Paolo DiLiddo, DPM (not pictured), with residents Marcell Brikho, DPM, PGY 3, Mikayla Green, DPM, PGY 2.

Detroit Tigers athletic trainers of the year

The Detroit Tigers athletic trainers received the Athletic Trainers of the Year Award for 2024 from the Professional Baseball Athletic Trainers Society (PBATS). Detroit Tigers Lead Athletic Trainer Ryne Eubanks explained that the award is the result of a vote take by all MLB trainers. The team was honored at the Major Baseball League winter meeting in December 2024.



Jim Scholler

Under Eubanks' leadership, this is a first award for the team. He credits the entire team including Jim Scholler, a Henry Ford Athletic Trainer, embedded with the Detroit Tigers athletic team. Eubanks said, "Jim is the glue of our team, he not only supports us but when other teams visit, he is right there to help their trainers. What others can't do, Jim makes it happen." He further adds that both



Jim and [Michael Workings, M.D.](#), Henry Ford sports medicine team, are "invaluable to the team, no one will ever know what they do behind the scenes."

Jonathan Braman, M.D., Chair of the Department of Orthopedic Surgery is head physician for the Detroit Tigers. He said, "it is an honor to be part of the Detroit Tigers to provide medical coverage and to be selected to cover all the Detroit-based sports teams."



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NBA Physicians Association Board elects Vasilios (Bill) Moutzouros



[Vasilios \(Bill\) Moutzouros M.D.](#), Sports Medicine Orthopedic Surgeon and Chief, Division of Sports Medicine, was elected as the 2026 secretary/treasurer of the NBA Physicians Association. This position leads to advancing leadership positions within the association over the coming years. The mission of the NBA Physicians Association is to provide excellence in research, best practices, and medical care to NBA players and the organizations they represent, offering world-class health and wellness to the players of the NBA.

In this role his "vision for the position and moving forward is to enhance and grow the visibility of the Physicians Association and highlight the incredible



Vasilios (Bill)
Moutzouros, M.D.

quality of care provided by the team physicians through the League and in their communities," Dr. Moutzouros said.

"This is another example of the excellent leadership we have at Henry Ford Health in the orthopedic space. Bill's reputation as a sports medicine physician and an outstanding team doctor is clearly recognized by his peers at this most elite level in sports medicine," said Jonathan Braman, M.D., Henry Ford Chair of the Department of Orthopedics.

In addition to being the official team physician for the Detroit Pistons, Dr. Moutzouros is also the official team physician, Wayne State University, Oakland University and Detroit Country Day.