Mark Your Calendars!

The ORS Tendon Section social event will be held on Sunday, February 4 from 7:00 pm - 9:00 pm at the Blind Donkey in Long Beach, CA. Come enjoy some quality time before the Annual Meeting 70th Anniversary After Party with your fellow tendon researchers! Open to all section members.

Annual Meeting Highlights

Explore the many tendon-related research programs offered at the ORS 2024 Annual Meeting, February 2-6 in Long Beach, CA. Click the link below to view the full schedule at a glance.

Schedule at a Glance
Is Time the Tendon’s Enemy? The Role of Circadian Rhythm and Aging in Human Tendon Disease
Sunday, February 4
2:15 PM – 4:15 PM

**Topics and Speakers:**
*Circadian Clock and Tendinopathy*
Chloe Yeung, PhD

*Molecular Insights of Tendon and Aging*
Anne Gingery, PhD

*Effects of Aging and Exercise on the Tendon*
Christian Couppe, MScPT, PhD

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**Section-Sponsored Symposium**

**Metabolic Dysfunction in Tendon Disease**
Monday, February 5
1:30 pm – 3:00 pm

Metabolic dysfunction is multifactorial and encompasses many conditions including insulin resistance, diabetes, obesity, and low-grade sterile inflammation, which results in a continuous anabolic state that drives tissue remodeling and systemic metabolic pathology. Musculoskeletal responses to these conditions are important clinical concerns when promoting patient health, activity and treatment of musculoskeletal damage and disease. Additionally, intratissue adipose accumulation/infiltration not only drives systemic disease, but also tissue level disease advancing neuronal damage, tissue aging, and impaired tissue remodeling and regeneration. This symposium will discuss key aspects of metabolic disorders and tendon dysfunction and mechanistic discoveries regarding how metabolic dysfunction plays an important role in tendon pathogenesis. This symposium will provide a venue to debate how these findings and define the current unmet needs that can drive evidenced-based tendon therapeutics and health.

**Speakers:**
Christian Couppé, PhD
Chad Carroll, PhD
Anne Nichols, PhD
Jennifer Zellers, DPT, PhD

**Organizers:**
Anne Gingery, PhD and Neal Millar, MD, PhD

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**Tendon-Related Podium Sessions**
Biomechanics and Modeling of the Shoulder
Saturday, February 3, 4:00 PM – 5:00 PM

Therapeutic Targets in Tendon and Ligament Healing
Sunday, February 4, 4:30 PM – 5:30 PM

Hand and Wrist Biomechanics
Saturday, February 3, 5:15 PM – 6:15 PM

Tendon and Ligament Mechanobiology
Tuesday, February 6, 8:00 AM – 9:00 AM

Knee ACL and Meniscus Injury
Tuesday, February 6, 9:15 AM – 10:15 AM

Shoulder and Elbow Surgical Approaches and Outcomes
Tuesday, February 6, 9:15 AM – 10:15 AM

Tendon-Related Spotlight Speakers

Models and Outcomes of ACL Injury
Saturday, February 3, 8:00 AM – 9:00 AM
Featuring: Matt Fisher, PhD

Genetic Epidemiology, Etiology, and Treatment of Rotator Cuff Tears
Sunday, February 4, 8:00 AM – 9:00 AM
Featuring: Nitin Jain, PhD

Models and Outcomes of ACL Injury
Sunday, February 4, 9:15 AM – 10:15 AM
Featuring: Alayna Loiselle, PhD

Content Featured or Organized by Tendon Section Members

Scientific Workshops

Tissue Degeneration and Regeneration (Guest Nation Switzerland)
Saturday, February 3, 2:15 PM – 3:45 PM
Featuring: Jess Snedeker, PhD

Understanding Pain in Musculoskeletal Disease: Molecular and Clinical Insights
Sunday, February 4, 1:00 PM – 2:30 PM
Featuring: Mary Barbe, PhD

