PEER REVIEW

The Co-Editors and editorial team of the *Western Journal of Orthopaedics (WJO)* express sincere thanks to our peer reviewers, whose volunteered time and effort enhance the Journal's scientific quality and relevance of content. As a team, we continue to move forward in our path toward official indexing in PubMed.

INSTRUCTIONS FOR PEER REVIEWERS

*WJO* is an annual biomedical research journal that focuses on orthopaedic-related surgery and engineering. *WJO* involves a two-step, double-blinded review process to ensure high quality of content: 1) review the submission and 2) review the authors’ responses to your suggestions. We provide you with a PDF of the submission, a Response Form, and an assessment guideline. We ask that you return your initial review within 2 weeks and include your overall assessment of the submission's strengths and weaknesses, specific concerns for authors to address, and publication recommendation to the Co-Editors. You will not be asked to review more than two submissions for a given volume. We understand that your time is limited and valuable. If the request is not possible, or if you believe that the content does not align with your expertise, please let us know immediately. A prompt review helps encourage authors to submit future work and allows our team to meet printing and publication deadlines.

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WJO 2022; Volume 11

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The Western Journal of Orthopaedics (WJO) is a peer-reviewed (double blinded) publication of the UNM Department of Orthopaedics & Rehabilitation. WJO publishes annually in June and highlights original research relevant to orthopaedic-focused surgery and engineering, with the goal of MEDLINE indexing.

The submission deadline for WJO volume 11 is November 1, 2021. Manuscripts submitted afterward will be considered for volume 12. Email questions to WJO@salud.unm.edu.

Submit the Title Page, Blinded Manuscript, each table, and each figure to WJO@salud.unm.edu.

General Formatting Title Pages and Blinded Manuscripts must be submitted as Microsoft Word documents. WJO follows the style and format of the AMA Manual of Style (11th ed). Use Times New Roman, 12-point typeface, and 1-inch margins. Use continuous line numbering, continuous page numbering in the upper-right corner, and double spacing. Spell out numbers less than 10 except measurements (eg, “4 days”). Use SI metric units. Only include up to 2 significant digits (eg, $P = 0.05$, $P < 0.01$).

Title Page State the paper’s title. List authors’ names in the desired order of appearance. For authors, include their highest academic degree, current affiliations, and any changed affiliations since the time of the study. Identify the corresponding author’s name, physical address, and email. Include five informative statements: 1) funding, 2) conflict of interest, 3) informed patient consent for case reports OR your Institutional Review Board approval number if the research involved humans, 4) preferred subspecialties of reviewers for your submission (eg, pediatric spine), 5) acknowledgments of any non-authors who contributed.

Blinded Manuscript Excluding the references, abstract, tables, and figure legends, we will accept ≤ 3200 words for reviews; ≤ 2500 for scientific articles, pilot studies, education articles, and new technology; ≤ 1200 for case reports and technical notes; and ≤ 1000 for reflections. For scientific articles and education articles, include headings of Abstract, Introduction, Methods, Results, Discussion, References, and Figure Legends if figures are used. For reviews, use the same headings but replace Discussion with Conclusion. For case reports, the headings are Abstract, Introduction, Case Report, Discussion, References, and Figure Legends. Email us about headings for other submission types. Subheadings may vary but are generally not included in the Introduction, Discussion, or Conclusion sections.

Abstract ≤ 250 words for scientific articles, structured into four paragraphs: Background, Methods, Results, Conclusions. ≤ 150 words for education articles, case reports, technical notes, new technology, and pilot studies (≤ 250 for reviews) in an unstructured paragraph format. At the end, list 3 to 5 keywords using terms searchable in the MeSH database (https://meshb.nlm.nih.gov/search).

References List in order of appearance (not alphabetically) and cite in the text using superscript numbers. Format all references in AMA Manual of Style (11th ed). All listed references must be cited in the text and vice versa.

