



# JOINT JOURNAL

VOLUME 32

FALL 2019

## AORI Welcomes Dr. Bob Sershon

In August of 2019, Dr. Bob Sershon joined the Anderson Orthopaedic Institute following the completion of his fellowship year. His new job is the culmination of 14 years of education and training that began when he enrolled at Johns Hopkins University in 2005. For someone who grew up in a blue-collar neighborhood on the west side of Chicago, going to an elite university in Baltimore might seem an unlikely choice. Although he modestly describes himself as “a fairly good swimmer,” Bob was recruited to swim at Hopkins where he was an eight time All-American as a member of the men’s varsity team and a 2007 NCAA Division III National Champion. After earning a degree in Molecular and Cellular Biology with Honors, Bob returned to Chicago. He spent the next 9 years at Rush University Medical Center, where he completed medical school and his residency in orthopaedic surgery. Dr. Sershon fondly recalls his time at Rush, stating, “I had the opportunity to work under some of the greatest minds in orthopaedic surgery. It was at Rush that I discovered the two loves of my life: a nurse named Jenny (my wife) and joint replacement surgery.” Although the road to becoming an orthopaedic surgeon is not easy, Dr. Sershon credits his success to his mom, a dental hygienist, and his dad, a carpenter, who taught him the value of hard work.

After completing his residency in orthopaedics at Rush, Dr. Sershon considered many different centers where he could do a joint replacement fellowship. Describing his choice, Dr. Sershon relates that, “Ultimately, the culture at Anderson was the best fit for me. It was easy to tell how much the fellows were enjoying their year and the confidence they had in their abilities to take care of patients once they graduated. Most importantly, it was obvious how much the attending surgeons valued the fellows and the people they worked with on a daily basis.”

While most orthopaedic surgeons gain some exposure to research during their training, they typically have only a few publications when they begin their practice. Evidencing his work ethic and commitment to research, Dr. Sershon began his practice with over 20 publications. Among his most notable research accomplishments, Dr. Sershon’s work

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Dr. Bob Sershon will help AORI design and conduct high-quality clinical research studies.

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# Jack Wood — Therapeutic Equestrian

by Renée Burkett



Jack Wood trains a young horse at *Unbridled Joy*, his therapeutic equestrian facility.

As far back as Jack Wood can remember, he loved horses. From early childhood, understanding and communicating with horses was second nature. “I started riding horses when I was five years old and I fell in love with them. I’ve been riding horses ever since. My grandparents had a farm in Marysville, Missouri, about 100 miles north of Kansas City where I lived. When I went to visit them, I’d wake up early in the morning and run out to the field where the horses were grazing. I’d catch a horse and ride it. My grandparents worried about me saying, ‘Jack, you can get hurt riding horses.’ And I answered, ‘As long as the horse can see, I’m fine.’” Jack Wood was born blind.

From age five to 15, Jack attended the Missouri School for the Blind in St. Louis. “I stayed there nine months out

of every year. When I was 15 years old, I decided I wasn’t going back.” Jack finished his education in Kansas City public schools. He attended college at the University of Missouri. “Originally, I wanted to be a lawyer, but during my college years I got tired of school, so I said, “What is the fastest degree I can get with my credits? The answer was social work. So, I graduated with a Bachelor of Science in Social Work.”

Jack worked for the federal government from the 1970s through the mid-1980s. He began his career in Kansas City, Missouri. Over time, he moved to Phoenix, then Flagstaff, Arizona. “I was a social security claims representative serving mostly Native Americans from nearby reservations.” Jack helped a young Native American couple sign their child up for benefits. The couple was so thankful they sent their friends

to him from all over the state of Arizona.

In Phoenix, Jack finally bought a horse. “I knew about Quarter Horses, and Appaloosas but a co-worker told me to check out Arabians. I didn’t know why he said that, but I found an Arabian horse for sale. When I rode the horse, I wasn’t impressed. He seemed kind of blah.” But soon, Jack found out what made an Arabian horse perfect for him. The owner had an electric fence around the corral where Jack rode the horse. “At the end of the ride, I swung my leg up to get off the horse. My foot touched the electric fence. The shock went through me and straight into the horse. The horse fell to his knees absorbing the entire shock without hurting me. Though I was livid with the owner, I bought that horse. His name was Sudan. I rode Sudan on mountain

Jack's knees were quite the subject of discussion in our weekly pre-surgical templating meetings. When the medical team saw his x-rays, they couldn't believe he was walking! It helped us understand the strength of Jack's resolve and how to help care for him after surgery.

– Dr. Craig McAsey, Jack's Surgeon

trails throughout Arizona with sighted friends. Sometimes my friends would say things like, 'Six inches to your right is a cliff that drops 200 feet,' and I'd say, 'Well the horse knows, and he won't let us fall,' and he never did. I trusted him completely. Arabians are unbelievably smart. They are 'take care of you' kind of animals."

