

## ROCK Updates

- A huge thank you to **Kyna Donohue** and **Peter Cannamela** for all of their efforts supporting ROCK. We wish you both the best of luck in medical school!
- Evan revamped the website. See the final page of the newsletter for detailed updates on the changes he made. He also set up each member with a personalized individual login to the ROCK website to access secured cases, patient stories, etc. Make sure your login is working and contact Evan (Evan.Bannister@uphs.upenn.edu) if you have any questions.
- If you have any announcements or updates that you would like highlighted in the newsletter, contact Eileen (storeye@email.chop.edu).

### Expanding International Involvement

- ROCK is incredibly fortunate to officially welcome **Dr. Nobuo Adachi** of Hiroshima University into the group. Dr. Adachi, recommended by Dr. Anderson, has specific expertise in osteochondritis dissecans and has already published extensively on the topic.
- **International** – Dr. Ganley and Dr. Wall have started an International Journal Club, which will be conducted quarterly throughout the year. Three recently published articles are posted on the ROCK website on the International Journal Club page under the ROCK Members tab. The goal is to generate discussion on these articles with our international collaborators. A separate email will be circulated to the group to ask members to contribute their thoughts.

### Industry/Financial Update

1. **Allosource** – Commitment for 50K per year (in 25K installments every 6 months) for 3 years.
2. **Vericel** – Agreed to provide corporate sponsorship – 25K in 2016 pending.

### Future Directions

- **ROCK elbow expansion (ROCKET)** – Carl Nissen has collected several capitellar OCD cases, but needs more cases (full set of x-rays, MRIs, arthroscopy pictures for each case) to establish classification systems. He is also working with Don Bae (BCH) to create forms for REDCap and to allow for a series of validation steps similar to those for the knee.
- **Form changes** – The prospective cohort forms are undergoing changes to incorporate features requested by industry support, genetic samples, and all focal cartilage defects. Please email Evan (Evan.Bannister@uphs.upenn.edu) with any other suggestions for form changes.

# Prospective Cohort/RCT Update

## PC Enrollment

| Site                                | # Enrolled |
|-------------------------------------|------------|
| Connecticut Children's Med Ctr      | 62         |
| Children's Hospital of Philadelphia | 53         |
| Texas Scottish Rite Hospital        | 47         |
| St. Luke's Intermountain            | 42         |
| Cincinnati Children's Hospital      | 28         |
| Medical College of Wisconsin        | 25         |
| Rady Children's Hospital            | 20         |
| Tennessee Orthopaedic Alliance      | 20         |
| Washington Univ St. Louis           | 13         |
| Hospital for Special Surgery        | 12         |
| Penn                                | 7          |
| Children's Mercy Kansas City        | 7          |
| University of MN/TRIA               | 3          |
| Children's Ortho of Atlanta         | 1          |
| Boston Children's Hospital          | 0          |
| Kaiser Permanente                   | 0          |
| Cleveland Clinic                    | 0          |
| Colorado Children's Hospital        | 0          |
| Andrews Institute Children's Health | 0          |
| Hospital for Sick Children          | 0          |
| University of Gothenburg            | 0          |
| Asklepios Clinic St. Georg Hamburg  | 0          |
| National University Health System   | 0          |
| <b>Total</b>                        | <b>340</b> |

If you have any questions, please contact [ROCK@uphs.upenn.edu](mailto:ROCK@uphs.upenn.edu) If you are IRB approved and a Data Sharing Agreement has been fully executed, please begin enrolling and sending data to Penn. If you are IRB approved but pending Data Sharing Agreement finalization, please begin enrolling, but hold off on sending forms.

## RCT Enrollment

If you have questions, contact Ryan Fallon at BCH: [Ryan.Fallon@childrens.harvard.edu](mailto:Ryan.Fallon@childrens.harvard.edu) || 857-218-3272

| Site                                | Surgeon   | # in RCT  | # in past month |
|-------------------------------------|-----------|-----------|-----------------|
| Boston Children's Hospital          | Heyworth  | 19        | 0               |
| Children's Hospital of Philadelphia | Ganley    | 10        | 0               |
| Rady Children's Hospital            | Edmonds   | 8         | 0               |
| Connecticut Children's Medical Ctr  | Nissen    | 6         | 0               |
| Medical College of Wisconsin        | Lyon      | 6         | 1               |
| Cincinnati Children's Hospital      | Wall      | 6         | 0               |
| St. Luke's Intermountain            | Shea      | 5         | 0               |
| Rady Children's Hospital            | Chambers  | 3         | 1               |
| Hospital for Sick Children          | Murnaghan | 2         | 0               |
| Connecticut Children's Medical Ctr  | Milewski  | 2         | 0               |
| Hospital for Special Surgery        | Green     | 1         | 0               |
| Kaiser Permanente                   | Weiss     | 1         | 0               |
| Boston Children's Hospital          | Kocher    | 1         | 0               |
| Tennessee Orthopaedic Alliance      | Anderson  | 1         | 0               |
| Rocky Mountain                      | Polousky  | 1         | 0               |
| Washington University of St. Louis  | Wright    | 1         | 0               |
| Washington University of St. Louis  | Nepple    | 1         | 0               |
| Penn                                | Carey     | 0         | 0               |
| <b>Total</b>                        |           | <b>74</b> | <b>2</b>        |

