

MOBILITY MATTERS

An Avid Athlete Returns to the Outdoors



At age 61, Alan Benezra broke his wrist mountain biking in Boulder, Colorado. After a doctor told him he didn't require surgery, Alan waited 12 weeks before he "knew something was horribly wrong." That's when he got an appointment at Hospital for Special Surgery. Alan's doctor immediately diagnosed his wrist with improper bone healing, ligament damage, and deformation and suggested surgery. Two weeks after his operation, Alan's wrist was anatomically correct with minimal swelling, and he will be fully recovered for the biking season. "If you need hand surgery, there is no other."

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Your gift ensures that we can help more patients improve their mobility and quality of life. Please donate to Hospital for Special Surgery today.

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Treating Young Athletes to Prevent Future Hip Pain



According to a study by the Center for Hip Preservation at Hospital for Special Surgery, adolescent hip pain can strike young athletes and cause abnormalities sooner than those who are less active. With more than 44 million children and adolescents participating in sports nationwide, it's important to know what to look for in young athletes who may be at risk.

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ANNOUNCEMENT

We're #1... and #2!

Hospital for Special Surgery was ranked #1 for orthopedics and #2 for rheumatology by *U.S. News & World Report* in its 2011 "America's Best Hospitals" issue.

A Decade Later, Spinal Fusion Patients Doing Well

A recent HSS study published in *Spine* found that teenagers who have spinal fusion surgery for scoliosis have good clinical outcomes ten years after surgery, reassuring teenagers who may require this procedure. It is commonly believed that the area of the spine below the surgery would wear out over time due to stress. However, HSS investigators found that thoracic fusion, a procedure which uses spine implants to weld parts of the spine together as a way to restore alignment, did not cause degeneration on MRI ten years after the surgery.

