

Going Beyond

Memorial
Regional Hospital
South ranks
among the top

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Nurse residency
program
empowers new
nurses

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Leading the
way in foot and
ankle care

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Phil Wright

New CEO of Memorial
Regional Hospital South

Moving You Forward

M
Memorial
Orthopaedic Surgery and
Sports Medicine Center



The **Memorial Sports Medicine Journal Club & Lecture Series** is a journal club and educational meeting with a structured format curated to appeal to a variety of Sports Medicine disciplines, including:

- Orthopaedic Surgery
- Physical Medicine and Rehabilitation
- Physical Therapy
- Athletic Training
- Occupational Therapy

Presenters will discuss a different topic at each meeting with articles presented from each of the following disciplines:

- Orthopaedic Surgery
- Physical Medicine and Rehabilitation
- Physical Therapy

Articles will be forwarded in advance to participants who have registered for the meeting. Overview presentations will rotate through disciplines and will be conducted via WebEx. Participants are encouraged to download the WebEx application to their mobile device or connect using a web browser on their computer.

The primary audience for this journal club is orthopaedic surgeons, PM&R physicians and residents, primary care sports medicine physicians, physical therapists, athletic trainers, and other sports medicine professionals from the community.

To RSVP, or for more information, please email MemorialSportsMedicine@mhs.net.

This course is approved for 1 CEU hour for Memorial RNs and APRNs.
1 CME has been approved for physicians.
Physical Therapists: CEU credit hours pending.



Scan code
to register

TOPICS & DATES

September 10, 2024 • 7-8 pm

**Pelvic Soft Tissue Injury and Rehabilitation:
Male and Female Athletes**

Presenter: Marjorie Mamsaang, DO, PM&R
Co-presenters: Nancy Smith, DPT, and Ellen Dzierzak, DO, PM&R
Location: Webex

October 8, 2024 • 7-8 pm

**TFCC Operative and Non-operative
Treatment**

Presenter: Eduardo Natal, MD, Sports Medicine
Co-presenter: Ashley Soloman, CHT, and Sri Moturo, DO, PM&R
Location: WebEx

November 12, 2024 • 7-8 pm

**Ankle Anterior Impingement Syndrome
and Instability Conditions**

Presenter: Amiethab Aier, MD, Sports Medicine
Co-presenters: Philip Garretson, DPT, and Emma Adkins, MD, PM&R
Location: WebEx

December 10, 2024 • 7-8 pm

ACL - Return to Play

Presenter: Marvin K. Smith, MD, Sports Medicine
Co-presenters: Gerard Talbot-Paul, DPT, and Jorge Bilbao, DO, PM&R
Location: Webex



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Memorial Regional Hospital South
and Memorial Rehabilitation Institute,
Memorial Post-Acute Care Network

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The Joint Commission
accredited



CARF-accredited
(Commission on
Accreditation for
Rehabilitation
Facilities)



Florida Department of
Health Brain and Spinal
Cord Injury Program



Leading with Compassion

Phil A. Wright forges a strategic vision

Phil A. Wright, FACHE, is still fresh on the scene as Memorial Regional Hospital South's new chief executive officer. He joined Memorial's ranks in September 2023 and has spent his first few months meeting stakeholders and staff, learning about the organization, discussing strategic initiatives, and focusing on the immediate and future goals of South Florida's largest provider of physical rehabilitation services.

Now, as he shifts his focus toward longer-term objectives, he remains dedicated to prioritizing the overall health of Memorial South.

"Much of my vision must be rooted in what's best for the organization and how that aligns with where we are now and where we want to go as an organization," says Mr. Wright, who took over for Doug A. Zaren, FACHE, after he retired in July 2023.

Mr. Wright's method of discovering "what's best for the organization" is simple and straightforward, yet it's a skill few people actually use: he listens. He leans in and pays attention to what others have to say. Then he combines that information with his own intuition to make the most informed decision going forward.

“Phil balances his business acumen and clinical expertise with staff engagement, creating a healthy organizational culture and ensuring safe, high-quality care.”

— Leah A. Carpenter, FACHE, chief operating officer at Memorial Healthcare System.



Above: Mr. Wright with fellow employees celebrating Memorial Healthcare System's 2023-2024 Great Places to Work recognition.

“I try extremely hard to be an intentional listener, and I believe that’s a strength of mine,” he explains. “People feel comfortable with my leadership style and with who I am as a person and come in and talk to me freely about issues, concerns, and projects.”

Mr. Wright has built a 25-plus-year career heeding the wisdom of others while navigating the intricacies of healthcare systems. He was an executive for Community Health Systems at Southside Regional Medical Center in Petersburg, Virginia, and Southampton Memorial Hospital in Franklin, Virginia and also spent time with AdventHealth in

Ocala. Along the way, he’s mastered strategic, financial, and operational management skills in for-profit and not-for-profit healthcare settings.