Sadly, Jack was transferred, and had to sell Sudan. "I was very picky about who would buy him. At the time Sudan was worth \$3000. One day a young girl and her dad came to see the horse. I let her ride him. When her dad asked how much the horse cost, I told him \$3000 but he responded he didn't have that much money. I sensed that the girl and Sudan were a fit, so I asked how much money he had. I ended up selling the horse with a saddle to them for \$800. A few years later I went back to visit. They showed me the horse and a barn full of award ribbons. They were good to the horse and the horse was doing well. I was happy."

From Arizona, Jack moved to San Mateo, California. After a few years there, he left the federal government and moved to Santa Monica. "Around 1986, I was recruited by a tech company manufacturing video-magnifying equipment and braille printers. They wanted me to join their sales staff. I liked what they were doing, so I took the job with them. I worked with them in Santa Monica for three years." In 1988, a co-worker friend transferred to Northern Virginia and invited Jack to

transfer too. So, he did. Jack continues to work part time with that company. "I train blind and sight-impaired clients on behalf of the states of Maryland and Virginia."

But, as soon as he could, Jack wanted to get back into horses. "In 2007 I did some adaptive equestrian training for the state of Virginia. That gave me

the idea to begin my therapeutic horse farm. I called it *Unbridled Joy*. In 2008, I met a lady from Iowa named Dorothy who saw what I was trying to do and helped get *Unbridled Joy* started as a 501c3 nonprofit organization. She has been a good friend, benefactor and great supporter."

*See Jack Wood page 11*



Jack Wood with his horse, Basil.

# Bruce Keith – Overcoming Obstacles and Helping Others

By Renée Burkett

With plenty of room to run and play, Bruce Keith spent most of his days outside while growing up in Lancaster, Pennsylvania. He loved working on farms during summer months and the demanding physical labor enabled him to develop strength and endurance. The physical prowess he acquired from farming proved to be a tremendous asset during his high school years when he played basketball and football and ran track. Owing to his strength and athleticism coupled with his 6'3" height, Bruce was awarded a four-year football scholarship to George Washington (GW) University in 1963.

Bruce played tight end for three out of four of his college years. "GW was discontinuing their football program in 1966 at the end of what would have been my senior year." Unfortunately, Bruce's college football career ended a year sooner. He injured the medial collateral ligament in his right knee and was unable to play his final year. "I was doubly frustrated! I couldn't play football and it was the final year of the football program. I just wanted to quit school. But, my advisor agreed to give me a year off." After his brief hiatus, Bruce returned to GW in 1967 to complete his senior year. But without a collegiate team, Bruce had an itch he couldn't scratch, so he tried out for the Virginia Sailors, a semi-pro football team. He made the team, but soon realized he needed to stop playing and focus on finishing college.

"For my career, I chose to be a physical education teacher because of my love for movement and the outdoors. I wanted to inspire students to enjoy activity free from competition." Bruce found a student teaching position at Gunston Jr. High in Arlington, Virginia. Fortunately for him, the year he completed his student teaching, a position opened up at Gunston, and he jumped right in. "Arlington County is where I spent my entire teaching career."

To avoid burnout and develop new skills, Mr. Keith changed the grades he taught every decade. As time went by, he developed a passion for teaching disabled students.



The 50-foot Alpine Tower where Bruce Keith belays climbers.

"I had special-needs students in some of my classes, and I often volunteered to teach them after school too. It was an intriguing puzzle, discovering their way of learning. It was incredibly rewarding."

Bruce shares a particularly memorable story. "Two first grade boys, both with spina bifida, asked me to teach them how to swim. We'd meet on Wednesday afternoons at the high school pool. They progressed well, but when it came time for them to completely submerge, no matter what I said, they wouldn't do it. I pondered what to do on the drive home. I recalled having several Susan B. Anthony coins in a drawer. I brought the coins in the following Wednesday." Bruce threw some of the coins in the water and told the boys they could keep every dollar they picked up. Then Mr. Keith encouraged them with the adage, "Obstacles are what you see when you lose your focus." In short order, the boys were swimming to the bottom and collecting the coins. It delights Bruce that these boys have remained friends to this day.



Bruce Keith (left) and a co-worker belay a member of the Turkish National Wheelchair Basketball Team.

After college, Bruce ran marathons to stay in shape. He regularly ran the Marine Corps Marathon and several others. But, eventually, his left hip hurt with every step. “A teaching colleague told me she had a hip replacement at the Anderson Clinic with Dr. Goyal. But at that time, I was definitely not planning to have a hip replacement.”

When Bruce retired, he wanted to continue to pursue his passion for outdoor activity. “I lucked out getting a full-time job at the EDGE. The EDGE is a challenge course on the George Mason University campus in Prince William County, five minutes from my home! EDGE is an acronym for: Energize, Develop, Grow, Excel. I’m a facilitator. I lead groups of 10-15 people through mental and physical team-building challenges. Some days, I belay climbers on the 50-foot Alpine Tower all day.”