Tables/Figures Create tables using only the Microsoft Word table function. Number each table and include a descriptive title. Place each table on a separate page after the References section in the Blinded Manuscript. For figures, place each one at the end of the Blinded Manuscript and also email us each one as an EPS, TIFF, PPT, or JPEG file in 300 DPI. Provide a brief description of each figure in the last page of the Blinded Manuscript, under a Figure Legends heading. When submitting a figure published elsewhere, provide information about the obtained permission. All figures and tables must be cited in the text.

We welcome all relevant orthopaedic and engineering submissions. We encourage manuscripts from faculty, fellows, residents, alumni, and colleagues. For detailed instructions, view http://orthopaedics.unm.edu/research/research-journal.html.

Thank you for considering WJO as an avenue to feature your research.
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Letter from the Chair
Robert C. Schenck Jr, MD
Professor and Chair
Department of Orthopaedics & Rehabilitation

As Chair of The University of New Mexico (UNM) Department of Orthopaedics & Rehabilitation since 2005, I am pleased to present the 10th volume of the Western Journal of Orthopaedics (WJO).

2020 has been an overwhelming year of learning, tragedy, and understanding from an unexpected pandemic that made us rethink compassion, social justice, and how we live as families and citizens. My heart goes out to those who have lost loved ones and are challenged with recovery from COVID-19.

The senseless tragedies of George Floyd and Breonna Taylor brought to light our need for equality and fairness globally, especially in the United States. I compliment the outstanding work of all providers, front-line workers, and those who put themselves in harm’s way to make our lives livable and safe. Despite these COVID tragedies, we will be better as a nation and global member of this place we call earth.

The summer and fall of 2021 will hopefully begin to look like previous years. The second wave of COVID-19 was a bigger hit for New Mexicans than the first wave and has stretched thin all the hospitals in the state—something that happened across the nation. Our limited access includes fewer hospital beds per capita than most states. The number of COVID-sick patients, both on the floors and intensive care units, has been staggering. The possibility that our statewide hospitals “had no room at the inn” during this past holiday season was concerning and obviously stressful for all. Efforts for increasing capacity, advancing modern treatments (dexamethasone, remdesivir, monoclonal antibodies, and simple approaches, such as prone positioning and home oxygen), seeking additional step-down unit sites, repurposing operating rooms and intensive care unit beds, and reworking clinic sites have been huge tasks that have worked remarkably smoothly.

We enter 2021 with cautious optimism. Our response at UNM, with the first shipment of Pfizer/BioNTech’s mRNA-based COVID vaccine, has been remarkable. We have now inoculated over 70.0% of New Mexicans. The numbers of vaccinated continue to grow with the successful vaccination sites at UNM Hospital and The PIT alongside our colleagues in the private sector.

We are grateful to Johnson and Johnson for creating the classic single-dose vaccine that only requires refrigeration and can be easily distributed globally and will be started in the United States. These vaccine stories are great commentary to our caring ingenuity in the United States.

Thank you for the outstanding work from the WJO editorial board, with leadership from the collaboration of our editors Deana Mercer, Dustin Richter, and Christina Salas. They have made the publication an established entity within the department and university. We are grateful to the many peer reviewers who have volunteered their time to contribute to the quality of WJO.

Lastly, I would like to thank the entire UNM Orthopaedics family for making our space of work, academics, and research such a positive experience for all, especially during the time of COVID.

Sincerely,

R.C. Schenck Jr.
Orthopaedics Faculty

Attlee Benally DPM
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Patrick Bosch MD
David Chafey MD
Michael Decker MD
Thomas DeCoste MD
Rebecca Dutton MD
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Samer Kakish MD
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Andrew Paterson MD
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Christina Salas PhD
Robert Schenck Jr MD
Frederick Sherman MD
Selina Silva MD
Gehron Treme MD
Andrew Veitch MD
Daniel Wascher MD

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DNP FNP-C ONP-C

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PA-C MS

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MSN ACNP-BC

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Victoria Freeman
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CPNP

