

LEADERS IN *Care*

STORIES OF THE MOST AMAZING CARE ANYWHERE
SUMMER 2023

Ready to *Play*

Shriners Children's
customized treatments
allow kids with complex
conditions to focus on fun



Shriners
Children's™



OUR MISSION

At Shriners Children's™, our three-part mission has one goal: to change and improve lives. We do this by caring for our patients, conducting research to gain knowledge and develop new treatments, and providing educational opportunities for physicians and other healthcare professionals.

WHO DO WE TREAT?



Children under age 18 may receive care and treatment when there is a reasonable possibility they could benefit from the specialized services we offer. All services are provided regardless of a family's ability to pay or insurance status.

WHAT ARE OUR PEDIATRIC SPECIALTIES?



- + Treatment for orthopedic conditions
- + Burn care
- + Spinal cord injury rehabilitation and management
- + Cleft lip and palate care

GROUNDBREAKING RESEARCH



We strive to discover answers that will one day improve lives. Our innovative researchers have made significant breakthroughs in all four of our service lines, improving patient care and adding to the global body of medical knowledge.

CONTINUING EDUCATION



One way we help improve the lives of children worldwide is by offering educational opportunities to medical professionals. We maintain relationships with several medical teaching facilities, and our clinicians are known for sharing their experience and knowledge with other medical communities.



THE SHRINERS FRATERNITY

Shriners International, a fraternity based on fun, fellowship and the Masonic principles of brotherly love, relief and truth, founded Shriners Children's as its official philanthropy in 1922. What began as one hospital is now a world-renowned healthcare system with locations in three countries. The fraternity, which has approximately 200 chapters in several countries and thousands of clubs around the world, continues to support this unique healthcare system. To learn more, please visit shrinersinternational.org.

COMMUNITY CONVERSATIONS

Dear Readers,
Summer is here, and schoolchildren everywhere are joyful with the prospect of a break. It's a season for spending time with friends, relaxing and playing.



As the largest pediatric orthopedic group in the world, the Shriners Children's health-care system has an incredible amount of experience and expertise in caring

for children with sports and play-related injuries, as well as patients who have complex or rare conditions. We're committed to finding innovative, thoughtful ways to help kids participate in their favorite activities.

In this issue of *Leaders in Care*, we're proud to tell you the stories of how Shriners Children's helps children enjoy playtime.

You'll meet amazing kids like Michael, who is back to playing trumpet in the marching band after seriously injuring his knee in rehearsal, and Daniel, who with the help of a high-tech anti-gravity treadmill is back to high school athletics after sustaining a wrestling injury. Then there's Maisy, who was born without fingers on her right hand. She didn't use a prosthetic until her desire to improve her tennis game led her to investigate the options – and her care team to find the perfect fit for her.

The dedication that kids have in pursuit of fun always inspires me, and I hope you'll come away from this issue of our magazine inspired, too. I wish you all a very happy – and safe! – summer.

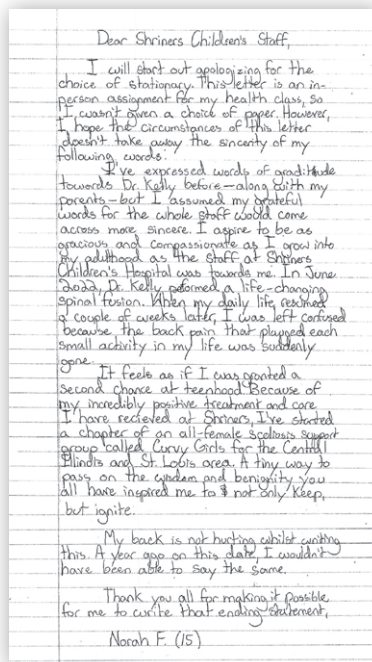
Sincerely,
Mel Bower
Chief Marketing and Communications Officer
Shriners Children's

PATIENT PERSPECTIVES

IN THIS LETTER, Norah, 15, a patient of Shriners Children's St. Louis, expresses her gratitude for her care team. She writes:

I aspire to be as gracious and compassionate as I grow into my adulthood as the staff at Shriners Children's Hospital was towards me. In June 2022, Dr. Kelly performed a life-changing spinal fusion. When my daily life resumed a couple of weeks later, I left confused because the back pain that plagued each small activity in my life was suddenly gone.

It feels as if I was granted a second chance at teenhood. Because of my incredibly positive treatment and care I have received at Shriners, I've started a chapter of an all-female scoliosis support group called Curvy Girls for the Central Illinois and St. Louis area. A tiny way to pass on the wisdom and benignity you all have inspired me to not only keep, but ignite.



LEADERS IN CARE AWARDS 2020-22



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ON THE COVER: Solomon, who is treated at Shriners Children's Hawai'i for a rare form of muscular dystrophy, has won state championships in wrestling.

St. Louis Research Director Earns Top Honor

Farshid Guilak, Ph.D., elected to the National Academy of Medicine

Farshid Guilak, Ph.D., research director at Shriners Children's St. Louis, recently received one of the highest honors in the field of health and medicine: He was elected to the National Academy of Medicine.

Guilak will be inducted as part of the class of 2022. This comes the same year he was elected to the National Academy of Engineering and the National Academy of Inventors. These academies are reserved for individuals who "show outstanding professional achievement and commitment to service."

An opportunity to make a difference

Guilak's membership in all three academies gives him a tremendous opportunity to make a difference in the fields of health, medicine and innovation.