At the EDGE, Bruce found himself again relishing the opportunity to work with disabled individuals. With Bruce’s encouragement and support, a young man with autism climbed up the Alpine Tower and then allowed himself to be belayed back down. The young man and his parents were ecstatic. The crowd below gave him a standing ovation. Mr. Keith chokes up a bit and says, “If we work together, good things happen.”

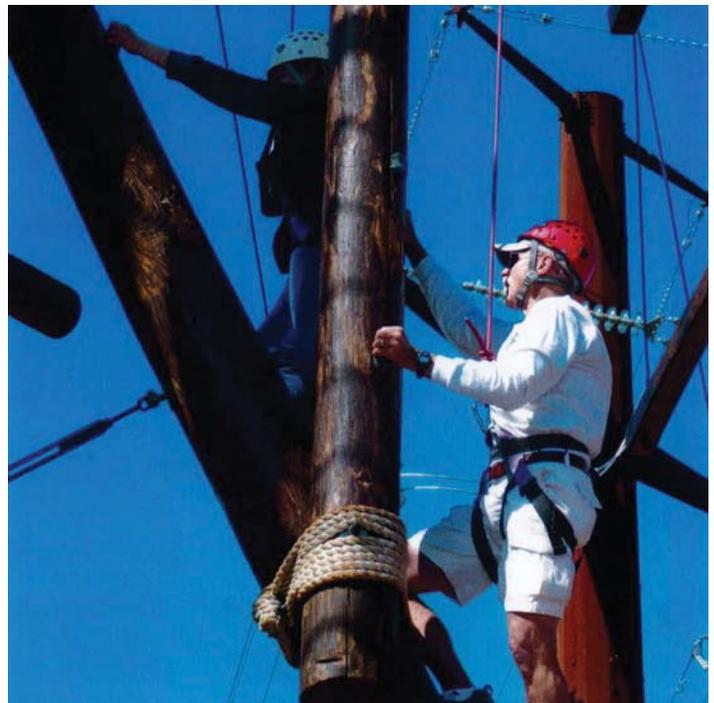
In 2015, Bruce’s insistent hip pain finally overwhelmed his reluctance to have a hip replacement. His teacher friend encouraged him to make an appointment. He said, “Okay

I’ll go in and listen, but I’m not doing it. Then I met Sarah Padgett, Dr. Goyal’s physician assistant (PA). She believed so much in what they did that I said, ‘Let’s do it!’”

At the age of 70, Bruce had his left hip replacement in January of 2016. For his surgery, Dr. Goyal used the Direct Anterior approach. “I went home that same afternoon and didn’t take any pain medicine. It was amazing! All the prep work was so well thought-out and specific. I did it all religiously, Hibiclens skin wash and everything they had me do. Knowing I could go home the same day as my surgery convinced me to do it! Somebody did the right thing with all of that research.”

Bruce healed well after his hip replacement and went back to working full-time at the EDGE. “Until I recently fell down my stairs.” But the fall began with an accident on December 15, 2018, that put Bruce on crutches. “I was facilitating a group of EMTs on a challenge called The Circle of Life. It is a cable three feet off the ground. They have to work together as a team to make it around the circle. While spotting someone from the floor, another individual fell into me breaking my tibia.” A few weeks later, Bruce was in a hurry to climb the stairs at home. He crutched up two steps. “I remembered something I wanted to carry up. Standing on one foot, I reached backward with both crutches to hop down to the floor. But instead of the crutches hitting the floor, I did! I free-fell backward slamming into the wall. I fell squarely on my hip replacement and felt my femur crack.”

*See Keith, page 13*



Bruce Keith assists a young autistic man as he climbs the Alpine Tower.

## AORI Welcomes Dr. Bob Sershon Continued from page 1



Dr. Bob Sershon with his wife, Jenny, and their son, Axel, enjoy the 2019 National Cherry Blossom Festival in Washington, DC.

with co-investigators from Rush, Mayo Clinic, Hospital for Special Surgery and several other academic institutions received the Hip Society's prestigious Coventry Award for a multicenter, randomized clinical trial\* that examined how tranexamic acid dosage reduces blood loss in revision total knee arthroplasty. With the wealth of experience he has accumulated, we look forward to the big role that Dr. Sershon will play in AORI's future research.

So the readers of the Joint Journal can get to know the newest member of AORI, we caught up with Dr. Sershon to ask him a few questions about his background, clinical philosophy and research ambitions.

**Joint Journal:** What inspired you to become an orthopaedic surgeon?

**Dr. Sershon:** At the end of the day, the most important aspect of my job is restoring my patients' quality of life. For me, the most appealing and rewarding aspect of orthopaedic surgery is the ability to dramatically improve a person's quality of life by restoring function and relieving pain. I love making people better, working with my hands, and using new tools and technologies to improve outcomes. Put all of that together, and there is no career in the world that I would want other than to be an orthopaedic surgeon.