## Randomization

1. Call Ryan Fallon (office number 857-218-3272 or cell number 207-475-8036) or Greg Myer (cell number 513-404-4382). Details are also available on the ROCK Website.

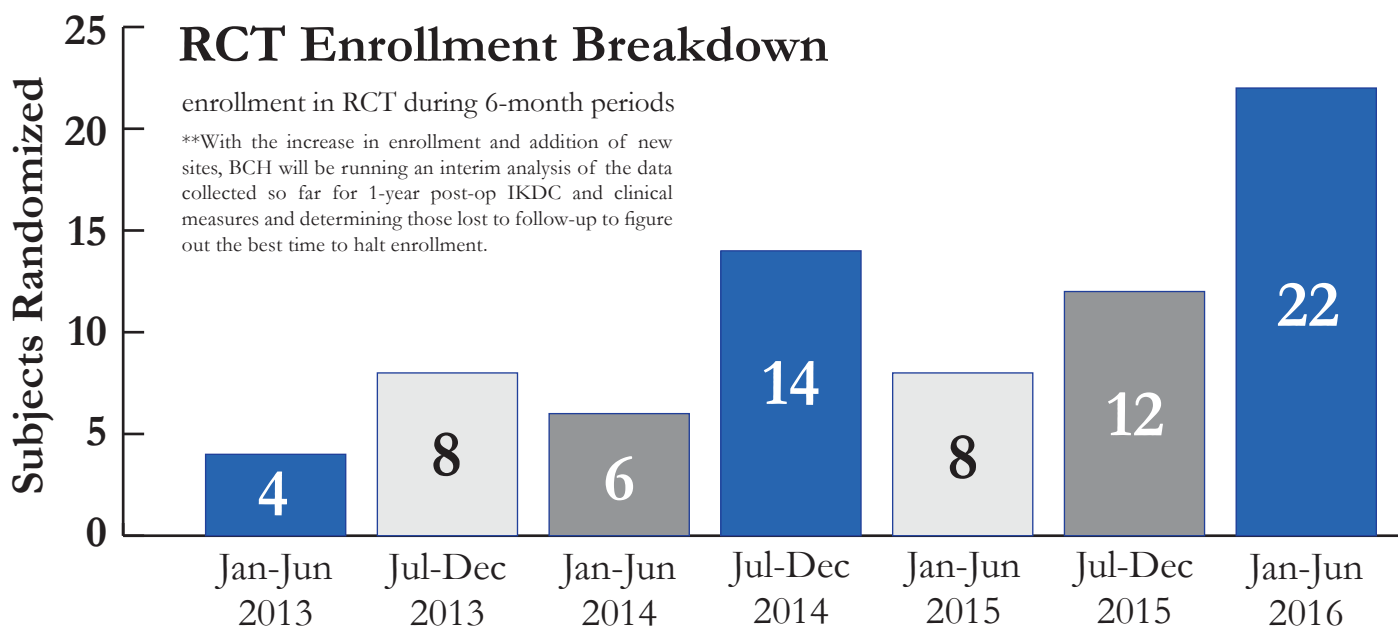
2. Enroll and randomize yourself (option #1 may not be available without planning ahead)

1. Enroll patient

- <https://rockstudygroup.research.cchmc.org/auth/login>
- Select 'Enroll patient' from the tab on top of the page
- Enter site, Patient ID (only include last 3 digits and laterality)
- Select 'Consented'
- Prompted to enter eligibility criteria, including activity restriction and NWB

2. Randomize Patient

- <https://rockstudygroup.research.cchmc.org/auth/login>
- Must use **SURGEON ACCOUNT** to randomize.
- From login, select 'Patients' from tab on top of the page
- Find the patient ID
- Select corresponding blue 'Randomize Patient' button on the right side of the page