“Phil balances his business acumen and clinical expertise with staff engagement, creating a healthy organizational culture and ensuring safe, high-quality care,” said Leah A. Carpenter, FACHE, chief operating officer at Memorial Healthcare System. “He has an impressive track record of hands-on leadership, collaborating directly with leaders, physicians, and staff to meet the needs of patients, families, and communities in an ever-changing healthcare environment.”

He plans to continue this trajectory of thoughtful governance at Memorial South.

“Long term, there’s a huge opportunity for this hospital to expand in some key areas, such as orthopedics and sports medicine. Our musculoskeletal service line has the potential for significant growth,” he says. “This hospital is positioned nicely to accommodate a wide array of outpatient and ambulatory surgical services, and considering that orthopedic procedures are increasingly being conducted in outpatient settings, we have a tremendous opportunity to grow in that area.”

Keen to expand rehab imaging services, Mr. Wright has already secured a second CT machine and has plans to acquire another MRI unit as well. He also sees an opportunity to increase cross-disciplinary practices between Memorial South’s Emergency and Trauma Services and Memorial Rehabilitation Institute.

“Our Emergency Department and Acute Inpatient Units are very high-performing units. They incorporate many best practices other hospital units are trying to emulate, and I’m very proud of that,” Mr. Wright says. “What that says to me is there may be an opportunity for us to do more on the acute care side without losing our rehab focus and that’s something we’ll continue to explore in the future.”

Mr. Wright is a multifaceted, big-picture thinker, and this comes from being interested and proficient in many areas at once. Growing up

in Gainesville, Florida he performed well enough in music and sports (tennis, specifically) to win partial scholarships for both. He's always considered himself a "jack-of-all-trades," proficient if not expert and comfortable in almost any setting. So it's no surprise that he progressed from a kid on a tennis court to being head of a facility renowned for sports medicine.

Case in point: Memorial Sports Medicine Center at Memorial Regional Hospital South is the official medical service provider for the Miami Sharks, South Florida's first Major League rugby team. Recently, Mr. Wright met some of the players.

"It was exciting to interact and have discussions with those professional athletes. It's allowed me to fulfill and stay connected to my

love for sports," he admits.

Mr. Wright graduated from Florida A&M University with a degree in cardiopulmonary science and then earned a master's degree in health administration from the Medical University of South Carolina. He later became certified as an executive coach, a pursuit inspired from his personal experiences with mentors cheering him on throughout his career.

"I've been extremely blessed to have people who have invested in me over time," says the husband and father of three boys. "Having those types of relationships have been just as important as any accomplishment I've achieved on the job. I use this training to not only further my own skills but to guide and mentor others. When I'm able to coach somebody or

talk to them about whatever they're going through, from a professional standpoint, it fills my cup in a different way than the normal day-to-day operations of a hospital can."

While acclimating to a new workplace, Mr. Wright also has been adjusting to the hustle and bustle of a bigger city. It's been exciting, experiencing Broward County's diverse people and cultures. South Florida and Memorial Regional Hospital South, he says, are proving to be "a perfect fit" for this well-rounded newcomer.

"Moving is not always easy, especially with a family. But everybody's been very accommodating to make sure this transition has gone well. It's been fun so far," he says, "I'm excited about the future."

A GUIDING PRESENCE

Mr. Wright is recognized as an outstanding mentor for his compassionate leadership style, calm demeanor, and innovative solutions. He empowers many colleagues to aspire to greater heights in their careers, including Ray Shipman, Director, Musculoskeletal Service Line at Memorial Healthcare System.

"In the short time Phil has been with our healthcare system, he has profoundly impacted both my personal and professional development," explains Mr. Shipman. "Our mentorship relationship is characterized by open communication and mutual respect. We meet regularly, typically on a monthly basis, to discuss ongoing projects, address any challenges I am facing, and explore opportunities for professional growth."

According to Mr. Shipman, Mr. Wright has provided invaluable guidance in several key areas, including sharing his extensive experience and expertise, offering practical advice on managing complex projects and fostering effective teamwork.

"He has also guided me in strategic thinking and decision-making, helping me to develop a more



Phil Wright, left, with Ray Shipman.

comprehensive understanding of the broader healthcare landscape. Additionally, his insights into work-life balance and stress management have been particularly beneficial."

Memorial Regional Hospital South is Among the Best Hospitals for Rehabilitation



Memorial Regional Hospital, which includes Memorial Regional Hospital South, has been recognized by *U.S. News & World Report* as a Best Hospital in Rehabilitation for 2024-2025..

"At Memorial Rehabilitation Institute, our patients are at the heart of everything we do," says Jackson Cohen, MD, Chief of Physical Medicine and Rehabilitation for Memorial Healthcare System.. "Being acknowledged by *U.S. News & World Report* serves as a consistent reminder of the profound impact we have on patients' lives and reinforces our commitment to continually exceed their expectations. We are deeply grateful for the trust our patients and families have in us, and we remain steadfast in our mission to provide the highest quality rehabilitative care."

