Anterior Cruciate Ligament Injuries and Reconstruction

BY LEAH MORSE, PA-C

The Anterior Cruciate Ligament (ACL) is an important stabilizing ligament in the middle of the knee. It is at risk of being torn in soccer players, skiers, and other athletes who commonly use cutting or twisting movements. About half of the time, an ACL tear will be accompanied by a meniscal tear and/or medial collateral ligament tear due to the overwhelming rotational or hyperextension force to the knee. Patients with ACL tears typically experience sudden pain and giving way of the knee, sometimes with an audible “pop” at the time of injury. The knee will typically swell with fluid, become painful and unstable.

If this happens to you, initial treatment includes a period of rest, ice, compression, elevation (RICE), bracing, crutches, and anti-inflammatories. Early range of motion of the knee as tolerated with a trained physical therapist is also helpful. Then an MRI is usually ordered to better visualize the ACL and further assess the knee injury.

Definitive treatment of an ACL tear depends on the patient’s age, desired activity level, and associated injuries. For young, active patients, ACL reconstruction offers a good chance of a successful return to sports and the pre-surgery level of activity.

Like many things in medicine, ACL reconstruction has advanced over the years. Mansfield Orthopaedics offers patients a minimally invasive “double-bundle” ACL reconstruction done arthroscopically. This reproduces the two naturally occurring components of the ACL, the anteromedial and posterolateral bundles, through a few small incisions. Our orthopaedic surgeons can restore the location and orientation of the two ACL bundles using cadaver tissue or the patient’s own tissue to build a new ACL. Surgery usually takes 60-90 minutes.

Surgical Center.

and Mary Louise Carpenter

patient in Copley’s new James

needed to fix it. Jack was the first

come to Copley for the surgery

leg while out of town, but chose

the Frendly Gathering, broke his

X Games host and co-founder of

care Jack received at Copley. Jack,

enthusiastic “thumbs up” for the

successful surgery. Both gave

ready to be discharged following

sports pre-surgery level of activity.

by the adoption of new

technologies and ensure that the patient experience remained

practice and patient care through the adoption of new

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complete equality. He was incredibly courageous and inspiring.

who do you look up to the most, and why?

machine gun crossfire. A few months later I narrowly escaped a

bomb going off in a building I was playing in.

What do you look up to the most, and why? Harvey Milk. He

stood up for his community and would not accept anything but

complete equality. He was incredibly courageous and inspiring.

What makes Copley a special place to work? We have amazing

nurses, physicians, providers and ancillary staff who provide

patient care that is second to none.

Why did you pick your career? I wanted to champion clinical

practice and patient care through the adoption of new

technologies and ensure that the patient experience remained

the highest priority.

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It has been great connecting with so many of you on the trails and at events this summer. I am grateful to live in an area that makes it easy for me and my family to enjoy the great outdoors. Like many of our staff, I value the fact I can put in a full day of work and step outside and be just minutes from the best hiking and biking trails. That means a lot given it has been such a busy spring and summer for Team Copley. All good work that, in the end, benefits our patients and our community. Together, we have a lot to celebrate!

THE NEW CARPENTER SURGICAL CENTER OPENS
More than 200 community members gathered for the ribbon cutting ceremony celebrating the James and Mary Louise Carpenter Surgical Center. Guests were treated to a tour of the new surgical center. The new surgical center opened to surgery on July 31. For our first surgery, we were honored to provide surgical services to Jack Mitran, one of Vermont’s most well-known athletes. (See story page 1).

COPLEYSUCCESSFULLY CONCLUDES $3.2M CAPITAL CAMPAIGN
With donations from nearly 700 supporters, Copley Hospital surpassed the $3.2 million goal for its Campaign for the New Surgical Center. Thank you to the many donors that supported this campaign, enabling Copley to modernize its surgical facility. We are humbled and grateful for your support. Highlights of the ribbon cutting ceremony and a tour of the new Carpenter Surgical Center are available online at copleyvt.org/campaign-surgical-center.

INFUSION SUITE RENOVATION
The new Surgical Center construction project has three phases. Now that phase 1 – the new surgical center – has been completed, we are underway with phases 2 and 3. Earlier this month, phase 2 began with renovations to our Infusion Suite. In order to meet community need, our Infusion Suite temporarily moved to the second floor. This ensures that our Oncology patients can continue to receive treatment during the renovations. In addition, we will be moving the NURSING DORM to the second floor. This will allow us to add additional infusing rooms to the new Surgical Center. In addition, we will be moving our Infusion Suite temporarily to the second floor. This ensures that our Oncology patients can continue to receive treatment and care without interruption. The third phase of the project involves renovations to our “old operating rooms” area. These renovations will create a waiting room and locker room for the Bingham Center, as well as expand seating for our cafeteria. We expect this construction to be finished by the end of the year.

