From the Editor: Danielle Bass, MD

Welcome to the Fall 2012 edition of the Chicago Center for Orthopedics Sports Quarterly. We’ve been busy the past few months as the WNBA Chicago Sky, Frontier League Baseball and Pro Fastpitch Softball ended their summer seasons successfully. Additionally, I traveled with the U.S. Women’s National Soccer Team to Baku, Azerbaijan—near Armenia—for the Under-17 FIFA World Cup Tournament. Now as we settle into fall, football is in full swing, and as always, we’re busy taking care of our numerous sports teams. Our main goal: keeping all of our athletes—professional and amateur—as healthy as possible.

I hope you enjoy this season’s newsletter!

Danielle Bass, M.D.

AAP Recommends Allowing Youth with Solitary Kidneys to Participate in Contact Sports

Featured Team: Robert Morris University Eagles

Featured Physician: Henry Finn, M.D.

Featured Athletes: Lamont Wims & Deshawn Weaver

Healthy Eating: Butternut Squash Cous-Cous
Solitary Kidneys to Participate in Contact Sports

Leagues used to impose strict rules regarding single-organ athletes who played contact sports. For example, athletes with only one kidney were excluded from contact sports in order to prevent injury or the potential loss of their single kidney.

Recommendations changed, though, when a recent article analyzed injury rates. “Sports-Related Kidney Injury Among High School Athletes” appeared in Pediatrics, and pulled data from the National Athletic Trainer’s Association High School Injury Surveillance System.

In contact sports, kidney injuries were significantly lower compared to injuries of other body parts, such as the knee, spine and head. Out of 23,666 reported injuries, only 18 involved the kidneys; none was catastrophic or required surgery.

Because this report highlights that the risk of kidney injury is low, the American Academy of Pediatrics (AAP) switched its official recommendation to a “qualified yes” for young athletes with a single kidney. That qualification must come from the athlete’s physician, following an evaluation. The physician also must discuss the risk of playing contact sports.

For more information, contact any of our Sports Medicine experts via ChicagoOrtho.com, or visit the AAP online at AAP.org.

PEDIATRICS, Vol. 130, No. 1, July 1, 2012, pp. e40 -e45
http://pediatrics.aappublications.org/content/130/1/e40

Featured Team: Robert Morris University Eagles

In early 2010, Robert Morris University began a national search to appoint the first Head Football Coach in the institution’s 98-year history, dating back to 1913. The new hire would be charged with directing an Eagles program that would compete in 2011 and 2012 as a member of the National Association of Intercollegiate Athletics (NAIA), and open conference play as a member of the Mid States Football Association in 2013. By May of 2010, the Eagles had their Head Coach in Jared Williamson, and Robert Morris University had the newest member of their burgeoning athletic department in the Men’s Football Program.

In his first season as the Eagles’ Head Coach, and the inaugural campaign for Chicago’s newest collegiate football program, Jared Williamson guided RMU to a 4-4 record including a stretch where his squad won 4 of 5 games and secured the first win in Robert Morris University history—a 14-7 decision over NAIA opponent Ave Maria University, Fla. In 2012, the Eagles have sprinted to a 6-1 record to open the season,
Williamson’s appointment came on the heels of a successful stint as the Offensive Coordinator and Quarterback Coach at NCAA Division III Illinois Wesleyan University in Bloomington, Ill. Under Head Coach Norm Eash, Williamson directed a Titan offense that averaged 30 points, 425 yards, and 21 first downs per game in his final season and earned a playoff berth after securing the College Conference of Illinois and Wisconsin Championship with a 9-1 regular-season record.

As the quarterback for NAIA Mayville State University, located in Mayville, N.D., Williamson captained the 2003-05 Comets as a 3-year starter and 4-year varsity letterman. A two-time Dakota Athletic All-Conference selection, Williamson graduated from Mayville State University with an undergraduate degree in Secondary Education while double majoring in Social Science and Physical Education. He also holds a Master’s degree in Sports Psychology from Illinois State University where he taught in the physical education department as a graduate assistant. Williamson is a native of Dallas, Texas, and currently resides in the Chicago suburb of Naperville with his wife Kelsey and daughters Abigail and Gloria.

Featured Physician: Henry Finn, M.D.

- Medical Director, Chicago Center for Orthopedics
- Chairman of Surgery, Weiss Memorial Hospital
- Medical Director, University of Chicago Bone and Joint Center at Weiss
- Professor of Surgery, University of Chicago

Internationally recognized for his skill in hip and knee replacement surgery, Henry A. Finn, M.D., F.A.C.S., has more than 25 years of experience in orthopedic surgery. He specializes in adult reconstructive surgery, and has led approximately 10,000 surgical procedures. He is also a leader in devising and applying the latest techniques, including contemporary minimally invasive and rapid-recovery approaches, advanced analgesic techniques, cosmetic wound closure, partial knee replacement and hip resurfacing.

In addition to performing hundreds of joint replacements each year, Dr. Finn has combined his knowledge of surgical oncology and joint replacement surgery, prosthetic design, allograft transplantation and soft-tissue reconstruction to address the most difficult "limb salvage" adult orthopedic reconstructive problems affecting the hip and knee. He was twice listed among America’s Top Physicians in Orthopaedic Surgery and Joint Replacement in the Consumers’ Research Council of America’s Guide to America’s Top Physicians. Dr. Finn also has received numerous times the distinguished honor from his peers of being named in “Chicago’s Top Doctors” in Chicago magazine.

