



UB MD ORTHOPAEDICS  
& SPORTS MEDICINE

# Clinical Research

Winter 2026

# NEWSLETTER

## ANNOUNCEMENTS

### **American Academy of Orthopaedic Surgeons (AAOS) Annual Meeting**

March 2 - March 6, 2026

New Orleans, LA

[Click this link for details.](#)

### **Orthopaedic Research Society (ORS) Annual Meeting**

March 27 - March 31, 2026

Charlotte, NC

[Click this link for details.](#)

### **2026 Medical Student Summer Research Program Applications**

[Click this link for details.](#)

## CPR OUTREACH & EDUCATION MILESTONE ACHIEVED

Thanks to the commitment of our staff and instructors, we trained over 30,000 people in hands-only CPR in just over 2 years. We gathered to celebrate this incredible milestone in empowering our community to save lives at an appreciation event on October 23.



Visit our CPR website by clicking  
[this link](#), or scan the QR code!



Questions, Comments, or Suggestions? Contact Us!

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## RESEARCH HIGHLIGHT

Congratulations to Dr. John Leddy, Medical Director for the Concussion Management Research Center, for publishing a single-author paper titled **Sport-Related Concussion** by invitation from the *New England Journal of Medicine*! [Click this link to read.](#)



## CONTINUING EDUCATION LECTURE SERIES

In September 2025, the clinical research team launched the Continuing Education Lecture Series, in an effort to share expertise across disciplines and offer professional development to our trainees. The series opened with a lecture led by Dr. Haley Chizuk, who shared important insights on scientific integrity and its essential role in research and manuscript writing. October featured a webinar presented by the Orthopaedic Research Society (ORS) describing cutting-edge discussions on novel analytical methods in biostatistics. This webinar was moderated by our own Dr. Sonja Pavlesen, chair of the Strategies in Clinical Research Section of ORS. In November, we presented another webinar hosted by ORS on the power of patient stories in musculoskeletal research featuring a special guest speaker from the San Diego Padres who discussed his firsthand experience with MSK injury and recovery. Concluding the inaugural year, the December lecture featured Dr. Praveen Arany from the UB Oral Biology Lab, sharing his research on photobiomodulation therapy.

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## NOTEWORTHY RESEARCH PUBLICATIONS IN 2025

**The Treatment of Meniscal Problems in Osteoarthritis (TeMPO) trial**, published in the *New England Journal of Medicine* this year, examined whether adding physical therapy or text message support to a home exercise program improves pain outcomes in adults with knee pain, osteoarthritis, and degenerative meniscal tears. In this multi-centered randomized trial of 879 participants, there were no clinically meaningful differences at three months. Over half of the participants in this trial were from Buffalo and Drs. Bisson, Wind, Freitas, Leddy and providers Kelly Jordan and Peter Tonsoline were co-authors on this study. [Click this link to read the article.](#)

The **Chondral Lesions and Meniscus Procedures (ChAMP) trial**, published in the *Journal of Bone and Joint Surgery* this year, evaluated whether debriding unstable chondral lesions during knee arthroscopic partial meniscectomy (APM) for meniscal tears improves patient outcomes. In this randomized trial of 190 patients undergoing APM with or without chondral debridement followed for nine years, there were no meaningful differences in pain, joint space narrowing, range of motion, quadriceps size, knee effusion, or rates of subsequent surgery. [Click this link to read the article.](#) A follow up paper under review found that 17% of patients with unstable chondral lesions (CL) at the time of APM went on to arthroplasty compared to 2% without unstable CL at 9 years. Stay tuned for this publication in our next edition!



Dr. Rajiv Jain (left) and Dr. Michael Freitas (right)

## PATIENT EXPECTANCY AND TREATMENT CREDIBILITY STUDY

The patient expectancy and treatment credibility study sought to examine expectations among patients age 45-85 with knee osteoarthritis about to initiate injection, physical therapy, or surgery. In just under 2 years, enrolling providers and research staff recruited 344 patients. Congratulations to Dr. Freitas for winning the medal for most patients enrolled overall, and Dr. Jain for having the highest percentage completion rate (% enrolled out of those eligible). The research team thanks all our staff and providers who helped us reach our enrollment goal!

## HAPPY HOLIDAYS FROM THE CLINICAL RESEARCH TEAM



Pictured left to right: Alyssa Lickfeld, Nico Buksic, Tess DeCicco, Mary Bayers-Thering (front), Alexa Streicher (back), Lin Feng (front), Dr. Sonja Pavlesen (back), Dr. Norri Weiss-Laxer, and Andrea Carland  
Not Pictured: Grace Germano and Drs. Leddy, Duquin, Haider, and Chizuk