

Innovations in Orthopedics

Rady Children's

Hospital
San Diego

Rady Children's – A comprehensive system focused solely on children

PEOPLE



Dr. Emily Cidambi: Dance injury specialist

[Emily Cidambi, MD](#), our newest physician, is the dance medicine specialist and a member of the lower extremity team in the [Division of Orthopedics & Scoliosis](#) at Rady Children's Hospital-San Diego.

Before pursuing her medical career, Dr. Cidambi spent 20 years training to become a professional ballet dancer. She has begun collaborating with dance schools in the region to provide education on the prevention and treatment of common dance-related injuries.

Dr. Cidambi's primary clinical focus is foot and ankle pathology, including clubfoot, as well as pediatric and adolescent trauma. She trained with Dr. James Kasser and the lower extremity team at Boston Children's Hospital in multiple procedures, including Ponsetti casting for clubfeet, foot and ankle deformity correction, and the treatment of longitudinal deficiencies of the lower limb. Her primary research focus is foot and ankle pathology, deformity and trauma.

An Atlanta native, Dr. Cidambi attended medical school at the Medical College of Georgia. She completed her residency at UC San Diego, a research fellowship at Rady Children's under [Peter Newton, MD](#), and a pediatric orthopedic fellowship at Boston Children's Hospital. During her residency, she completed research on spinal deformity, lower extremity deformity and hip pathology with Dr. Newton, [Eric Edmonds, MD](#), and [Salil Upasani, MD](#). During her fellowship, her research interests included lower extremity deformity.

Along with working at the main Hospital campus, she is the primary surgeon at the Oceanside satellite location.

FELLOWS

Welcoming our 2020-21 class



Anthony Catanzano, MD

Dr. Catanzano completed his orthopedic surgery residency at Duke University, where he was the recipient of the John T. Harrelson Chief Resident Teaching award. During his time at Duke, he worked as a Team Physician for North Carolina Central University and Southern High School, and focused his clinical research on orthopedic oncology and scoliosis. He graduated from New York University School of Medicine after earning his undergraduate degree at Johns Hopkins University while playing offensive tackle for the Blue Jays' nationally ranked football team. His wife Lori, a registered nurse, and two children, Jocelyn and Leo, are excited about being a part of the San Diego community and Rady

Children's team. Along with practicing medicine, Dr. Catanzano enjoys watching college football, coaching youth sports and spending time with his family.



Jessica Hughes, MD

Dr. Hughes was born and raised in San Diego and attended Davidson College in North Carolina, where she earned her Bachelor of Science degree and was captain of the varsity women's soccer team. Following graduation, she worked as a research assistant at the Hospital for Special Surgery in New York City with the Sports Medicine and Shoulder Service. She then earned her Master of Science degree at Drexel University in Philadelphia, followed by her medical degree at the

University of Texas Health Science Center in San Antonio. She completed her orthopedic surgery residency training at Baylor Scott and White in Texas. During her training, she worked at Shriners' Hospital in Houston and was a research resident in our division. Her interests outside of work include the beach, soccer, golf and traveling.



Brock Kitchen, DO

Dr. Kitchen completed his medical school training at the Texas College of Osteopathic Medicine in Fort Worth, Texas, before matriculating at the University of Texas San Antonio Orthopaedic Residency program. During his five years in San Antonio, he participated in multiple research and quality improvement projects and earned the Orthopaedic Resident of the Year award in 2017. In 2018, Dr. Kitchen was invited by the Healing the Children organization to participate in its annual pediatric orthopedic medical mission trip to Neiva, Colombia, where he participated in numerous complex hip and lower extremity reconstructions. It was here where his love and desire to become a pediatric orthopedic surgeon was solidified.

Prior to his medical journey, Dr. Kitchen served his church in a two-year proselyting mission in St. Petersburg, Russia. He went on to attend Brigham Young University in Provo, Utah, where he graduated with a degree in exercise science. Dr. Kitchen enjoys spending time outdoors with his family and friends. He is happily married with four wonderful children: three boys and a girl. His hobbies include kayaking, mountain biking, camping, fishing and golfing.



Patrick Curran, MD

Dr. Curran was born in Germany and traveled the world as an Air Force child before attending high school in Northern California. He earned both his undergraduate degree (with a major in biomedical engineering) and Master of Science in biomedical engineering from Brown University, where he was an All-American football player. After graduating, he was a clinical research assistant in general pediatric surgery at UC San Francisco. He then earned his medical degree at UC Davis School of Medicine, followed by an orthopedic surgery residency at UC San Francisco, where he was the recipient of the Mauer Award for Outstanding Chief Resident. He completed a general pediatric orthopedic fellowship at Boston Children's Hospital. Dr. Curran's clinical interest is pediatric neuromuscular

disorders. His extracurricular interests include cooking, running, rugby, Lego building, roasting coffee and exploring the world with his wife, Megan, and three daughters.

PROGRAMS

Walk-in clinic opens during COVID-19

To best serve patients with injuries that are urgent but do not require an emergency room visit, the Division launched the Orthopedic Injury Clinic soon after the pandemic began.



No appointment is needed, and patients can be seen for any orthopedic injury. Fracture management, casting and X-ray services are provided.

Staffed by orthopedic surgeons and orthopedic-trained nurse practitioners and physician assistants, the clinic is offered at both the main Hospital campus and the Murrieta satellite location.

Recruiting top female faculty and fellows

It's an exciting time for women in orthopedics at Rady Children's, as more female surgeons continue to be recruited for our team.