\* 2019 Mark Coventry Award: A multicentre randomized clinical trial of tranexamic acid in revision total knee arthroplasty: does the dosing regimen matter? Bone and Joint Journal. 2019 Jul;101-B(7\_Supple\_C):10-16.

**Joint Journal:** What motivated you to join Anderson?

**Dr. Sershon:** The Anderson Orthopaedic Institute is a special place, and it is truly a privilege to be a part of it. In my mind, Anderson is built on four pillars of excellence: patient care, education, research, and leadership. Everything the institute does is dedicated to these pillars and is evidenced by our daily work. We provide patient care that is second-to-none, are leaders in multiple orthopaedic societies, have a rich history of award-winning research, and an incredible network of AORI fellows around the world. As a fellowship-trained surgeon, I am looking forward to caring for all types of patients, from those undergoing their first joint replacement surgery to those with complex hip or knee conditions requiring revision procedures.

**Joint Journal:** What are the most important things you learned during your education?

**Dr. Sershon:** My education taught me five essential things that I try to practice every day:

- Work hard
- Be prepared
- Be available
- Be humble
- Treat people well

Becoming a more competent and efficient joint replacement surgeon was a very important aspect of my training, but my mentors also taught me that you can be the most technically-gifted surgeon in the world and still fail if you do not do these five things.

**Joint Journal:** There are many different ways to do joint replacements. What techniques do you like to use?

**Dr. Sershon:** My preferred approach for hip replacement is the muscle-sparing anterior approach. I prefer this approach because of the quick recovery and minimal precautions following surgery that allow patients to get back to doing the things they love in a safe and timely fashion.

In terms of hip implant design, I tailor this to meet my patient's needs. For the vast majority of cases, I use cementless implants that the body will grow into over the weeks-to-months following surgery. For patients with very poor bone quality, I will consider utilizing the tried-and-true cemented hip replacement. In all cases, I will use a ceramic head (ball) and a crosslinked polyethylene liner (socket). This bearing surface has been shown to have excellent wear properties and minimal reactivity within the body. For a person in their 50s, a modern hip replacement could very well be the last replacement they will ever need.

For knee replacements, I perform minimally-invasive partial and total knee replacements. As we continue to develop and investigate robotic surgery, I anticipate offering robotic-assisted partial and total knee replacements to the majority of my patients in the future. One of my goals is to provide patients a safe and timely recovery. Minimally-invasive robotic surgery has significant potential to do just that.

**Joint Journal:** What new technologies do you plan to incorporate in your practice?

**Dr. Sershon:** I am excited to introduce robotic joint replacement capabilities to our armamentarium. This is an exciting and promising new technology that we hope will enhance patient outcomes and improve the longevity of joint replacements. The available literature lacks high-quality studies investigating differences between traditional and robotic techniques. Given our capabilities at AORI, we feel this is an interesting new avenue to explore.

joint replacement techniques. While early research suggests that robotic-assisted surgery holds great promise, high-quality research still needs to be performed to definitively answer these questions. With the institute's unique resources and expertise, I believe AORI has the potential to become a worldwide leader in research related to robotics.

I'm also interested in understanding if there are clinically important differences in recovery, function, and longevity between partial and total knee replacements. There is currently a surprising lack of high-quality clinical trials comparing the long-term outcome of these two procedures. To address this, I developed a multicenter, randomized trial during the final year of my residency that will compare the outcome of partial versus total knee replacement in similar patient groups. For this collaborative study, AORI and Rush plan to follow the study participants for as long as possible so we can understand the short and long-term outcome of partial and total knee replacements.

**“Everything my team does centers on improving our patients’ lives. Whether it is individualizing patient care, innovating surgical techniques, or performing influential research, my team is committed to making our patients better in everything we do.**

**– Dr. Bob Sershon**

By using robotics, surgeons have an enhanced ability to place implants in the exact position they feel is best for each patient. The robot does not take the surgery out of the surgeon's hands; rather, it is a tool that provides more accuracy and precision.

A unique feature of the robot we will be using is its ability to generate a three-dimensional surgical plan for each patient without requiring a CT scan, saving patients from additional radiation exposure and extra cost.

As early adopters of robotic joint replacement, AORI will have the opportunity to perform unprecedented and influential studies on this new technology. Does using a robot truly result in better outcomes, or is it yet another fad that will pass? I am very much looking forward to designing these investigations with the help of the research institute and presenting our results across the country.

**Joint Journal:** What are your current research priorities?

**Dr. Sershon:** I'd like to know if robotic-assisted joint replacements objectively result in a faster recovery, superior outcome, and improved longevity compared to traditional

**Joint Journal:** When you are not practicing medicine, what do you enjoy doing?

**Dr. Sershon:** Spending time with my family is easily my favorite thing to do. My wife, Jenny, is my best friend and we have a great time together. I have a two-year-old son, Axel, who is a real handful and keeps things interesting for us right now. We also have a 75-pound dog...and Jenny is pregnant with our next addition to the family who is due in December 2019.