Many of the devices that Dr. Finn has invented are in wide use at major medical centers in the United States and abroad. He designed the Finn Knee™ System, which is utilized for reconstruction of knees with difficult problems. The Finn Knee™ was recognized as one of the most significant advancements in the field of orthopedics in the last century in the millennium edition of Orthopedics Today, as well as by the
American Academy of Orthopedic Surgeons as one of the more notable orthopedic innovations in the 75 years of their existence.

**Year Started Practice**
1986

**Clinical Specialties**
Orthopedic surgery

**Board Certifications**
Orthopedic surgery

**Research Interests**
Prosthetic design for hip and knee replacement  
Cementless total hip replacement  
Skeletal reconstruction for metastatic carcinoma  
Limb salvage for cancer and limb threatening non-oncologic problems

**Special Interests**
Joint replacement, revision total joint replacement  
Trauma, bone-cancer metastatic, arthritis  
Lower extremity surgery, infections, deformities  
Workers compensation

**Medical Training**
Medical School: Hahnemann University, Philadelphia, PA  
Internship: Hahnemann University, Philadelphia, PA  
Residency: Hahnemann University, Philadelphia, PA  
Fellowship: Orthopaedic Oncology, University of Chicago Hospitals, Chicago, IL

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**Featured Athletes:**
**Lamont Wims & Deshawn Weaver**

Weaver and Wims each represent Robert Morris University as captains for the Eagles—a title bestowed upon six members of the 2012 Football Program as voted upon by their peers prior to the opening of the regular season.

A member of Robert Morris University Football’s inaugural recruiting class, Lamont Wims signed with the Eagles by way of St. John’s Catholic Prep High School in Frederick, Md. As a freshman running back in 2011, Wims rushed for 755 yards and 7 touchdowns on only 119 attempts for an average of 6.3 yards per carry. In addition, Wims managed to amass 20 receptions for 265 receiving yards and 3 touchdowns.

Through the early portion of 2012, Wims has established himself as one of the National Association of Intercollegiate Athletic’s (NAIA) premier running backs with
over 1,200 all-purpose yards and 15 touchdowns through 7 games. He currently ranks as the #1 running back in total yards, all-purpose yardage, and yards per game; he accounts for nearly 40 percent of the Eagles’ offensive yardage production.

Wims is currently studying within Robert Morris University’s undergraduate program for Business Administration where he holds a cumulative GPA of a 3.8 on a 4-point scale after the completion of three academic quarters.

A high school teammate of Wims and a recipient of USA College Football’s Preseason NAIA All-American Award, Deshawn Weaver currently ranks as the Eagle’s career leader in receptions (68) yardage (779) and touchdown receptions (12) with only 12 varsity games to his credit. His 39 catches for 541 yards and 10 touchdowns earned him membership to the 2011 NAIA All-Independent Team as a true freshman, and national recognition as one of the country’s top wide receivers.

Weaver and Wims each represent Robert Morris University as captains for the Eagles—a title bestowed upon six members of the 2012 Football Program as voted upon by their peers prior to the opening of the regular season.

As a student, Weaver boasts a cumulative GPA of 3.75 on a 4-point scale and has chosen RMU’s Exercise and Sports Studies program as the focus of his undergraduate efforts. Both Wims and Weaver reside on campus at the University Center, along with other members of the Eagles Football Team.

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**Healthy Eating: Butternut Squash Cous-Cous**

Looking for a great fall recipe that’s light and healthy? This Butternut Squash Cous-Cous only takes 30 minutes to make! And while the recipe below is vegetarian, you can easily add chicken for additional protein.

**Butternut Squash Cous-Cous**

**Ingredients**

- 1/4 cup sliced almonds
- 2 tablespoons olive oil
- 2 onions, chopped
- 2 cloves garlic, minced
- 1/4 teaspoon cayenne
- 1/8 teaspoon grated nutmeg
- 1/8 teaspoon cinnamon
- 1 cup canned diced tomatoes with their juice (from one 15-ounce can)
- 1 butternut squash (about 2 pounds), peeled, halved lengthwise, seeded and cut into 3/4-inch dice
- 1/4 cup raisins
- 3 cups canned low-sodium chicken broth or homemade stock
- 1 1/4 teaspoons salt
- 2 cups drained and rinsed canned chickpeas (one 19-ounce can)
3/4 cup chopped fresh parsley
1 1/2 cups water
1 1/2 cups couscous

**Directions**

1. In a small frying pan toast the almonds over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or, toast them in a 350° oven for 5 to 10 minutes.

2. In a Dutch oven, heat the oil over moderately low heat. Add the onions and cook, stirring occasionally, until translucent, about 5 minutes. Add the garlic, cayenne, nutmeg, and cinnamon and cook, stirring, until fragrant, 1 minute longer. Stir in tomatoes, squash, raisins, broth, and 1 teaspoon of the salt and bring to a simmer. Stir in the chickpeas and cook, covered, for 10 minutes. Uncover and simmer until the squash is tender, about 10 minutes more. Stir in the parsley.

3. Meanwhile, in a medium saucepan, bring the water and the remaining 1/4 teaspoon salt to a boil. Stir in the couscous. Cover, remove from the heat, and let stand for 5 minutes. Fluff with a fork. Serve the stew over the couscous and top with the toasted almonds.

*Recipe from: [www.foodandwine.com/recipes/butternut-squash-couscous](http://www.foodandwine.com/recipes/butternut-squash-couscous)*