Michelle Merritt
PA-C

Suki Pierce
PA-C

Michael Trzcinski
PA-C

Amber West
PA-C

NOT PICTURED:
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Lauren Radosevich
Thaisa Swanson
Mindy Alfaro-Trombely
Beau Shelton
Sarah Erb
2020 was a year like none other. It seems like just yesterday we set a deadline of May 1, 2020, as the time by which we would decide if we could hold our annual resident graduation event at Los Poblanos. It was March, and the COVID-19 pandemic was getting going—we had experienced elective surgical shutdowns. We had restructured our teams at the main hospital and Sandoval Regional Medical Center, but we figured things might be back to normal in a month or two. It didn’t take long to realize how wrong we would be.

We have had to adjust almost everything in 2020. We have adapted to learning via Zoom and have worked hard to maximize virtual platforms for meetings, conferences, and interviews. We have found that some things are better this way, such as faculty meetings. We found that there are great deficiencies as well. As orthopaedic surgeons, we must have hands-on motor skills training, and that simply cannot be replicated with a computer. More than anything, though, this forced isolation has shined a bright light on how much we depend on our personal interactions with our orthopaedic family members. Our program’s strength has long been the relationships we build with one another providing support, laughter, mentorship, and camaraderie that helps us navigate the challenges of orthopaedic practice and training and is also simply the lifeblood of our group.

This year, we celebrate the graduation of our five chief residents: Scott Plaster, Jordan Polander, Amber Price, Jory Wasserburger, and Matt Wharton. It has been an honor to participate in their growth as physicians, surgeons, and professionals for the last 5 years. We all appreciate their steadiness, leadership, and input as we have navigated the unknown this past year. It is clear that this is not how any of us pictured their last year of training; however, our chief residents have made the most of the year and provided exemplars to everyone in our program of what it means to persevere through this adversity.

We all hope to provide Scott, Jordan, Amber, Jory, and Matt the sendoff they deserve and have earned. We no longer take for granted these special events and opportunities to express our gratitude and appreciation to those close to us. We haven’t emerged from this mess, but we can see the end. We will miss these five graduates as we look to return to something more recognizable to us all. Congratulations to all of you and thank you for your time with us. It has been a true pleasure to work with and learn from each of you, and we are all proud to call you graduates of The University of New Mexico’s Orthopaedic program.

My very best regards,
RESIDENTS • WJO VOL. 10 • 2021

Residents

PGY Four

Benjamin Albertson MD  Kathryn Helmig MD  Nathan Huff MD  Christopher Kurnik MD  Benjamin Packard MD

PGY Three

Aamir Ahmad MD  Bryce Clinger MD  Jordan Kump MD  Alicia Imada MD  Kate Yeager MD

PGY Two

Tim Choi MD  Ryan Dahlberg MD  Filip Holy MD  Casey Slattery MD  Marisa Su MD

PGY One

Nicholas Brady MD  Tyler Chavez MD  William Curtis MD  Solomon Oloyede MD  Audrey Wassef MD

Letter from the Residency Director

Gehron P. Treme, MD
Associate Professor and Residency Program Director
Department of Orthopaedics & Rehabilitation

My very best regards,

2020 was a year like none other. It seems like just yesterday we set a deadline of May 1, 2020, as the time by which we would decide if we could hold our annual resident graduation event at Los Poblanos. It was March, and the COVID-19 pandemic was getting going—we had experienced elective surgical shutdowns. We had restructured our teams at the main hospital and Sandoval Regional Medical Center, but we figured things might be back to normal in a month or two. It didn’t take long to realize how wrong we would be.

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Chief Residents

Amber LaMae Price MD  
Medical School: Creighton University  
Fellowship: Spine

I am a native of the San Luis Valley in Southwestern Colorado. It is the world’s highest alpine valley and the headwaters of the Rio Grande. It is a remote area with a cold desert climate and is filled with small ranches and farms sandwiched between the Sangre de Cristo Mountains and the San Juan Mountains. As a child, my horses and family were the abiding passions of my life. I spent most of my days restoring old tack, building fences, and caring for the animals. I elected to pursue a career in medicine with a specific interest in surgery. During medical school, I was drawn to the field of orthopaedics. I was fortunate to be selected for an orthopaedic surgery residency at The University of New Mexico (UNM).