ONCOLOGY SERVICES A PARTNERSHIP BETWEEN CVMC AND COPLEY
Our oncologist, Dr. Julie Olin, retired in June. We wish her the best and thank her for her many years of service on Copley’s campus as part of a visiting physician agreement we had with the University of Vermont Medical Center. To continue Oncology and Hematology services at Copley, we have partnered with Central Vermont Medical Center. Oncologists Dr. David Ospina and Dr. Eswar Tipirneni will see you on referral in Burlington with Copley’s clinical experts providing your cancer treatment on-site at Copley. There’s more information at copleyvt.org/oncology-cancer-care.

SUPPORTING LACING UP
It was great to see our staff and their families at the annual LACing Up for Cancer walk. In addition to the Copley ACU Family and Friends team, a number of staff were on teams with their families, while many other staff served as volunteers at the event.

HONORING EXCELLENCE
What makes Copley so unique is the people; our team. Copley has many wonderful professionals who come from all walks of life, and every member of the team brings a special dimension to each patient’s hospital experience. We recently honored our employees enjoying milestone service anniversaries, and recognized several extraordinary members of Team Copley at our Employee Appreciation Banquet.

Penney Paquette, RN of Surgical Services was honored as Copley’s Employee of the Year. Penney started at Copley in 1987 as an RN on our Medical/Surgical Unit. She joined Surgical Services in 1993 and was later promoted to Assistant Nurse Manager. Penney has been an integral part of leading the OR team to improve performance and outcomes. She works tirelessly with our team, enabling us to consistently provide an exceptional level of care.

Shirley Draper, LNA in our Outpatient Services Center, received a standing ovation for her 60 years of service. She has assisted in every facet of outpatient services and has been a cheerful source of support for both patients and staff.

Each year, Copley’s Medical Staff recognizes two staff members for their service. This year, J. Subasic, MD, Medical Staff President, presented The Edward French Memorial Award, honoring nursing excellence, and the Goddard Family Award, recognizing non-clinical staff for outstanding service.

Betsy Cookson of Health Information Management was recognized with the Goddard Family Award. Our providers appreciate her work and describe her as the department’s historian.

The Edward French Memorial Award was given to Katherine Mazer, RN, Medical/Surgical unit. Katherine was honored for her willingness to always go above and beyond for her patients. The Medical Staff “values her ability to see and understand the big picture while also attending to the minute details.”

We celebrated 20 years of midwifery care at Copley with a good old fashion ice cream social this spring. We were able to capture a group “I was born at Copley” photo with our midwifery team. It was great watching our midwives reconnecting with their patients and families while enjoying family fun time, and ice cream!

REGISTRATION OPEN FOR COPLEY RUN/WALK FOR THE HEART
I am looking forward to participating in our annual 5K Run for the Heart on September 30th. I hope to see you there – running, walking, or cheering friends on.

Best,
Art Mathisen, CEO
Exercise Class
STEP UP EXERCISE PROGRAM
Mondays & Fridays | Noon–1pm  
Fee: $36 for 12 sessions  
Copley Rehabilitation Services. Call 888-8303.

This supervised group exercise program includes independent warm-up with use of cardio equipment followed by stretching and strengthening/balance activities. Participants must be capable of independent exercise. A written referral from your physician is required as well as an evaluation by a physical therapist.

MORNING EXERCISE AT COPLEY WOODLANDS
Mondays & Thursdays | 9–10am  
Copley Woodlands, Stowe. Call 253-7200.  
Fee: $25 for 10 sessions  
A blend of strength training, balance, stretching and free weights.

Support Groups
DIABETES EDUCATION & SUPPORT GROUP
September 28, October 26, December 7 | 6:30–8pm  
Copley Hospital Wellness Center. Call 888-8369.  
Free and open to anyone affected by diabetes. Meeting topics vary.

Diabetes Education
YOU & YOUR DIABETES  
1:1 Consultations | Call 888-8226 for an appointment  
Diabetes can cause long-term health problems. Work 1:1 with Copley’s Certified Diabetes Educator to learn how to control your blood sugar and reduce the impact diabetes can have on your health. Copley’s Diabetes Educator works in coordination with your physician.

For A Healthier You
HEALTHIER LIVING WORKSHOP  
A free program for anyone dealing with a chronic condition, including family members and caregivers. You can feel better by learning:  
• how to manage symptoms, medications and nutrition  
• how to improve strength, flexibility and endurance  
• how to communicate with health professionals, family and friends  
Register or for more information, call 253-9171.

TOBACCO CESSATION
Once a week for 4 weeks. The "Quit in Person Program” provides free individual or group stop smoking and chew tobacco services within the community to help you quit. You can choose to have free or reduced cost Nicotine Replacement Therapy such as gum, lozenges or patches. Call Erica Coats at 253-9171 for class listing and to register.

