



## ORTHOPEDIC CARE AT RUSH

Orthopedic problems can ruin lives. Injury and chronic pain often lead to loss of productivity, decreased confidence, inactivity, and even permanent disability, with devastating long-term effects. At Rush we think about orthopedic conditions differently. Our physician-researchers continue to pioneer safer, faster and more efficient ways to eliminate pain, reclaim lost mobility and function, and restore patients to full, active lives. You can help.

### Physicians Around the World Look to Rush for Orthopedic Care

Rush has long been acknowledged as a leader in orthopedic care; *U.S. News & World Report* consistently ranks Rush among the top 5 programs in the country and its orthopedic physicians are recognized among the most accomplished in the world. Innovative treatments and promising research make the bone and joint program an internationally renowned resource for patients suffering with pain and limited mobility.

The Sports Medicine Program at Rush specializes in the diagnosis, treatment and rehabilitation of problems and injuries of the shoulder, elbow, knee, ankle and hip — injuries that are often, but not always, sports-related. The program's experts are collectively among the most prolific and frequently cited group of practicing physicians in academic literature. And while our program has successfully returned so many professional athletes to peak performance, sports medicine benefits patients of all ages, activity levels and walks of life.

### Treatment Begins With Research

Before there were life-changing treatments, there was research. In labs and clinics across the Medical Center, physicians and researchers are on the cusp of major breakthroughs in sports medicine, from new surgical approaches to the possibility of regenerating the body's own tissues. We're closer than ever before not just to developing more effective treatment options, but also to predicting and even preventing painful problems before they arise.

**Pain doesn't have to be a way of life. Sports medicine experts at Rush are able to choose the best treatment options because they're informed by years of careful research. Physicians and scientists performed much of this research — work that informs care worldwide — in clinics and labs at Rush.**

The Sports Medicine Program at Rush will be the world's leader for injury prevention and treatment. With your support, we can leverage existing strengths in clinical care, research and education to realize this vision. When you make a gift to Rush, you bring us closer to a new era in orthopedic care.

## ONGOING RESEARCH EFFORTS

Physicians and scientists in the Sports Medicine Program at Rush are actively engaged in research and education. Some of the most immediate and pressing areas include the following programs. Learn more about our latest research at [www.rushortho.com/blog](http://www.rushortho.com/blog).

### The Rush Biologic and Regenerative Medicine Laboratory

Researchers will develop novel techniques and minimally invasive approaches to delay and minimize joint degradation and osteoarthritis. The use of stem cells, in particular, has immense potential in the nonsurgical and surgical treatment of many diseases, including bone and joint problems.

### Osteoarthritis Program

Despite the prevalence of osteoarthritis, little is known about the onset and progression of this painful chronic joint condition, making treatment extremely challenging. Scientists at Rush, however, have already made seminal discoveries that could lead to novel therapies, positioning Rush to be the leader in osteoarthritis research and treatment.

### Sports Medicine Fellowship Training and Research

The most innovative physicians of the next generation will refine their training through a highly sought-after sports medicine fellowship at Rush. These doctors will be among the best-trained orthopedic and sports medicine experts in the country, prepared for both clinical practice and academic advancement of the science. Because the Rush fellowship program receives no governmental support, it is highly dependent on philanthropic support.

### Sports Injury Prevention, Reduction and Treatment Research

A robust initiative under way at Rush combines information about every patient's ailments, treatments and recovery. Trends in this data help indicate the most effective ways to treat problems and allow physicians to make the best evidence-based decisions. Continued support of this, alongside a wide range of research studies and infrastructure, will allow experts at Rush to not only treat conditions but predict and even prevent them.

## THE URGENT NEED

Nearly half of all Americans have or will have a musculoskeletal condition requiring medical attention, making it the nation's leading cause of disability. Support from government and other funding sources shrinks every year, and orthopedic research constitutes less than 2 percent of the National Institutes of Health budget. Overall costs for bone and joint health have reached \$849 billion — nearly 8 percent of the gross domestic product. Private philanthropic sources of funding are the only way to overcome this challenge.

### Become a Partner in Our Research

You won't see people wearing arthritis awareness ribbons or biking for a cure for back pain, but sports medicine research restores — and even saves — lives. And it can't happen without philanthropic support. Please join us.

## SUPPORT ORTHOPEDIC CARE AT RUSH

To make a gift or learn more about supporting sports medicine research at Rush, please contact:

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