During residency, I have participated in several research projects. These include a biomechanical study on the effect of quad rods on rotational stability of different spine constructs, fusion rates in anterior cervical discectomy and fusion procedures backed by posterior spine fusion versus fusion of individual facet joints, cartilage damage in patients with multiple versus single patella dislocation, and several other arthroplasty and foot and ankle papers. My grand rounds focused on cranial cervical dissociation and the interplay between spinal fusion and the stability of total hip replacements. I will be pursuing a fellowship in spine after spending a year here at UNM as a general orthopaedic attending.

Outside of residency, my favorite activities include spending time with my family, horseback riding, wakeboarding, backpacking, and skiing. My husband Scott and I have been married for 8 years now, and during residency, we were blessed with the birth of our son, Liam. I want to thank Scott for the countless hours of encouragement during the last 5 years. His support allows me to be both a surgeon and a mother, and I cannot imagine getting through residency without him. I would also like to thank my parents for the years of guidance along the way. They instilled in me the resilience and hard work ethic that have been crucial in attaining all my goals. I want to thank my sister and brother for their comedic relief during the more difficult periods. To all my mentors and fellow residents, you are what make UNM a special place, and I thank you for the memories. I could not have asked for a better residency, and I am grateful I had the opportunity to train here.

Scott Plaster MD  
Medical School: OU College of Medicine  
Fellowship: Adult Reconstruction, Allegheny General Hospital

I was born and raised in Tulsa, Oklahoma, where I was the youngest of three kids. I grew up playing tennis and golf and trying to get to the lake as much as I could. I attended the University of Oklahoma in Norman, Oklahoma, for my undergraduate degree in chemical engineering. I had the quintessential college experience. I began working toward medical school about halfway through college and attended OU College of Medicine in Oklahoma City, Oklahoma.

After completing my orthopaedic surgery rotation, I couldn’t imagine doing anything else. My residency at The University of New Mexico (UNM) has been a dream come true, and I have honestly had some of the best times of my life here. The culture at UNM is truly unique. I am incredibly grateful to all of my attendings for providing an environment to learn and have fun. I cannot imagine a better orthopaedic residency.

I am very lucky to have the incredible support of my parents, who have always encouraged me to pursue my passions and given me the confidence to do so. My wife, Katie, has always been my biggest fan (and editor), and I cannot imagine this journey without her. She has worked incredibly hard to allow me to focus on residency while also making sure our free time is filled with friends, fun, and frequent road trips. Our family will be growing soon with twins on the way!

During our time in Albuquerque, we have taken advantage of the proximity to some of the country’s most beautiful landscapes. We have hiked and camped throughout New Mexico, as well as many of our neighboring states. I have really enjoyed being able to hop in the car with our dog on Friday after work and just head straight for the mountains for a weekend of skiing or car camping. I have also discovered a new hobby of running, thanks to the beautiful weather here.

I have been accepted to the Adult Reconstruction Fellowship at Allegheny General Hospital in Pittsburgh, Pennsylvania. While I am there, I hope to master the anterior approach to the hip and complex total hip and knee revisions. We have had an amazing time in Albuquerque and are looking forward to the next step in Pittsburgh!
I was born and raised on the black bayou in Bossier City, Louisiana. Growing up, I spent most of my free time on the water, skiing or fishing, when I wasn’t at football or baseball practice. I also spent many vacations snow skiing out west and backpacking. The plan was always Louisiana State University for undergrad, but then I chose to stay there for medical school, too. Once I chose the field of orthopaedics, I rotated at The University of New Mexico for a sub-internship. Between the high volume of trauma, talented attendings, and amazing culture of this program, I was hooked. I never imagined in my younger years that I would get the opportunity to live amongst the mountains and enjoy all of their offerings in sports and outdoors.