"The roles of these academies are to advise the government on any issues related to engineering or medicine. I am truly honored to have the opportunity to play a role in this capacity at the national level and bring more attention to the importance of interdisciplinary work that spans engineering and medicine," said Guilak.

Expanding the possibilities

Currently, Guilak leads more than a dozen research projects focusing on preventing and/or slowing the degenerative effects of osteoarthritis and juvenile idiopathic arthritis. However, he says the



Farshid Guilak, Ph.D., has been elected to the 2022 class of the National Academy of Medicine.

National Academies of Medicine and of Engineering have specifically taken notice of the lab's work in cell engineering.

Through decades of work, Guilak's team has used genome engineering to create a cell that doesn't exist normally in nature. The cell can release a drug if/when it senses inflammation in the body. A study showed that the modified cells, when put into cartilage, can eliminate pain and prevent degeneration any time an inflammation flare-up is imminent. He hopes to bring this treatment option to patients, in the form of a clinical trial, within the next 10 years. 🧪



"I am truly honored to have the opportunity to play a role in this capacity at the national level and bring more attention to the importance of interdisciplinary work that spans engineering and medicine."

– FARSHID GUILAK, Ph.D.

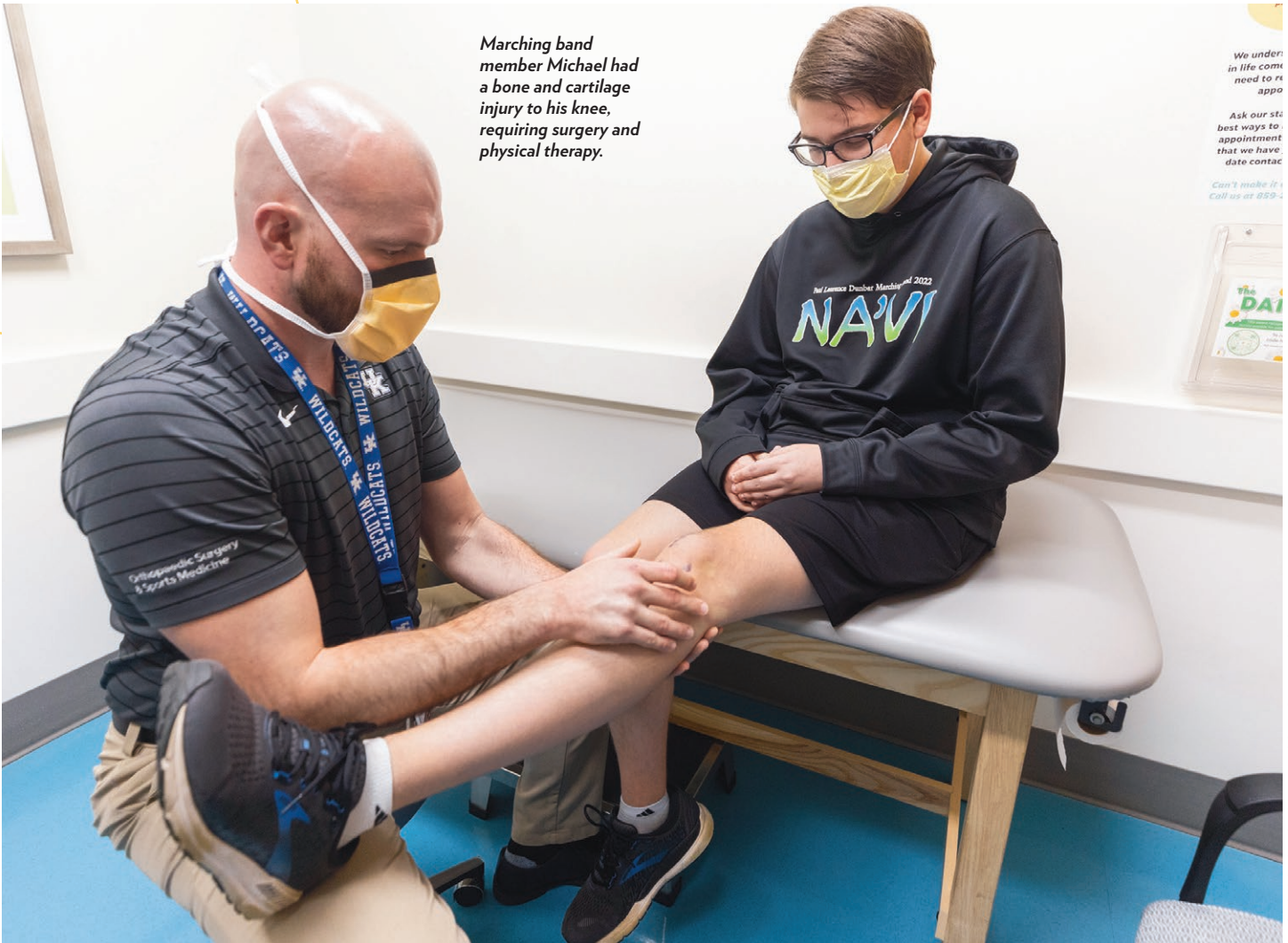
EVERYDAY EXCELLENCE IN SPECIALTY TREATMENTS AND RESEARCH

*Patients with play
and sports injuries
receive custom care
to return to their
favorite activities*

Back *in* Action

*Playing sports resulted in multiple knee
dislocations for Sammy, who found
treatment at Shriners Children's.*

Marching band member Michael had a bone and cartilage injury to his knee, requiring surgery and physical therapy.