## Case of the Month

**Surgeons:** Dr. Henry Ellis, Dr. Philip Wilson

**Institution:** Texas Scottish Rite Hospital, Dallas, TX

- Powerpoint of past cases available at <http://kneeocd.org/category/case-discussion/>
- **Upcoming cases:** University of Minnesota, Children's Mercy Kansas City, The Hospital for Sick Children

## Website Activity

### Traffic Updates

- **2,054 sessions** (May=2,336; Mar=2,206; Jan=2,100; Nov=2,180; Oct=2,269; Sept=2,100; Aug=2,705)
- **1.73 pages/session** (May=1.53; Mar=1.75; Jan=1.7; Nov=1.7; Oct=1.57; Sept=1.5; Aug=1.3)
- **70% new sessions** (May=70%; Mar=66%; Jan=72%; Nov=70%; Oct=76%; Sept=72%; Aug=87%)

### Sites before [kneeocd.org](http://kneeocd.org) on google search

- **'knee ocd' = 13** (May=15; Mar=19; Jan=21; Nov=20; Oct=20; Sept=21; Aug=17)
- **'Osteochondritis dissecans' = 23** (May=28; Mar=45; Jan=45; Nov=60; Oct=50; Sept=39; Aug=40)
- **'knee osteochondritis dissecans' = 25** (May=26; Mar=21; Jan=26; Nov=23; Oct=25; Sept=22; Aug=36)
- **'osteochondritis dissecans of the knee' = 26** (May=28; Mar=20; Jan=28; Nov=27; Oct=29; Sept=26)

## Recent ROCK Publications

<http://kneeocd.org/rock-members/literature-review/>

### **Novel Arthroscopic Classification of Osteochondritis Dissecans of the Knee: A Multicenter Reliability Study.**

Carey JL, Wall EJ, Grimm NL, Ganley TJ, Edmonds EW, Anderson AF, Polousky J, Murnaghan ML, Nissen CW, Weiss J, Lyon RM, Chambers HG; Research in Osteochondritis of the Knee (ROCK) Group.  
Am J Sports Med. 2016 Jul;44(7):1694-8.

### **Magnetic Resonance Imaging of Osteochondritis Dissecans: Validation Study for the ICRS Classification System.**

Ellermann JM, Donald B, Rohr S, Takahashi T, Tompkins M, Nelson B, Crawford A, Rud C, Macalena J.  
Acad Radiol. 2016 Jun;23(6):724-9.

### **Repetitive Stresses Generate Osteochondral Lesions in Skeletally Immature Rabbits.**

Stone AV, Little KJ, Glos DL, Stringer KF, Wall EJ. Am J Sports Med. 2016 Jul 26 [Epub ahead of print].

### **In vivo visualization using MRI T2 mapping of induced osteochondrosis and osteochondritis dissecans lesions in goats undergoing controlled exercise.**

Tóth F, David FH, LaFond E, Wang L, Ellermann JM, Carlson CS.  
J Orthop Res. 2016 Jun 10. [Epub ahead of print]

### **Age Predicts Disruption of the Articular Surface of the Femoral Condyles in Knee OCD: Can We Reduce Usage of Arthroscopy and MRI?**

Sigall E, Faust JR, Herzog MM, Marshall KW, Willimon SC, Busch MT.  
J Pediatr Orthop. 2016 Jun 2. [Epub ahead of print]

# ROCK Website Changes (www.kneeocd.org)

New tabs on the ROCK Members section of the website:

ADDITIONAL RESOURCES

ROCK MEMBERS HOME

CALENDAR AND MEETINGS

COMPLEX CASE DISCUSSION

ROCK STUDIES

ROCK CONTACTS AND COMMITTEES

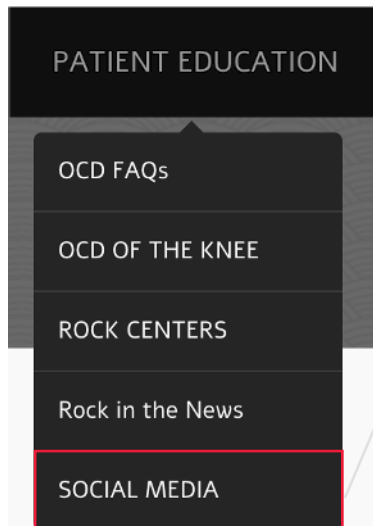
JOURNAL CLUB

INTERNATIONAL JOURNAL CLUB

Links to access excel files containing contact information for all members of the ROCK group and the list of ROCK members on each committee.

Each of the articles for the International Journal Club are included as PDF files. There is also a comments section to generate discussion on the articles with international collaborators.

New tab under Patient Education for Social Media:



Check out ROCK's pages on Facebook and Twitter.