During residency, I had the opportunity to publish in journals on foot and ankle exam techniques and a national tibia fracture study. I am currently working on hip arthroscopy research as it relates to trauma and younger athletes. I was also lucky enough to spend a brief time in Lyon, France, studying under renowned sports and arthroplasty surgeons. Overall, I had a wonderful experience training here and enjoyed recharging in the great Southwest.

I couldn’t have done it without the amazing support of my friends, family, and mentors. I want to thank my parents, Michael and Kim, for always being there for me, even from across the country. I want to also thank my brother and sister, Kelly and Paige, for keeping me in check. Thank you to my significant other, Adison, who is amazing and has been more helpful than she’ll ever know. And last, to all of my coaches and mentors, thank you for your patience and guidance.

I look forward to my fellowship in sports and shoulder surgery next year in Boulder, Colorado. I’ll have the opportunity to hone my skills in team coverage, different surgical techniques, and clinical exams while developing more lifelong relationships with the great people in this field. Geaux Lobos!
Hailing from a small town in Arizona, Apache Junction, I left the state to attend the University of Notre Dame for my undergraduate degree before returning to Arizona to work as an engineer for 5 years at Raytheon Missile Systems. I had a chance of heart in terms of career choice and was fortunate to attend medical school at the University of Arizona. I chose to train at The University of New Mexico (UNM) because of the phenomenal and supportive people. I rotated here as a medical student and was blown away by the excellent operative experience. It is hard to name just one favorite experience, but I would have to say the annual graduation dinner and golf tournament honoring the outgoing chiefs were absolute blasts. Albuquerque has been a great, affordable place to train. You are close to the mountains but have every city amenity you could want. My wife was born and raised in Albuquerque and has been happy to be back. My daughter loves living here, and we’ve been happy with the schools and extracurricular activities offered to her. Outside of medicine, my hobbies and interests include family, bourbon, hiking, running, and biking. Albuquerque has been a great place to partake in these hobbies.

I would like to, first and foremost, thank my wife, Katie, for being the most incredible wife and mother that I could ever imagine. You have put up with more over the past 5 years than anyone should have to deal with in a lifetime. Where others would have been crushed, you flourished. To my daughter, Hayley, I am so proud of the wonderful person you are growing up to be. You have inspired me to be a better person as I have gone through this journey. To Seth, you are forever loved and missed. To my and Katie’s parents, thank you for all the support to our family. You have provided so much help over the past nine years. To my fellow residents, you have challenged me every day to be a better person and surgeon.

To UNM Orthopaedics, thank you for taking a chance on me. Following my orthopaedic residency, I will be pursuing an orthopaedic trauma fellowship at the University of Kentucky in Lexington.
Letter from the Chief of the Division of Physical Therapy

Beth Moody Jones, PT, DPT, EdD, MS
Board-Certified Orthopaedic Clinical Specialist
Certified in Dry Needling
Associate Professor
Division Chief

In 2000, the American Physical Therapy Association held a strategic planning meeting leading to the adoption of “Vision 2020.” For years, the physical therapy community talked of Vision 2020—the principles of this vision guided the growth of physical therapy education and patient care.

This past year, the Division of Physical Therapy has learned to bend, change direction, negotiate, and re-invent itself as the world locked down. Patient care and physical therapy education changed due to COVID-19. While changing course and direction was not easy, the Physical Therapy Division did this with swiftness and agility. We found the silver lining of change that will forever alter our path. Here are a few of those lessons learned:

We can successfully teach in alternative ways, which has improved our teaching. With the pandemic upon us, we switched in-person lectures to asynchronous recordings, held small group discussions via Zoom, and limited our in-person class time to include only hands-on psychomotor techniques. Students reported that these changes allowed for learning at their own pace and improved productivity. Recorded lectures allowed students to re-listen to content that may have been confusing, and small lab groups gave them better access to instructors.