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PHOTO COURTESY OF UNIVERSITY OF KENTUCKY

Shriners Children's experienced and talented medical teams know children and teens are not just small adults, so they work hard to reduce fear and answer questions.

During high school marching band practice, the trumpet player lunged into a set with his left foot – and fell straight to the ground. Around him, the rest of the band did as they were trained to do, and continued the performance.

Michael, 15, said he felt a sudden “pop” in his knee. “I thought, ‘Did I break my knee?’” he said.

Later, at the local ER, X-rays showed his knee wasn’t broken. But something wasn’t right. Michael was referred to sports medicine surgeon Ben Wilson, M.D., at Shriners Children’s Lexington.

Dr. Wilson determined that Michael had dislocated his kneecap. Dislocation of the patella is one of the most common knee injuries for adolescents, and despite treatment, 50% of patients end up dislocating their patella again, Dr. Wilson said. “In Michael’s case, the patella had also knocked a section of weight-bearing cartilage off of his femur bone.”

Bone and cartilage injuries like Michael’s are more rare, with significant implications for the long-term health of the knee joint. He would need surgery.

While marching band is considered a performing art, it’s a highly physical activity that uses the leg and hip muscles as well as neck, back, shoulders – and knees. Injuries incurred can be similar to sports injuries. There is a rise in pediatric injuries like these, said Fran Farley, M.D., Shriners Children’s Chief Medical Officer. Shriners Children’s is one of the largest networks of hospitals, medical centers and outpatient facilities in North America that specializes in treating these types of injuries.

Left untreated, injuries like Michael’s can have serious complications and can contribute to the development of early arthritis in the knee.

“I knew we had to get him back to surgery quickly, because the longer we waited, the harder it would be to fix,” Dr. Wilson

said. “We don’t want to end up seeing arthritis in a 16-year-old. So, we went in and cleaned up the spot where the cartilage came from and repaired it back into place with absorbable tacks. Then, I reconstructed his kneecap ligament with a donor tendon, so we could ensure it wouldn’t come out of place again.”

Shriners Children’s experienced and talented medical teams know children and teens are not just small adults, and they work hard to reduce fear and answer questions, with the goal of getting patients back to what they love as quickly and safely as possible.

Surgery and recovery weren’t easy for Michael, who has been playing the trumpet since fifth grade. Michael’s recovery required a month and a half using a wheelchair and crutches, forcing him to sit out the rest of the marching season. “I was very disappointed that I couldn’t be on the field with my band,” Michael said. “We had worked so hard for months to compete, so it was frustrating to have to watch from the sideline.”

After surgery, Michael completed physical therapy, and a month before the marching season began his junior year, he was cleared to head back to the field.

Advanced technology for faster healing

To help support young athletes’ recovery and return to the game, advanced technology can be essential. For Daniel, a two-sport high school athlete who injured his knee during a wrestling match, that meant spending time in an anti-gravity machine.

He didn’t need to step into a spacecraft for that – instead, he found the Boost Treadmill at Shriners Children’s Spokane. It’s an anti-gravity treadmill that allows patients to run or walk using as little as 20% of their bodyweight, creating less impact on the body and the ability to achieve a higher range of motion with less effort. When a patient is restricted to non-weight-bearing activities, the Boost gives Shriners Children’s rehabilitation staff a safe solution for fitness without the risk of re-injury.

As he recovers from his sports injury, Daniel has been receiving care from the sports medicine rehabilitation team. Kelly Bartleson, MPT, OCS, CMPT, a sports medicine physical therapist at Shriners Children’s Spokane, included the Boost Treadmill in Daniel’s treatment plan to increase his strength and endurance, and to test out his tolerance to sprinting.

“When running or walking is limited due to pain, weakness or confidence, recovery can be slower, and other parts of the body may compensate, potentially creating other challenges,” Bartleson explained. “We can get kids moving sooner because the Boost Treadmill makes moving easier and is lower impact.”

Daniel agrees the anti-gravity treadmill has been an integral part of his custom recovery plan. “It has definitely helped me to return to regular activity faster,” he said. “I get the benefit of running, but it takes less effort, which has helped my recovery and gives me confidence that I won’t reinjure my knee when I get back to full activity. I am looking forward to heading off to college, pain-free and recovered from my injury!” >>



Michael returned to marching band after treatment.

PHOTO © MAHAN MULTIMEDIA

“I had a lot of fear, but once they told me that I would see a specialist at Shriners Children’s the next day, I knew I was going to be in good hands.” – MICHAEL



Daniel uses the Boost Treadmill – an anti-gravity machine – as part of his treatment.

Playing the long game

While some youths sustain injuries that need immediate treatment, like Michael, other patients have a longer journey that may include a multidisciplinary medical team watching and monitoring and investigating possible conditions that could be exacerbating the symptoms, eventually moving forward with treatment. That's what happened for Sammy, a high school senior who came to Shriners Children's Northern California with a history of knee dislocations.

Sammy's first knee injury happened when he fell and twisted his left leg playing Nerf basketball when he was 11. Since he had almost no pain, and the knee moved back into place quite easily, his family didn't seek treatment. A couple years later, a hard fall on his right leg sent Sammy to the emergency room, and his pediatrician referred him to Shriners Children's Northern California.

"At that point he had had two major dislocations but almost no pain," said Sammy's mom, Jill. "The doctors were worried he might have Marfan syndrome, a condition that affects the connective tissues that hold the body together, causing weak joints to easily dislocate."