Last year, [Emily Cidambi, MD](#), joined [Kathleen Rickert, MD](#), and [Maya Pring, MD](#), as attending physicians and faculty members, and this year's fellowship class includes three female surgeons: Jessica Burns, MD, Clarabelle Devries, MD, and Megan Severson, MD.

The addition of these surgeons follows a recent national trend in pediatric orthopedic surgery of more equal gender representation among both faculty and fellowship candidates. We will continue our recruitment of outstanding female faculty and fellows as well as our program of mentorship that encourages diversity within our specialty.



(L to R) Drs. Megan Severson, Clarabelle Devries, Emily Cidambi, Jessica Burns

TRAVELING FELLOWSHIP

Dr. Upasani goes to Brazil, Argentina

[Salil Upasani, MD](#), participated in the 10-day Pediatric Orthopaedic Society of North America traveling fellowship last fall in conjunction with the Sociedad Latinoamericana de Ortopedia y Traumatología Infantil (South American Orthopaedic Society). Along with Drs. Apurva Shah and Coleen Sabatini, he traveled to Curitiba, Brazil, and Buenos Aires and Cordoba in Argentina.

In Curitiba, the doctors visited the largest children's hospital in Brazil, Hospital Pequeno Principe, where they toured the facility and participated in talks and case presentations. They then joined a clinic with the hospital's physicians and fellows to discuss the management of spine and upper extremity patients.

In Buenos Aires, they visited the oldest children's hospital in Latin America, which opened in 1779 as an orphanage where unwanted children were accepted without question. It has developed into one of the largest children's hospitals in the city. In Cordoba, they visited the Sanatorio Allende hospital, where they lectured on 3D analysis of hip dysplasia and brachial plexus pathology, and listened to presentations on complex clubfoot, tarsal coalition and spinal navigation. They also went into the operating room.

Amid all the work, the doctors managed to have some fun; along with sampling the local cuisine, they enjoyed a football (soccer) game of the 2019 Brazilian Cup Champions, Club Athletico Paranaense.



Dr. Upasani (second from right) and colleagues at Hospital Pequeno Principe

RESEARCH

Innovative studies span subspecialties

Sports medicine, trauma, spine and hip are among our recent research highlights.

Sports Medicine: Creation and validation of a knee bone-age atlas

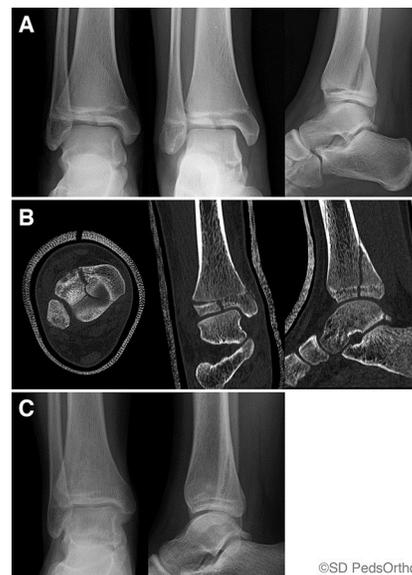
Led by [Andrew Pennock, MD](#), the study aimed to create an atlas of bone age for patients already receiving an MRI of the knee to avoid an additional left-hand radiograph to assess bone age. This is important in determining the implications of a surgical intervention that may affect physal growth to determine if a physal-sparing technique is necessary. The study identified, documented and validated ossification patterns of the patella, tibia, fibula and femur to allow bone age assessments to be made from knee MRIs alone, when already obtained for another clinical purpose.

Trauma: Tibial plafond fractures and threshold for surgical intervention

In this study, [Salil Upasani, MD](#), and Dr. Pennock sought to understand the functional outcomes of patients with displaced Tillaux fractures of the ankle with 2-5mm of articular gapping. Previously, those fractures with >2mm of gap were considered to be operative but without good evidence for this cutoff point in terms of radiologic or clinical outcomes. The results from this investigation demonstrated that those patients with a remaining articular gap of 2-5mm after

closed reduction of a triplane or Tillaux fracture were at increased risk for poorer functional outcome and that surgical intervention when the gap exceeds 2.5mm contributes to a more positive functional outcome.

A) AP, mortise and lateral ankle radiographs of a right triplane fracture; B) Computed tomography images demonstrate improved alignment after closed reduction under sedation; C) AP and lateral ankle radiographs obtained six months post-injury after treatment in a long-leg, non-weight-bearing cast for four weeks followed by a short-leg walking cast for three weeks.



Spine: A comparison of anterior spinal tethering and posterior spinal fusion

Anterior spinal tethering has been introduced as a growth-modulating alternative to posterior spinal fusion, which is currently the gold standard for treatment of adolescent idiopathic scoliosis.

A recent study by [Peter Newton, MD](#), and [Burt Yaszay, MD](#), found that both interventions resulted in improvement of the underlying deformity; however, two-year correction was better maintained in the posterior spinal fusion group. There were 23 patients in the tethering group and 26 in the fusion group. Tethering also resulted in more revision procedures, but there were no differences in patient-reported outcomes between the two interventions.

Hip: Can we predict stability in SCFE with pre-op CT imaging?

Pre-operative CT scans in the affected hip were obtained, and criteria were established to determine if the slip should be classified as stable or unstable. CT helped to evaluate physeal widening, callous formation and acute fracture lines, which may not otherwise be visualized on a radiograph. This evaluation technique, developed by Drs. Upasani, Pennock and [Eric Edmonds, MD](#), aims to guide surgical technique and planning for management based on stability of the slipped capital femoral epiphysis, which can otherwise be difficult to assess on plain radiographs or from history/physical exam.

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