1:1 QUIT SMOKING WITH COPLEY COACH  
Call 888-8226 to register or for more information. As a Tobacco Treatment Specialist, Nancy Wagner of Copley’s Wellness Center provides 1:1 coaching. Nancy will help develop a quit plan, talk through barriers and provide the necessary support for a successful quit smoking story.

Life Skills
HEARTSAVER: BEGINNERS & RECERTIFICATION  
September 12, October 17  
6:30–8:30pm | Fee: $25 for class; $15 for book  
This American Heart Association basic life support course covers adult, child, and infant CPR. Class also includes Automated External Defibrillator (AED) training.

COMMUNITY BASED FIRST AID COURSE  
September 26 | 5:30–9:30pm  
Fee: $40 for class; $15 for book  
Meets OSHA, state or employer requirements for individuals to possess knowledge of immediate first aid.

AARP SMART DRIVER CLASS  
November 14 | 8:30am–1pm  
Copley Hospital  
Fee: $15 AARP member, $20 AARP non member  
A one-day, four-hour course designed for drivers age 50 and older.

Parenting Programs
CHILDBIRTH EDUCATION CLASSES  
September 14–October 12  
November 12–December 14  
6–8pm  
Fee: $110 (covered by most insurance plans)  
Join other expectant parents for this five-week class. You’ll gain knowledge, confidence and increased comfort so you can be actively involved in the birth experience.

BABY SHOWER FOR PREGNANT WOMEN  
September 19 | 4–5:30pm  
Call 888-1357 to register  
Come celebrate, chat with other parents, and talk about what you can do to be as safe and healthy as can be during your pregnancy. Topics include healthy eating, weight gain, breastfeeding, oral health, birthing information, and more. Bring your partner, friend or family member too! Offered by Copley Hospital and the Vermont Department of Health.

Rehabilitation Programs
CARDIAC REHABILITATION  
Call 888-8230 for an appointment  
This twelve-week comprehensive outpatient program improves your quality of life following a cardiac event such as a heart attack.

PULMONARY REHABILITATION  
Call 888-8230 for an appointment  
If you live with a disease affecting the lungs, pulmonary rehabilitation can help you.

19th Annual Stowe Wine & Food Classic
Grand Tasting
Sunday, August 27 | 1–4pm  
Topnotch Resort Mountain View Pavilion  
Enjoy an all-inclusive afternoon of wine tasting along with artisan spirits and craft beer for one ticket price. Distinctive food pairings from leading Vermont chefs and mountain views from Topnotch Resort make the Grand Tasting a must-attend event.

All-inclusive ticket: $65 in advance/$75 at the door  
Copley Hospital is honored to be the beneficiary of the Stowe Wine & Food Classic, an event of Stowe Charities, Inc., a 501(c)(3) non-profit organization.

For tickets and more information, visit www.stowewine.com
Golf Scramble Nets $19,000

Eighth golfers helped raise $19,000 by participating in the 30th Annual Copley Scramble Golf Tournament, held July 15 at Stowe Country Club. It was a picture-perfect Vermont summer day to spend with friends for a good cause, thank you!

1ST PLACE TEAM Thomas Marhevo, Ben and Renaye Novogroksi (mother and son), and Bert Peterson. Pictured above.

2ND PLACE TEAM Chris Cappello, Lucie Garand, Sylvia Pope, and Susan Rogers

3RD PLACE TEAM David and Mary Jean Coddaire and Jim and Patricia Morgan

Copley thanks our title sponsor, ReArch Company, and leading sponsors NFP, Bourne’s Energy, Coca Cola, MVP Health Care and Union Bank. Their support made the Scramble possible.

One Way Traffic on Copley Campus

Please note the new traffic pattern on Copley’s campus. All traffic is one-way, with vehicles entering from Washington Highway and exiting from Farr Avenue. The one-way traffic pattern creates a safer exit route for all vehicles. Additional parking for patients and visitors is available just past the new Carpenter Surgical Center. Dedicated parking is available for MRI and Rehabilitation Services patients near the entrance to Rehabilitation Services. Patient drop-off and pick-up continues to be available at the hospital’s main entrance. A number of handicap parking spaces are near the entrance to the Emergency Room and Main Entrance.

Comes home to Stowe... Enjoy an independent lifestyle in a friendly, supportive retirement community in the heart of Stowe. Copley Woodlands is within walking distance of the post office, art galleries, Stowe Free Library, and a number of restaurants and shops. Lease or own your spacious condo while enjoying fine dining service and the many in-house activities and social events available. Contact Penny Davis for more information, (802) 253-7200 or visit copleywoodlands.com

SUSTAINABLE COMMUNITY