I enjoy running and try my best to stay healthy. Since I was a college athlete, staying physically fit will always be important to me. Plus, with how much I enjoy eating...I need to run.

I am a big fan of heavy-metal music. Yes, me. My dad always had rock music playing when I was growing up. In my teens, I was in a heavy metal band and have continued to follow the genre ever since. It's a fun hobby, although you won't see me running around with long hair or leather jackets anymore!

## Thanks for Your Support



As we reflect on all the people who make our research possible, everyone at AORI would like to express our sincere gratitude to those who have supported our work.

Each donation we receive enables us to undertake research with the goal of improving the quality of life for joint replacement patients.

Your donations and bequests go towards:

- The scientific assessment of new and existing implant systems
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- The development of improved diagnostic methods
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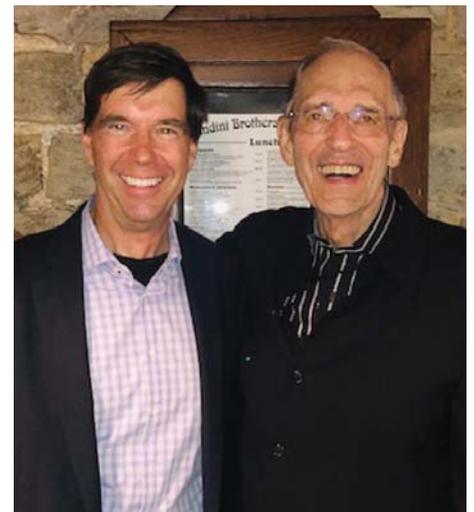
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Dr. Andy Engh (left) with Henry O. Timnick, who has served on AORI's Board for 30 years.

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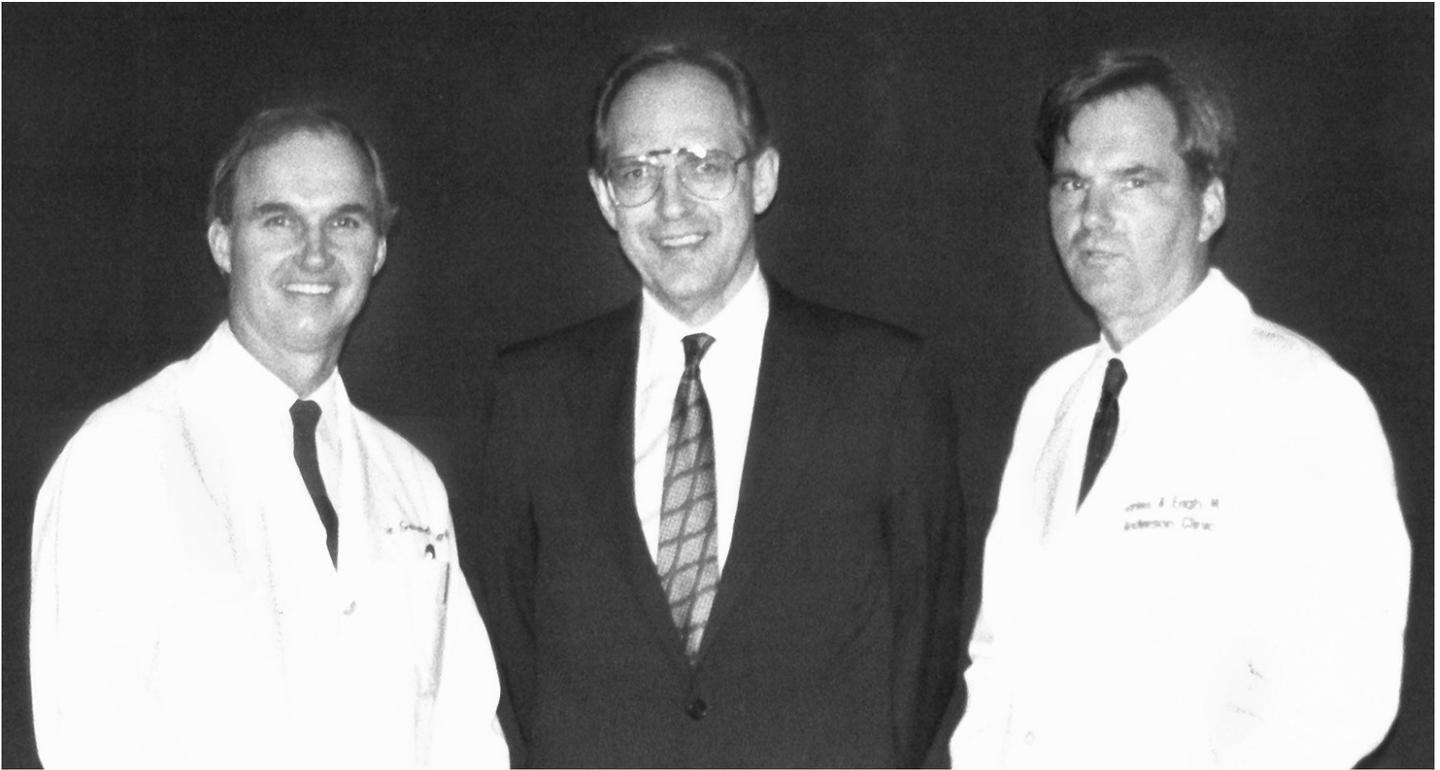
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Henry O. Timnick (center) worked with Dr. Jerry (left) and Dr. Charles Engh (right) to make AORI a leading joint replacement research center.