Our curriculum and faculty are fluid. With little notice, the faculty sought out resources and instruction for best online learning practices. We creatively adopted many education templates and rearranged the curricular path to flex with the tide of the pandemic. We increased our presence in labs during a dip in cases for the summer and finished hands-on labs early in the fall with the prediction of the fall surge.

We stayed healthy. With transparent town halls, the adoption of a social agreement, and a tiered approach to using the appropriate PPE for our face-to-face hands-on instruction, we reported only one COVID-positive case among our physical therapy community. Our community, faculty, staff, and students followed all safety practices put forward, limiting the spread of COVID within our learning community.

It is possible to celebrate achievement in a pandemic. To celebrate our graduating class of 2020, we had a drive-by celebration with all faculty and students. It was socially distanced outdoors, with noisemakers in hand and graduating students collecting their gown, cap, and hood. We created a video that included speeches, academic awards, congratulatory remarks, conferring of degrees, and students reading the Physical Therapy Oath. We live-streamed the video on graduation day, and graduates sent pictures of them being hooded by their families.

After preparing and teaching the entire fall in this new hybrid model, we found preparing for the spring semester in 2021 a much easier process. We will continue to teach in this hybrid mode until the summer. Our students are being vaccinated and are returning to the clinic again. We lost only 2 months of progress with one cohort, the class of 2021, who will be delayed because of the lack of clinical sites during the height of the pandemic.

We have a better understanding and appreciation of health measures and the need for health equity to help sustain global health and the future of health professionals. No one could have made all this work alone. Each member of our community kept this program moving. For that, we are incredibly thankful.

Respectfully,
Beth Moody Jones, PT, DPT, EdD, MS
Letter from the Co-Editors

It is hard to believe that WJO is now in its 10th year of publication. I would like to take this opportunity to thank everyone involved. The support and interest to get this project off the ground and improve the quality of the journal annually is a testament to the dedication and commitment of all involved. The support of our readers, authors, reviewers, and editorial team has been invaluable.

The past year has been challenging for everyone. Our Orthopaedic Biomechanics and Biomaterials Laboratory (OBBL) researchers were particularly affected by the lab closures from March to August. Despite these challenges, our team rose to those challenges. Starting in April 2020, our team led a 24/7 university-wide effort to 3D print medical-grade, respirator-like masks for those in need in New Mexico. We distributed more than 15,000 masks, food, water, hand sanitizer, and face shields across the Navajo Nation and multiple pueblos around the state. We wrapped up this year-long effort on May 6, 2021, with a distribution of 4500 masks and 750 pounds of supplies to the New Mexico Migrant Education Program, who will be providing these items to students and families in more than 10 school districts across Southern New Mexico. I am very proud of our team who volunteered their time for this effort even while juggling remote and in-person classes and keeping our orthopaedics research projects moving forward. I expect OBBL productivity in 2021 and 2022 will easily make up for any lost time due to COVID.

Ten years of collaboration and support.

This year, UNM has made new connections with our friends in the sports medicine division at Yale, and increased our visibility as a premier academic research institution. The STaR Trial, under the direction of the University of Pittsburgh, is a multimillion dollar Department of Defense-funded study evaluating the timing of surgery and rehabilitation for the treatment of multi-ligament knee injuries in the civilian and military population. UNM is fortunate to participate in this study and is the lead site across the United States and Canada in study enrollment. We are also excited to become a study site for the multi-center Stability II trial that will evaluate the effect of graft choice and lateral extra-articular tenodesis on minimizing anterior cruciate ligament failure rates and donor site morbidity in an athletic population. This is an exciting opportunity to thank everyone involved. The support and interest to get this project off the ground and improve the quality of the journal annually is a testament to the dedication and commitment of all involved. The support of our readers, authors, reviewers, and editorial team has been invaluable.