At Shriners Children's Northern California, a medical team led by orthopedic surgeon and sports medicine specialist Nicole Friel, M.D., was able to rule out Marfan syndrome. They recommended Sammy resume normal activities with monitoring by Dr. Friel and the team.

When Sammy was 15, a high school football injury to his right knee left him facing the need for a serious, complex surgery. An MRI revealed Sammy's medial patellofemoral ligament (or MPFL) was extremely stretched. Without surgery, the ligament would most likely remain too long, the kneecap slightly out of place, and the knee weak and injury-prone.

"Dr. Friel took the time to explain all the pros and cons with Sammy, of having surgery or not," said Jill. "She treated him as an equal; someone who is part of the education and decision."



"Dr. Friel took the time to explain all the pros and cons with Sammy, of having surgery or not. She treated him as an equal; someone who is part of the education and decision."

– JILL, SAMMY'S MOM

Sammy opted for surgery. Dr. Friel performed the complicated MPFL reconstruction procedure on Sammy's knee, using donor tissue – the same surgery Michael, the trumpet player, had. This procedure requires a high level of surgical skill and attention to detail for optimal results.

Sammy made a full recovery and was cleared for a full return to athletic activities after seven months. In golf, he was designated an all-league player and competed in the playoffs, and he's back on the football field training for his senior season this fall.

Shriners Children's Sports Medicine Program Locations

Shriners Hospitals for Children — Canada
Shriners Children's Chicago
Shriners Children's Erie
Shriners Children's Greenville
Shriners Children's Hawai'i
Shriners Children's Lexington

Shriners Children's New England
Shriners Children's Northern California
Shriners Children's Philadelphia

The reach of the sports medicine program

Specific sports medicine programs can be found at several Shriners Children's locations around U.S. In addition, the specially trained teams at any Shriners Children's facility that offers orthopedic services can treat young people with sports or play-related injuries.

Michael is thankful for the care Shriners Children's provided him. "I had a lot of fear, but once they told me that I would see a specialist at Shriners Children's the next day, I knew I was going to be in good hands." 🙏

Brock McConkey, a Shriners Children's clinician, sees patients all over the world.



World Class

Shriners Children's medical teams take their trainings and treatments around the globe

Planes, trains and automobiles – it doesn't matter which mode of transportation it takes. The medical team of Shriners Children's is on a mission to share knowledge and provide care to patients across the world. Over the last 100 years, Shriners Children's has treated more than 1.5 million children from more than 170 countries and provided education to healthcare professionals globally.

Through outreach mission trips, Shriners Children's clinicians have taken it to another level, educating local medical teams in foreign countries. Long after Shriners Children's teams return home, the local professionals can continue to care for the patients the way our team would.

Recent travels

After a three-year hiatus due to the pandemic, travel to international countries has resumed. Most recently, a team from several Shriners Children's locations returned to Cyprus, an island country located in the eastern Mediterranean Sea. While there, the team saw 143 patients. In addition to patients from Cyprus, children from various countries, including Egypt, Lebanon, Greece and Turkey, attended the clinic. Medical students and faculty also attended lectures. Parents, caregivers, patients and volunteers expressed their gratitude to the Shriners Children's team for traveling to provide world-class specialty care and creating an immediate impact. >>

The team saw

143 patients.
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“We want our patients to experience and receive the best care possible. We want to take back as much knowledge and teach our co-workers. We want to optimize what we have at our own hospital.” – DR. CALDERÓN

Physician Medical Group Leader, Shriners Children’s Greenville. “We are accomplishing much more than changing the lives of the children we’ve personally cared for in this immediate moment; we are training doctors and nurses there to continue the work we began far into the future. Making this undertaking even more achievable is the unwavering support of the Shriners in Central America. They are entirely dedicated to the mission of Shriners Children’s – and to bring that mission to the doorsteps of families in their home country.”



Learning on-site at Shriners Children’s

In addition to taking part in international teachings, our locations have welcomed others to learn within our facilities. Recently, Shriners Children’s Texas hosted Patricia Elizabeth Quezada de Calderón, M.D., and a nursing team from El Salvador to offer the latest training in burn care.

“It’s heartening to see the international collaboration taking place in the field of burn care,” said Mary K. Glendening, RN, MSN, FACHE, administrator, Shriners Children’s Texas. “This knowledge-sharing can significantly impact patient outcomes, especially in countries where resources and expertise may be limited.”

Burn injuries are a significant public health concern globally, and the Shriners Children’s team helps to ensure professionals have the skills and knowledge they need to provide the best care to their patients. “We want our patients to experience and receive the best care possible,” said Dr. Calderón from Benjamin Bloom’s Children’s Hospital in El Salvador. “We want to take back as much knowledge and teach our co-workers. We want to optimize what we have at our own hospital.”



**Mary K. Glendening,
RN, MSN, FACHE**

Top: McConkey works with a patient in Cyprus, in front of a poster of the two from 10 years before!

Bottom: A Shriners Children’s team from Philadelphia examines a patient in Cyprus.

Another team recently traveled to El Salvador to provide medical intervention to patients with scoliosis. While in El Salvador, the Shriners Children’s team trained groups of nurses using a mobile simulation lab the team brought with them.