Sex Differences in Joint Tissue Health and Mechanics
Sunday, February 4, 2:45 PM – 4:15 PM
Co-Organized by: Brianne Connizzo, PhD

Career and Professional Development Programs

Effective Multimedia Engagement and Science Communication Tools: Building an Actionable Roadmap for Impactful Advocacy and Influencing Science Policy (ORS Public Outreach Committee)
Saturday, February 3, 2:45 PM – 3:45 PM
Co-Organized by: Jason Chang Marvin, PhD

Pearls for Navigating Career Transitions (ORS Women’s Leadership Forum)
Sunday, February 4, 1:00 PM - 2:00 PM
Featuring: Brittany Taylor, PhD

Public Speaking for Physicians and Scientists: A Seminar and Skills Workshop (ORS Public Outreach Committee)
Monday, February 5, 2:45 PM - 3:45 PM
Featuring: Peter Amadio, MD

Research Interest Groups (RIGs)

Re-Envisioning Teaching as Scholarship Across Career Stages in Academia
Saturday, February 3, 7:00 PM – 8:30 PM
Co-Organized by Jason Chang Marvin, PhD
Featuring: Spencer Szczesny, PhD

Advancing the Understanding of Commonly Used Orthobiologic Products
Monday, February 5, 7:00 PM – 8:00 PM
Featuring: Dmitriy Sheyn, PhD

Bone Quality as an Essential Diagnostic and Therapeutic Target
Monday, February 5, 7:00 PM – 8:30 PM
Featuring: Hani Awad, PhD

Debate

Prevention, not Treatment, is the Key to Reducing the Burden of Musculoskeletal Disease
Tuesday, February 6, 12:00 pm – 1:00 pm
Moderated by: Alice Huang, PhD

Tendon Section Award Winners

What a banner year for the Tendon Section! We would like to extend a very special congratulations to all of tendon section members who received awards this year for their excellent work:
 Join us in celebrating all of the achievements of these section members, and for the announcement of our annual meeting poster and podium awards, at the Achievement Awards session on February 4 from 11:30 AM - 12:30 PM in the Grand Ballroom.

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**ORS Tendon Section Satellite Meeting**

*Mechanism to Therapy – Emerging Technologies and Therapeutic Outcomes*

*May 30 – June 1, 2024*

*Mayo Clinic, Rochester, MN*

Keep the tendon research coming! Abstract submission is open for our upcoming section satellite meeting at Mayo Clinic! Featuring topics on multiomics, pain, and imaging as well as plenty of opportunities for mentoring and networking, you won’t want to miss it! For more information, please check out the conference website.

**Co-Chairs:**
Anne Gingery, PhD  
Peter Amadio, MD  
Chunfeng Zhao, MD

**Program Committee:**
Dr. Alayna Loiselle, PhD  
Karin Grävare Silbernagel, PT, ATC, PhD  
Spencer Lake, PhD  
Neal Millar, MBChB, FRCSEd, PhD
New Mentor Matching Program

Are you hoping to increase your visibility and improve connections with colleagues outside your home institution? Are you in search of guidance in different aspects of your career? Whether you are a trainee or an established investigator, the ORS Tendon Section is launching a new mentor matching program to help support and grow our community at all levels!

This program aims to offer both peer (similar stage) or aspirant (relative senior stage) mentor/mentee matching to our members. We strive to match mentors and mentees based on the individual needs of the mentee, including but not limited to: professional development, personnel management, departmental/institutional politics, parenting, self-care, grant writing, scientific communication, and more! Whether you choose to be a mentor or a mentee, you will be asked to commit to at least one year of paired or small group mentoring, tailored to your needs, with dedicated time set aside at various conferences throughout the year. We will kick off this mentoring program at or before the ORS 2024 Annual Meeting.

Thank you to those of you who have already completed the mentor/mentee interest form. If you submitted your response within the initial 24 hours of the announcement, we may have missed your name. We kindly request you to re-submit your form.

Mentor Matching Program Survey

Connect with ORS on Social Media: