

ABOVE & BEYOND

2ND ANNUAL
TOG-JOG
RAISES \$1,936
FOR OREF



The Orthopaedic Group (TOG) of New Haven, Conn. hosted its Second Annual TOG-JOG Wellness Day July 31, 2011 with walk and run activities benefiting OREF for the second year. Proceeds came to more than \$1,936—30% more than last year.

TOG is a multispecialty orthopaedic group with seven surgeons on staff, all of whom are members of the community teaching program for Yale University's orthopaedic residency program. Apart from TOG-JOG, the group engages in other outreach events, including speaking at each of the hospitals where TOG surgeons treat patients and at local women's health forums.

INSPIRED AND ORGANIZED BY STAFF, DESIGNED FOR PATIENTS

TOG-JOG had its genesis in friendly competition between colleagues. In the summer of 2009, TOG physical therapist **Brian Tenenhaus, MPT** and TOG surgeon **Richard A. Zell, MD** stepped up to the challenge of a sprint triathlon.

The experience was invigorating and led Mr. Tenenhaus to team up with fellow TOG physical therapist **Jonathan Sylvain, RPT, CKPT** in organizing a community wellness event. "Our mission is to promote better health and wellness," said Mr. Tenenhaus. "We want to encourage our past patients along with members of the community to be more active. Additionally, our goal is to teach people the importance of getting informed. After all, you must be your best advocate!"

Participants in last year's TOG-JOG were invited to take advantage of a variety of wellness checks and informational displays addressing nutrition, fitness and other health care needs. In addition, two orthopaedic activities were offered: a 1-mile walk and 3.4-mile run. This year's TOG-JOG followed the same format.

"Exercise can be fun, and that's the best part of our event," Mr. Tenenhaus remarked. "You hear participants making statements like, 'wow, I never knew I could do that—that was really fun!'"

Dr. Zell, who specializes in knee and foot and ankle care, explained that the activities were intended to be both therapeutic and rewarding. "The 1-mile walk was geared for patients who had recently had joint replacement or other orthopaedic procedures," he explained. "Patients who reported difficulty walking to the mailbox before surgery had an opportunity to see for themselves how far they've come—and validate the hard work they have put in through the recovery period."

From Dr. Zell's perspective, staff benefited at least as much as patients. "We often chart our patients' progress by what they tell us in the office, a quick exam and a review of their X-rays," he said. "Seeing our patients able to walk a mile or run a 3.4-mile race is altogether different."

"One of my patients had undergone bilateral knee replacements six months ago," recounted Dr. Zell. "He is in his 50s and had to leave work as an electrician prior to surgery, secondary to his knee pain. He participated in our 1-mile walk this year. Afterward, he told me how well he was doing and that he was happy that he had been able to return to work and regain his mobility. It made my day."

Asked about the OREF connection, Dr. Zell said, "I thought our event should benefit some aspect of orthopaedics. Since we are a part of the Yale orthopaedic residency teaching program, supporting research and education was a great fit. We're pleased to contribute to the process of improving patient care."

MANY THANKS to all TOG staff members—orthopaedists, physician associates, nurses, the medical rehabilitation team, clerical support and business staff members—for their fine example for active and generous support of OREF's mission.