“As we work to turn ‘treating more kids in more places’ into a far-reaching reality with extraordinary impact, clinics like the one we conducted in El Salvador serve as the model,” said Michael Wattenbarger, M.D., pediatric orthopedic surgeon,

Into the future

Receiving expert care close to home means so much to the families seen at our outreach clinics, and there are many more patients to see and lives to touch. “These international educational efforts are all part of Shriners Children’s mission to extend our reach by helping more kids in more places, now and in the future,” said Laura Kozloski, Ph.D., executive director of international strategy, Shriners Children’s. 🌐

champions

IN HEALING

A FAMILY-CENTERED APPROACH TO COMPASSIONATE CARE

Customized treatments allow kids to focus on fun

Ready to Play

Maisy has a new device to help her tennis game.

Summertime is the season for children to play and have fun. For kids living with complex or rare conditions or injuries, that ability is never taken for granted. At Shriners Children's, our dedicated medical professionals work tirelessly to provide the best care possible to help patients reach their full potential – and have fun!

A tennis ace

Maisy was born without fingers on her right hand. She first came to Shriners Children's when she was 3 months old, but it wasn't until the age of 8 that she ever thought prostheses could help her. She had managed her world just fine without them, which is not uncommon for children with an upper limb deficiency.

As Maisy became interested in activities like archery and tennis, her curiosity about prosthetic devices and how they could help her grew. >>





Maisy's custom hand allows her to grip a tennis ball.

"Maisy started tennis lessons last summer with our town's community tennis association," Maisy's mom, Angie, said. "She rigged up her own little hand device with a wrist brace and a spoon, but it had its limitations."

As Maisy progressed through her tennis lessons, one of her goals was to be able to toss the ball for her serve, so her family turned to the Pediatric Orthotic and Prosthetic Service (POPS), LLC, department at Shriners Children's New England for a device that would be more practical and durable. POPS designs, manufactures and fits orthotics and prosthetics for chil-

dren of all ages, from infants to young adults. POPS departments are located throughout the Shriners Children's system.

Maisy's prosthetist, Elizabeth Selgrade, MSPO, CPO, thought a device called M-Fingers would be a great fit.

"M-Fingers are mechanical fingers that are mounted on a custom wrist/hand brace," Selgrade explained. "A thin cord goes through the fingers, so when Maisy flexes her wrist, the cord is pulled tight, and the fingers close and conform around objects. When she extends her wrist, the fingers open back up."

The M-Fingers technology is relatively new, and earlier this year Maisy became the first Shriners Children's New England patient to receive the device. She brought her tennis racket to her

appointment. Within minutes, she was able to use her M-Fingers device to pick up the ball, toss it up and swing with confidence.

"We love all the staff at Shriners Children's," said Angie. "Maisy always leaves her visits feeling very special."

Fighting spirit

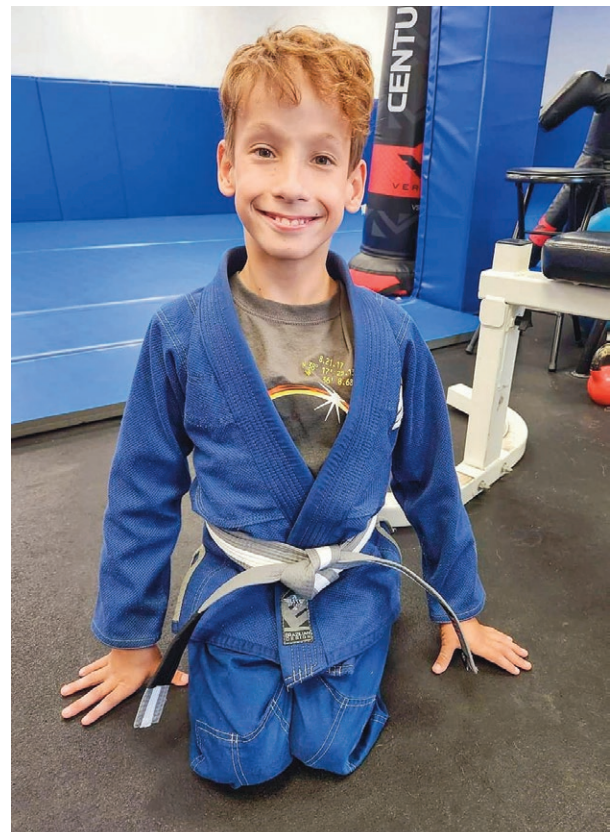
Liam, 10, is a competitive wheelchair basketball player and defines himself as an athlete. Recently, he's taken an interest in practicing Brazilian Jiu Jitsu. Practitioners of this art spend most of their time rolling on the ground, working to successfully overtake an opponent through learned tactics. The movement is called "ground-rolling."

Liam was born with myelomeningocele, which is a serious form of spina bifida in which the spinal column does not develop and close in a typical manner early in fetal development. This causes injury to the spinal cord in utero or at birth. Liam has limited muscle function and sensation in his legs, from the knees down. While he can walk with crutches, it takes great effort and can leave him winded.

So, Liam uses a chair to be mobile at school and in public. At home, though, he can be seen climbing, scooting and crawling.



Liam is a competitive basketball player and participates in Jiu Jitsu.



Liam was born with myelomeningocele, which is a serious form of spina bifida in which the spinal column does not develop and close in a typical manner early in fetal development.

The type of movement Brazilian Jiu Jitsu uses makes the sport a great fit for Liam.

“Since I’m on the ground, it’s easy for me to do Brazilian Jiu Jitsu,” he said. “Sometimes, they’ll adjust the moves for me. I like that no one treats me different, and I like the moves that we learn.”

