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CONTACT:

Gene Ford
317.962.4576 (office)
gford2@clarian.org

Indianapolis surgeon receives national award for research on ACL reconstruction

K. Donald Shelbourne, M.D., is the only individual to receive the prestigious Hughston Award for the second time

INDIANAPOLIS – [The Shelbourne Knee Center at Methodist Hospital](#) and [Clarian Human Motion](#) are proud to announce that Indianapolis-based orthopedic surgeon [K. Donald Shelbourne, M.D.](#), received one of the [American Orthopaedic Society of Sports Medicine](#)'s (AOSSM) most prestigious [awards](#) for his study on the long-term effects of anterior cruciate ligament (ACL) reconstruction. Dr. Shelbourne accepted the AOSSM's Hughston Award during a special ceremony that took place on Saturday, July 17, as part of the AOSSM's annual meeting in Providence, Rhode Island.

The AOSSM, founded in 1972, is a national organization of orthopedic surgeons dedicated to sports medicine. Every year, the AOSSM gives the Hughston Award—named after the founder of *The American Journal of Sports Medicine*, Jack C. Hughston, M.D.—to the individual with the most outstanding research paper appearing in that journal in the year prior to the award. Dr. Shelbourne, a renowned expert in the treatment of ACL injuries who has performed more than 6,000 ACL reconstructions throughout his career, is the first person to receive the award for the second time.

"We are honored to see that Dr. Shelbourne and his organization have again been recognized on a national level," says John Kohne, M.D., chief operations officer for Clarian's Methodist Hospital. "This prestigious award for research testifies to their level of expertise and ensures that their patients have access to the most effective and up-to-date clinical treatments for their injuries."

Dr. Shelbourne's award-winning research paper titled, *"[Minimum 10-Year Results After ACL Reconstruction: How the loss of normal knee motion compounds other factors related to osteoarthritis after surgery](#),"* is one of many research papers published in conjunction with a long-term follow-up study of ACL reconstruction being conducted at the Shelbourne Knee Center at Methodist Hospital.

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The study found that, at an average of 15 years after ACL reconstruction, patients who had lost even a few degrees of normal knee extension had lower subjective scores and more signs of osteoarthritis than patients who achieved normal knee motion. The paper also shows the importance of proper rehabilitation to restore normal knee extension after surgery in order to reduce the incidence of symptoms of arthritis in young adults.

Since launching his practice in 1982, Dr. Shelbourne has focused his research, partially funded by the [Methodist Research Institute](#), toward advancing the surgical treatment and rehabilitation of anterior cruciate ligament (ACL) injuries. As a result of his ongoing research, Dr. Shelbourne and his team at the Shelbourne Knee Center at Methodist Hospital have been able to provide up-to-date treatment and rehabilitation methods enabling many of their patients to return to their favorite physical activities several months after surgery.

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About the Shelbourne Knee Center at Methodist Hospital

The Shelbourne Knee Center at Methodist Hospital in Indianapolis, a partner of Clarian Human Motion, provides specialized, world-class care for knees. With a focus on continuing research and cutting-edge surgical and rehabilitation techniques, the staff at the Shelbourne Knee Center is committed to providing unsurpassed care to all patients, whether professional athletes or weekend warriors. The rehabilitation department specializes in the treatment of knee pain and knee injuries, providing patients with one-on-one care and education. Driven by research and evidence-based practices to provide the most up to date treatment and information, the Shelbourne Knee Center takes time to develop a treatment plan that meets your individual needs and helps you meet your goals. For more information, visit www.aclmd.com.

About Clarian Human Motion

Clarian Human Motion—Indiana's only orthopedics program to be ranked among the 2010-11 edition of *U.S. News & World Report's* "America's Best Hospitals"—specializes in treating injured joints, bones, backs and muscles. As an evidence-based leader in musculoskeletal care, Clarian Human Motion offers a variety of services ranging from joint replacement and reconstruction, spine and sports medicine to pediatric orthopedics and rehabilitation services. For more information, visit www.clarian.org/hm.