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Bruce Keith, hip replacement patient, on his mountain bike.

## Jack Wood Continued from page 3

From my perspective, treating someone like Jack so he can go back to helping others is incredibly meaningful. One knee replacement benefitted him and then created a ripple effect that benefits all the people who come to his facility.

– Dr. McAsey

“Shortly after starting *Unbridled Joy*, I was sent to visit a blind college student named Lauren for a technology product assessment.” Although she was making straight A’s, Lauren was miserable. She asked Jack, “Isn’t being blind the worst thing in the world?” And Jack said, “No it isn’t!” He talked with her at length about all the things blind people could do and encouraged her to discover her own passions without focusing on her disability. “What I didn’t know, is the semester before, she had thought about harming herself.” Since *Unbridled Joy* was open, Jack invited her to the farm. “I showed Lauren how to groom and ride horses despite being blind. Her life was transformed! Lauren told others and *Unbridled Joy* grew from there.” Since it began, Jack has established and maintained rigorous safety processes at *Unbridled Joy* and he proudly notes that, “We’ve never had one injury or accident.”

For over 20 years, Jack had severely arthritic knees. Back in the 1990s, a doctor told Jack he needed a knee replacement when he was still in his 40s. But, Jack admits, “I was afraid.” In February of 2019, Jack scheduled a knee replacement with another practice. “But two days before the surgery, I felt so anxious, I cancelled it. My neighbor told me about Anderson so I went there.” When Dr. McAsey met Jack and saw his x-rays he said, “You have horrible knees, how are you even walking?”

In order to explain the knee replacement procedure, Dr. McAsey asked Jack if he would like a tactile demonstration. “Dr. McAsey went and got a knee replacement implant and let me hold it. Aided by my sensation of touch, he described how he would fix my knee and where he would put the

new joint. He took time with me and I felt the confidence I needed to go forward. Since I use my left leg to get up in the saddle, we decided to do the right leg first.” On March 1, 2019, the day of surgery, Jack met Dr. McAsey in the prep room. Jack said, “I have

*See Wood, page 12*



Jack Wood shares his love for horses with a sight-impaired girl.

## Jack Wood Continued from page 11



Jack Wood enjoys life in the saddle.

three questions, Dr. McAsey. Did you fight with your wife recently?" Dr. McAsey said, "No, my wife is out of town." Jack asked, "Did you get a good night's sleep?" Dr. McAsey said, "Yes." Jack asked, "Did you study your textbooks for this surgery?" Dr. McAsey jokingly responded, "Well, I looked at the YouTube videos a bit." When Jack tells that story, he laughs and says, "Dr. McAsey is the reason I had the surgery."

After his surgery, Jack invited Dr. McAsey and his family to visit his farm. Dr. McAsey explains, "Jack invited us to the open house at *Unbridled Joy*. He spent two and a half hours teaching my girls and me about the horses. What he teaches is so detailed. He really knows his stuff. He allowed the girls to ride. Jack knew where everything and everyone was. He uses echolocation, but on that day it rained, and the riding barn has a metal roof. Even with all of the ambient noise, Jack was still very on-point. He taught us to ride safely and efficiently. He is an amazing person. Since meeting Jack, I've had a few patients I've sent to him for therapeutic riding lessons. My girls loved it so much, they often ask, 'When are we going to visit Jack and the horses again?'"

Since Jack Wood began *Unbridled Joy*, he has helped blind and sight-impaired young people regain a sense of control and children with severe emotional needs feel loved and wanted. He has also enabled veterans with post-traumatic stress disorder (PTSD) to find hope, all through sharing his love for horses. He lives a high-functioning, independent life and teaches others to do the same. In order for Jack to run *Unbridled Joy*, he cares for 16 horses. "I use the board money people pay me to help with *Unbridled Joy*. I have a sidekick, Amy, who is a dedicated volunteer. I also have several other trained volunteers who help with large groups.

Jack wants everyone to know that he was back on his horse four weeks after his knee replacement. "That's how good Dr. McAsey is as a surgeon! Before surgery, I could not straighten my leg and the back of my knee would not touch the bed when I laid down. But when I went back for my follow-up appointment, Dr. McAsey asked me to let the back of my knee touch the exam table while extending my leg and wow, it did! I'm going back in December to get the left one done." So that Jack can get back to helping others as soon as possible, everyone at AORI wishes him a speedy recovery.