Now his goal is to become stronger and more experienced in fighting.

“We have a motto,” said Liam’s father, Rob. “If there’s something you want to do, the first question we always ask is: ‘Is it possible?’ The answer is almost always yes. The how is out there. We just have to work long and hard enough to find it.”

Liam’s ability to adapt is part of what helps him succeed and have fun.

“Liam’s arms remain very strong, and he does not need to rely on hip strength or bracing to participate in Jiu Jitsu, as he would to perform a standing activity,” said Perry Schoenecker, M.D., his orthopedic surgeon at Shriners Children’s St. Louis. “By competing in activities that primarily require coordination, agility and speed in kneeling, he can find success!”

For Liam, Brazilian Jiu Jitsu gives him a chance to be who he is. “One time, I took down someone who was a higher belt than me. I got him in a hold! It made me feel really good – and strong,” Liam said. “Just because you have a disability, doesn’t mean you can’t chase your dreams. My wheelchair doesn’t define me. I’m an athlete.”

Dr. Schoenecker said, “I hope other patients and families can realize that finding something fun that their child enjoys can lead to improved confidence to try bigger and better things in life. This positive attitude will take Liam through the rest of his life to confidence in adulthood.” >>



A Playful Path Toward Healing

Child life specialists skillfully incorporate play in the clinical setting

With their knowledge, training and understanding of child development, child life specialists work directly with patients and their families to help them feel more comfortable, calm and confident when visiting Shriners Children’s for a medical procedure. They provide support and education as they engage patients in play throughout all aspects of their hospital experience.

Child life specialists work with patients and families to develop coping skills. Engaging patients in medical play gives a child the opportunity to see, touch and feel many of the items they will see and experience on the day of surgery. Incorporating play, especially in pre-op and the operating room, promotes confidence in a potentially stressful environment. Play experiences also help children express fears and manage misconceptions of medical procedures.

“To make the anesthesia mask less scary, we may play with it by practicing deep breaths on a stuffed animal,” said Danielle, a child life specialist at Shriners Children’s Boston. “Offering choices or roles gives the whole family a sense of control and empowerment in a situation that can be overwhelming.”



Top: Shriners Children’s Boston Child Life Specialist Jackie engages in medical play with patient Anaheli.
Bottom: Child Life Specialist Rebecca works with patient Olivia.



“She worked hard to build up her strength before surgery. [Dr. Muchow’s] advice was, ‘If you go in strong, it will help you come out strong.’”

– GINGER, HALLIE’S MOM

assistance, as she has no balance. She can walk with a walker and uses a wheelchair for longer distances.”

At 13, Hallie started limping. She was complaining of pain when walking and needed to use her wheelchair more frequently.

Ryan Muchow, M.D., discovered Hallie’s right hip was slipping out of the socket and recommended surgery to repair her hip. In 2018, Hallie had a surgery where the femur bone was cut, and the ball part of her hip was directed back into the socket. Cuts in her pelvic bone also helped redirect the socket and create better positioning. A plate and screws were used to fix her hip and pelvis. Her femur was also cut to make her legs more even in length.

Hallie was soon able to return to the activities she loves, like attending school, playing for the Miracle League baseball team and horseback riding.

“Dr. Muchow was open and honest with her about the procedure and expectations,” Ginger said. “She worked hard to build up her strength before surgery. His advice was, ‘If you go in strong, it will help you come out strong.’”

Now 17, Hallie reports her hip feels great, and she is able to remain active. She is in high school and participates in a dual-credit program focused on animal science. When she graduates high school, she hopes to pursue a career as a veterinary technician.

Ginger said Shriners Children’s Lexington has been an important part of Hallie’s success.

“Her hip rebuild has made her pain-free,” she said. “Being able to run and play without pain is a great thing. To have the confidence in your body also feels good ... to know that you can run the bases with your friends makes for a great day at the ballpark.” 🏆



Hallie is able to return to the activities she loves after having her hip rebuilt.

Hitting a homerun

Hallie has been playing baseball for the local Toyota Miracle League, an all-inclusive baseball experience with a fully accessible field, for more than a decade. It’s a perfect place for Hallie, who uses a walker, to get exercise, be part of a team and develop a passion for the game.

Hallie was born six weeks prematurely, and her mom, Ginger, noticed she was not meeting typical age-appropriate milestones as a baby. “She was delayed rolling over, crawling, pulling to stand and walking with assistance,” Ginger said.

When she was 6 months old, Hallie was diagnosed with cerebral palsy and periventricular leukomalacia, which is white matter brain loss on the right side. Hallie came to Shriners Children’s Lexington for the first time when she was about 4, for orthotics.

“There are things Hallie just can’t do without hands-on assistance, and she gets left out sometimes,” Ginger said. “That is devastating at times. We conquer obstacles as they come and figure out a way that she can be included. She cannot walk without



FOR MORE STORIES about how Shriners Children’s changes and improves lives, please visit myleadersincare.com.

EVENTS, NEWS AND INSPIRATION FROM THE SHRINERS COMMUNITY

Healing Takes Teamwork

How our key players in sports medicine get patients back on the field



Gabe has a medical team as supportive as his team on the field.

Shriners Children's sports injury care teams include an array of pediatric specialists – including therapists, prosthetists, surgeons and more – who work collaboratively to develop a deep understanding of each patient and their injuries. The team's collaborative and innovative approach to caring for young athletes is allowing more kids to get back to the activities they love.

Pushing for excellence

Gabe, 18, a star lacrosse player from Monson, Massachusetts, experienced this teamwork firsthand. Gabe was competing in his final high school season and had >>

secured a scholarship to play Division II lacrosse at American International College in Springfield, Massachusetts. But in the first play of the first game at a regional tournament, a devastating knee injury ended his season and clouded his future plans.

Gabe and his family sought treatment at Shriners Children's New England, where imaging showed he had suffered an anterior cruciate ligament (ACL) tear and a partially torn meniscus, injuries that would require surgical repair and a lengthy rehabilitation. Fearing his college scholarship and athletic career could be in jeopardy, Gabe committed to doing whatever it would take to get back on the field.

Gabe underwent surgery and post-operative rehabilitation at Shriners Children's. He participated in the facility's return-to-sport program, working closely with physical therapists Erin and Jenn, and athletic trainer Jon.

"My recovery was hard, but each day Erin, Jenn and Jon pushed me to be my best," said Gabe. "They supported me every step of the way."

Meeting demand in the U.S. and beyond

For young athletes in training, having access to top sports health and medicine can make all the difference. That's why Shriners Children's is growing its sports medicine programs in locations across North America, hiring more medical team members with expertise in pediatric sports medicine, participating in research to learn how best to treat kids' injuries and establishing community partners.

The Shriners Children's healthcare system has the knowledge and resources

to care for more kids in more places. The Pacific Northwest now benefits from an enhanced program at Shriners Children's Portland. Ahmad Bayomy, M.D., came to the Portland hospital from Shriners Children's New England, where he helped build that location's sports health and medicine program. Now he is excited to bring new ideas to Portland.

"We are developing the program in Portland more broadly, including recruiting care team members in the hospital," said Dr. Bayomy. "We are defining care processes for patients and establishing community partners involved in the care of recreational and competitive athletes, including sports psychologists and strength and conditioning coaches."

Dr. Bayomy is working with colleagues across the Shriners Children's system in athletic training, physical therapy, occupational therapy and non-surgical sports medicine. Alongside Shriners Children's Portland sports medicine specialists Jeremy Bauer, M.D.; Krister Freese, M.D.; Heather Kong, M.D.; and Dominique Laron, M.D., Dr. Bayomy is eager to get the program up and running. The collective approach to patient care allows the location to grow its program, empowering a strong team of individuals who are passionate about helping student athletes get back to the playing field.

Across the continent, the sports medicine program at Shriners Hospitals for Children — Canada is also growing. The sports medicine team, led by Dr. Thierry Pauyo, is made up of an interdisciplinary team of specialists who work together to coordinate personalized care plans for active youth. Through educational opportunities and screening clinics, they help provide preventive care and early detection of injuries to reduce the risk of potential injuries. By reaching out to the community, the sports medicine team is filling a void in the sports pediatric care landscape with the mission of reducing delays in treatment, improving recovery outcomes, enhancing the quality of care and enabling young people to safely do the activities they love.

The Canada program recently welcomed two new team members, sports therapist consultant Matthew Romano, and Justin Drager, M.D., a dual fellowship-trained orthopedic surgeon and sports medicine specialist.

Reaching peak performance

Graduating from the return-to-sport program just before the start of the college lacrosse season, Gabe was named a starting player, and he had his own fan base in the stands: His Shriners Children's care team attended a game and cheered him on.

Looking back, Gabe recognized that his injury required mental and physical recovery. "I just tried to be 1% better than yesterday," he said. "Now, I feel like I am at my peak performance and, thanks to Shriners Children's, I never even think about my knee when I play. It's awesome." 🏀



Ahmad Bayomy, M.D.

"We are defining care processes for patients and establishing community partners involved in the care of recreational and competitive athletes, including sports psychologists and strength and conditioning coaches."

— AHMAD BAYOMY, M.D.

Taking the National Stage

Patient and musician José André showcases his talent at the White House



PHOTO COURTESY OF AP PHOTO/EVAN VUCCI

President Joe Biden and first lady Jill Biden listen as José plays the piano during a celebration of the Americans with Disabilities Act in the Rose Garden of the White House.

Patient Ambassador José, professionally known as José André, is a piano prodigy who plays jazz, bossa nova, Latin American and world music. At the young age of 18, he has already performed in Washington, D.C., at the Kennedy Center Millennium Stage, the Blues Alley Club and the Library of Congress, as well as several international venues. Recently, he had a moment of a lifetime: performing at the White House during an event celebrating the anniversary of the Americans with Disabilities Act.

“Life is more wonderful if you love your differences and you love who you are,” he said as he played piano. He met with both President Biden and first lady Dr. Jill Biden in the Rose Garden. He presented them with a letter on behalf of his family and Shriners Children’s, thanking them for their dedication to helping people with disabilities. >>

**“Life is more wonderful if
you love your differences
and you love who you are.”**

– JOSÉ

Born blind and with cerebral palsy, José began his journey at Shriners Children's Philadelphia after his mother, Giovanna, saw a TV commercial that encouraged her to reach out to the hospital.

José meets President Joe Biden and first lady Dr. Jill Biden.



PHOTO COURTESY OF AP PHOTO/JOAN VUCCI



PHOTO COURTESY OF JOSÉ'S FAMILY

“His legs are straighter because of his surgery. His physical therapy helps him gain strength in his legs, and his occupational therapy helps him gain independence in his daily living skills.”

