



January 2024

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](#)

Tendon Section Scientific Meeting

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 Coupe, MScPT, PhD

[See Agenda](#)

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

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:



Adele L. Boskey, PhD Award: Alayna E Loiselle, PhD

Kappa Delta Young Investigator Award: Nathaniel Dymont, PhD, FAAOS

JOR Early Career Award: Brianne Connizzo, PhD

ON Education Grant: Stephanie Steltzer

ORS Early Career Outreach Travel Awards: Marguerite Pacheco, Lainie Eisner

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.

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](#)



Orthopaedic Research Society

9400 W. Higgins Road, Ste. 225
Rosemont, Illinois 60018
(847) 823-5770
ors@ors.org

Connect with ORS on Social Media:

[Facebook](#)

[Twitter](#)

[LinkedIn](#)

[TikTok](#)

[Instagram](#)