Dr. McAsey and his daughters, Claire (5) and Caroline (3), with Jack Wood at *Unbridled Joy*.

## Bruce Keith Continued from page 5

Bruce dragged himself to a chair. Using the walker from his hip replacement, he shuffled to the car. His wife drove him to the ER. “I wouldn’t let her call the ambulance.” At the Manassas ER, they took x-rays of Bruce’s hip and leg. When Bruce saw what was wrong, he said, “I need to be taken to Mount Vernon Hospital. I want to go where people do these things all the time, where they do all the research.” Bruce repeatedly told the ER staff he needed to go to Mount Vernon Hospital and see Dr. Goyal. Finally, Bruce was taken by ambulance to Inova Mount Vernon Hospital arriving at 2 AM on January 3, 2019.

The next day, Dr. Goyal hurried to see Bruce. “I profusely apologized for breaking my hip replacement! It was like ruining a Rembrandt or a Picasso! Although his schedule was full, Dr. Goyal made time to do my hip revision surgery on the fourth of January. I’m very thankful to Dr. Goyal. He is fantastic!”

Because Bruce fractured his femur near the end of the implant stem, Dr. Goyal had to wrap four cables around his femur and implant a longer stem that provided stability by extending below the site of the fracture. Dr. Goyal cautioned Bruce, “This surgery is going to take time to heal. Please be patient!” Bruce had to stay at a rehab facility for two months, because for several weeks he couldn’t walk at all. Having been very active all his life, it was hard for Bruce to be patient and focus on the incremental steps necessary for his rehabilitation. “But, Sarah, Dr. Goyal’s PA, was incredibly helpful. She created a timeline for my recovery, so I could set my expectations based on my progress and limitations. It made it easier for me to focus on each sequential goal.”

At his most recent follow-up visit in June 2019, x-rays revealed that Bruce’s fracture was healing nicely, and he has set his sights on a full recovery. “I thought it would be okay if I could just walk again, but I am completely pain-free! I can do everything that I could do before; bike, lift weights, swim and hike, all without discomfort. I even tried to climb the Alpine Tower and found I can still do it!” Bruce is now looking forward to going back to his job full-time and continuing to focus on helping others. “But since I’m still recovering, I don’t work more than two days in a row.” Motivating himself daily with the same adage he has shared with

**Obstacles are what you see when you lose your focus.**

– Bruce Keith

others, Bruce reiterates that, “Obstacles are what you see when you lose your focus.” Inspired by his passion to help others, everyone at AORI offers Bruce our best wishes for a complete recovery.



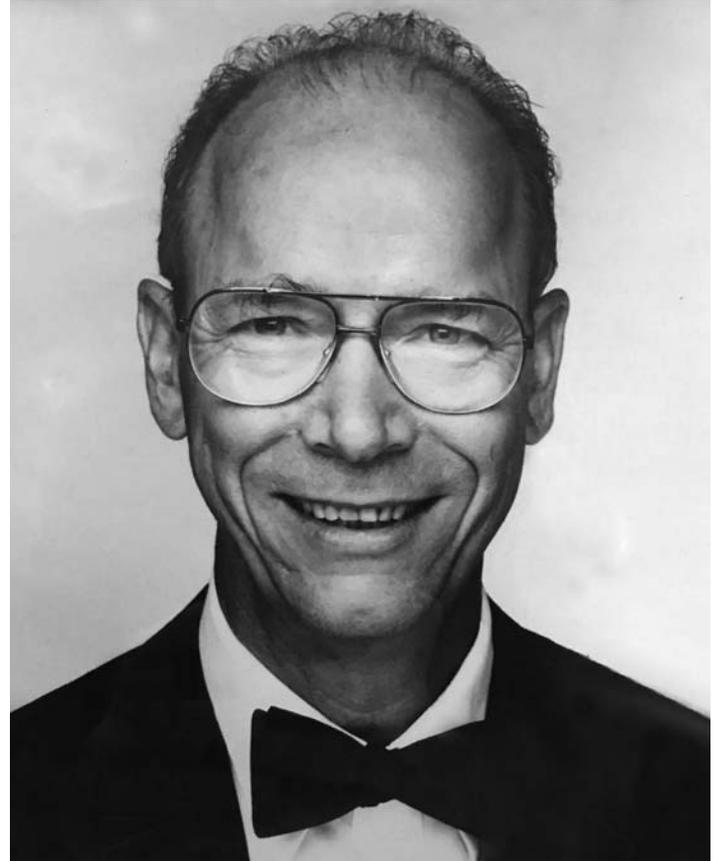
Bruce Keith was ready to go home the same day after his outpatient hip replacement with Dr. Goyal.

Do you have a story you would like to share with the readers of the Joint Journal or a question you would like to ask? Please contact Susan Sensi at (703) 619-4411 or email [research@aori.org](mailto:research@aori.org).

# Remembering Clarence Sampson (1929-2019)

Arthur Clarence Sampson was born on August 2, 1929, in Lanham, Maryland. Known as Clarence to friends and family, he was the third of fourteen children. Clarence grew up in Prince George's County, Maryland, and attended the University of Maryland where he was president of the Tau chapter of Beta Alpha Psi, the national accounting fraternity. He graduated in June of 1953, earning a Bachelor of Science in Accounting with Honors. That same month, Clarence married Donna May Davis in the campus chapel on June 12, 1953. Having participated in ROTC during college, he was commissioned as a second lieutenant in the Air Force and served in the Office of the Auditor General in Germany for two years. Upon returning to the United States, he began his civilian career at the Washington, DC, office of Arthur Young where he worked as a staff auditor for two years. During that time, Clarence became a licensed CPA in the state of Maryland, scoring first on that state's May 1956 examination. He subsequently moved to a division of Litton Industries in College Park, Maryland, where he worked for two years.

After learning that the Securities and Exchange Commission (SEC) was hiring accountants while attending a National Association of Accountants meeting in 1959, Clarence decided to apply with the goal of building on his experience in auditing and industry. Although he initially thought he might devote a few years to government service, Clarence spent 28 years with the SEC working his way up from a Branch Accountant in the Division of Corporation Finance until he was appointed Chief Accountant in August of 1978. He served as Chief Accountant for 11 years, advising the Commissioners and testifying before the U.S. Congress regarding the accounting rules businesses should use when reporting their activities to the public. He received the Commission's Distinguished Service Award and was named Government Accountant of the Year by the National Council of Beta Alpha Psi in 1979. He also served as a vice president of the American Accounting Association in 1985-86. After retiring from the SEC, he continued his career as a board member on the Financial Accounting Standards Board (FASB) for five years. While serving on the FASB, Clarence helped determine accounting standards and in 1992 he received the John J. McCloy Award for Outstanding Contributions to Audit Excellence. When his FASB tenure



Clarence Sampson during his time as  
Chief Accountant at the SEC.

was up in 1993, he moved to Charlottesville, Virginia, where he enjoyed retirement as an avid gardener, bridge player, and golfer.

During his retirement years, Clarence began to experience hip pain that eventually led him to the Anderson Orthopaedic Institute. While it was more than a two hour drive from his home, Clarence came to Anderson based on the recommendation of a friend who had moved to Charlottesville from California. Prior to leaving California, his friend's doctor had recommended Anderson as the place to go for joint replacement. For Clarence's hip replacement, Dr. Andy Engh implanted porous-coated components that included the stem his father, Dr. Charles, had pioneered. During his rehab, Clarence's therapist told him that walking backwards would help with his recovery. Always willing to invest additional effort to achieve the best possible outcome, Clarence's wife Donna recalls that it was quite a sight to watch Clarence walking backwards as he worked to rehabilitate his hip. At the time that Clarence had his left hip replacement in 1999, AORI was enrolling patients in a study to compare a new type of crosslinked polyethylene to the conventional liner material that was currently being used. Clarence consented to participate in the study and



Clarence and Donna on their wedding day.



Clarence and Donna with their three children.

the data from his hip replacement helped AORI prove that crosslinked polyethylene substantially reduces polyethylene wear rates. Based on the results of that award-winning study coupled with findings from other investigators, crosslinked polyethylene is now considered to be the gold standard for hip bearing surface performance.

At his memorial service, Clarence's many professional accomplishments were acknowledged but when his three children spoke about him, they fondly recalled family vacations, time spent together playing games and helping their father with his garden. Clarence was always glad to

share his garden produce with neighbors but to do that, he had to curtail how much the local wildlife consumed. In an effort to limit animal access, Clarence built a high fence around his garden and enlisted the aid of his children to cover his blueberry bushes with netting to prevent birds from feasting on his delicious berries. Much to their amusement, his children recalled when a deer was able to leap over the fence and got into the garden but was unable to get out. Reflecting on their father's life, his children reminisced about his ability to recall each card that was played during a game and the simple pleasure he derived from shoveling snow. Perhaps most vividly, Clarence's children recalled how grateful their father was for his wife of 66 years, who he always considered to be the most beautiful woman in the world.

In addition to supporting AORI by participating in a research study, Clarence generously provided financial support over the years. When he passed in August of 2019, AORI was one of the organizations his family kindly designated for memorial contributions in his honor. With gratitude for all of Clarence's support, everyone at AORI offers our sincere condolences to his family and friends. In the same way that Clarence made a tremendous impact on those around him, we aspire to emulate his example so our research can continue to improve the quality of life for all joint replacement patients.



Clarence and Donna during their retirement years.

# JOINT JOURNAL

P.O. Box 7088  
Alexandria, Virginia 22307

The **Joint Journal** is published by Drs. C. Engh, G. Engh, C. Anderson Engh, K. Fricka, W. Hamilton, N. Goyal, C. McAsey, and B. Sershon for the friends of the Anderson Orthopaedic Research Institute (AORI). Its contents are not intended as a substitute for medical advice.

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