Although COVID-19 has taken a mental and physical toll on so many, research and collaboration has been an area that has thrived with the enhanced virtual platform. This has allowed us to continue our incredible collaborations with our friends in South Africa, Brazil, and India, and worked on multi-ligament publications with colleagues from those countries.

It is hard to believe that WJO is now in its 10th year of publication. I would like to take this opportunity to thank everyone involved. The support and interest to get this project off the ground and improve the quality of the journal annually is a testament to the dedication and commitment of all involved. The support of our readers, authors, reviewers, and editorial team has been invaluable.
Letter from the Co-Editors

Deana Mercer MD
Welcome to the 10th volume of the Western Journal of Orthopaedics (WJO), featuring efforts of faculty, alumni, fellows, residents, and students. This is the fifth volume to feature a double-blinded, external peer-review process for WJO. Each manuscript receives at least two reviewers per submission. We continually strive to facilitate quality control for reviewers and authors alike in our goal to nationally and internationally expand WJO audiences. We would like to take this time to highlight The University of New Mexico (UNM) Orthopaedic accomplishments in research over the past year as 2020 was a year of learning and adjusting. Our team adapted in a time of ZOOM conferences and digital presentations throughout the pandemic. In total, our faculty and residents have published 76 articles, with the number on track to increase in 2021. Of these, our residents published 17 articles. We would like to acknowledge Dr. Robert Schenck Jr., UNM Orthopaedic Chair, and Gail Case, administrative supervisor, for their continued leadership and support. We would also like to thank Angelique Tapia and Joni Roberts, managing editors, and Arianna Medina, copyeditor, for their effort in producing this volume of WJO.

Dustin Richter MD
It is hard to believe that WJO is now in its 10th year of publication. I would like to take this opportunity to thank everyone involved. The support and interest to get this project off the ground and improve the quality of the journal annually is a testament to the dedication and strength of our research staff, editors, authors, reviewers, department, and many more. Although COVID-19 has taken a mental and physical toll on so many, research and collaborations has been an area that has thrived with the enhanced virtual platform. This year, UNM has made new connections with our friends in the sports medicine division at Yale, worked on multi-ligament publications with colleagues from South Africa, Brazil, and India, and increased our visibility as a premier academic research institution. The STaR Trial, under the direction of the University of Pittsburgh, is a multimillion dollar Department of Defense-funded study evaluating the timing of surgery and rehabilitation for the treatment of multi-ligament knee injuries in the civilian and military population. UNM is fortunate to participate in this study and is the lead site across the United States and Canada in study enrollment. We are also excited to become a study site for the multi-center Stability II trial that will evaluate the effect of graft choice and lateral extra-articular tenodesis on minimizing anterior cruciate ligament failure rates and donor site morbidity in an athletic population. This is an exciting time at UNM. Thank you once again to all my friends and colleagues for the outstanding support.

Christina Salas PhD
Ten years of WJO, and I am so happy to see that we are going strong! Due to COVID-19, this has been a challenging year for everyone. Our Orthopaedic Biomechanics and Biomaterials Laboratory (OBBL) researchers were particularly affected by the lab closures from March through August. As with all challenges, there were opportunities to step up and help solve problems, and our team rose to those challenges. Starting in April 2020, our team led a 24/7 university-wide effort to 3D print medical-grade, respirator-like masks for those in need in New Mexico. We distributed more than 15,000 masks, food, water, hand sanitizer, and face shields across the Navajo Nation and multiple pueblos around the state. We wrapped up this year-long effort on May 6, 2021, with a distribution of 4500 masks and 750 pounds of supplies to the New Mexico Migrant Education Program, who will be providing these items to students and families in more than 10 school districts across Southern New Mexico. I am very proud of our team who volunteered their time for this effort even while juggling remote and in-person classes and keeping our orthopaedics research projects moving forward. I expect that OBBL productivity in 2021 and 2022 will easily make up for any lost time due to COVID. I look forward to building and growing our new research facility at the Center of Excellence!
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