– GIOVANNA, JOSÉ'S MOM

Born blind and with cerebral palsy, José began his journey at Shriners Children's Philadelphia after his mother, Giovanna, saw a TV commercial that encouraged her to reach out to the hospital. They were looking for alternative treatments to help improve José's ability to walk.

“His legs are straighter because of his surgery. His physical therapy helps him gain strength in his legs, and his occupational therapy helps him gain independence in his daily living skills,” said Giovanna. “José also has a customized wheelchair that he uses for school and helps make things more comfortable for him.”

Most people would never know the amount of pain José has experienced because of his positive attitude. Although his mobility has improved significantly, he uses his wheelchair for long distances. He and his parents are grateful for the progress José has made, allowing him to share his remarkable talent with a national audience.

“The care he has received at Shriners Children's has made a huge impact on his life,” said Giovanna. 🙏

AN EXTRAORDINARY GOAL

NAME: RAMSÉS

CONDITION:
TRANSVERSE MYELITIS

LOCATION: SHRINERS
CHILDREN'S MÉXICO CITY



***“All limits
are only in
the mind.”***

Ramsés, 16, has been a patient at Shriners Children's México City for nine years.

His diagnosis of transverse myelitis has not prevented him from playing the sports he loves such as shot put, discus and adapted soccer. Above all, it hasn't stopped him from achieving his dreams.

Ramsés has worked hard in recent years, and he has the hardware to show for it. **He won a silver medal in 2021 and a bronze medal in 2022** in tournaments held in Toluca. In the state competition held in the city of Nezahualcóyotl, his team won second place in adapted soccer.

Now he is focusing on the 2023 adaptive soccer **World Cup in Colombia and the Paranaconal CONADE 2023**, two very important events that will allow him to achieve his biggest dream yet – representing his home country of México.

Ramsés uses his success to inspire others to achieve greatness. “To all the children who probably think they can't do a sport, I can tell you that, of course you can! Just remember, while there is life, hope will exist.”

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Leaders in Care is published four times a year
by Shriners Children's. ©2023.

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Publication management: GLC, part of SPM Group



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Tampa, FL 33631

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How Emma's Garden Grows

Emma enjoys anything that allows her to be "hands on." This includes digging in the dirt, tending to her vegetable garden. She's known for visiting Shriners Children's Northern California, sharing her homegrown vegetables with the medical team.

Emma's garden will make even the most experienced horticulturist jealous. She has raised vegetable garden beds, clay pots filled with blossoming flowers, bright yellow squash and numerous tomato plants raised from little seedlings.

"It's so peaceful," said Emma. "My favorite vegetables are probably the little red tomatoes. But I also like to grow squash, zucchini, peppers and sugar snap peas."

"Emma will come to her appointments with baskets of produce," said her mom, Patricia. "She takes a lot of pride in her garden – and staff are always so excited to be given produce she grew by herself!"

Emma is resilient, incredibly bright and actively educates others to break down negative stereotypes about people with disabilities.

In 2019, Emma and her mother were in a life-altering car accident. She was referred to Shriners Children's Northern California for specialized rehabilitative and orthopedic care for her spinal cord injury and subsequent osteoporosis diagnosis.

"The support we receive at this hospital is unlike anything I've ever experienced," said Patricia. "Their focus on children's



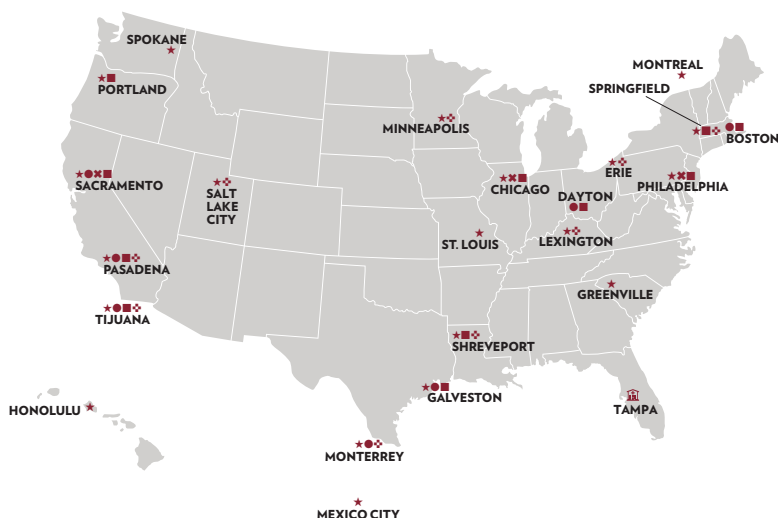
Emma grows produce for the staff at Shriners Children's.

emotional, mental and spiritual health, especially when you're here for an extended period of time, is a priority."

Since Emma's accident, she has experienced many different symptoms, and her medical team is determined to support her and her family throughout her care journey. Over the years, Patricia has had countless meetings with medical staff at Shriners Children's.

"I appreciate that whenever I have questions or feel the need to sit down and get clarification, the staff is accommodating," said Patricia. "They let me ask all of my questions and engaged Emma throughout the process as well. It's comforting knowing that they are aware of how to communicate one on one with children and adults."

LOCATIONS



- ★ Orthopedics
- Burns
- ✕ Spinal cord injury
- Cleft lip and palate
- ✦ Outpatient care only; necessary inpatient care provided at an affiliated facility
- 🏠 Shriners Children's and Shriners International's Headquarters