Memorial Regional Hospital South is accredited by The Joint Commission as well as the Commission on Accreditation of Rehabilitation Facilities (CARF).The hospital is also home to Memorial Rehabilitation Institute, one of South Florida's largest provider of physical rehabilitation services. Memorial Rehabilitation Institute is a South Florida leader for world-class, comprehensive inpatient rehabilitation services.

Each year, Memorial's team of rehabilitation specialists provide care for more than 2,000 patients and their families.



Memorial also provides outpatient rehabilitation, and pediatric rehabilitation at Joe DiMaggio Children's Hospital.

"We believe in the power of innovative and personalized care to transform lives and our dedicated team works tirelessly to help patients with a wide range of conditions, including the most medically complex cases," said Dr. Cohen. This ranking further validates the dedication and expertise of our remarkable team."

Memorial Rehabilitation Institute is home to a 12,000-square-foot gym, which is equipped with some of the latest therapeutic equipment, including robotic technology for the treatment of various neurological conditions.

In addition, a simulated community provides an environment where patients can practice life skills

such as a visit to a grocery store or library. Patients can practice getting in and out of a car and learn how to navigate through a one-bedroom transitional apartment.

This allows patients and families to gain confidence in their ability to manage at home and in the community, while still having therapists and a team nearby.

U.S. News & World Report evaluated more than 5,000 hospitals across 15 specialties and 21 procedures and conditions; only 12 percent of evaluated hospitals earned a Best Hospitals ranking. Hospitals awarded a "Best" designation excelled at factors such as clinical outcomes, level of nursing care, and patient experience.

"Being acknowledged by *U.S. News & World Report* serves as a reminder of the profound impact we have on patients' lives."

— Jackson Cohen, MD

EDUCATING TOMORROW'S NEUROLOGIC PT SPECIALISTS

For physical therapists aspiring to specialize in the intricate realm of neurological disorders, neurology residency programs offer a pathway to comprehensive training and expertise. At Memorial Regional Hospital South, in partnership with Nova Southeastern University, neurologic physical therapy residents can gain hands-on experience and specialized training to skillfully treat and manage a diverse spectrum of neurological conditions.

The Neurologic Physical Therapy Residency Program at Memorial Regional Hospital South, which launched in 2019, offers a rich and rewarding training experience for aspiring neurologic physical therapy specialists.

"Through extensive clinical exposure, faculty mentorship, research opportunities, and multidisciplinary collaboration, residents are equipped with the knowledge, skills, and professionalism required to excel in the field of neurology," says Alexandra Adams, PT, DPT, NCS, EP-C, physical therapist and board-certified clinical specialist in neurologic physical therapy at Memorial Rehabilitation Institute.

"The program's dedication to excellence and innovation ensures that residents emerge as highly competent and compassionate specialists, ready to make significant contributions to patient care and enhance clinical practice."

Gaining Clinical Exposure

The cornerstone of the Neurologic Physical Therapy Residency Program at Memorial lies in its continuing commitment to providing extensive

clinical exposure to residents.

With a focus on diverse neurology populations including stroke, spinal cord injury, brain injury, movement disorders, and neuromuscular diseases, residents gain exposure to a wide array of neurological conditions. This immersive clinical experience sharpens residents' diagnostic acumen and equips them to handle complex cases with confidence.

What's more, residents train in a variety of settings and scenarios, which promotes their understanding of the continuum of care while fostering their ability to provide appropriate intervention and education regardless of the setting or patient's stage of recovery.

Providing Expert Mentorship

Neurology physical therapy residents also collaborate closely with experienced Memorial clinicians and Nova Southeastern University faculty who provide mentorship and guidance. These mentors, who are renowned experts in their respective fields, offer valuable insights and clinical wisdom to residents throughout the course of the residency program.

Alongside thorough clinical training, the residency program



THIS IMMERSIVE CLINICAL EXPERIENCE SHARPENS RESIDENTS' DIAGNOSTIC ACUMEN AND EQUIPS THEM TO HANDLE COMPLEX CASES WITH CONFIDENCE.

emphasizes the importance of research and scholarly activities. Residents have access to resources and support to pursue research projects in collaboration with faculty members, allowing residents to contribute to the advancement of neurological science while also honing their critical thinking and analytical skills.

Top of Form

The residency program also promotes a multidisciplinary approach to

Memorial Rehabilitation Services Standardizes Student Education Model

In the ever-changing world of healthcare, education serves as a crucial pillar for nurturing the next generation of professionals. For those students pursuing careers in rehabilitation, clinical education plays a pivotal role in their formal training, providing hands-on experience under the guidance of skilled rehabilitation practitioners. Recognizing the importance of this aspect of students' education, efforts were launched two years ago to standardize the program across various rehabilitation departments at Memorial, including physical therapy, occupational therapy, and speech language pathology.

"This initiative began by streamlining the onboarding process, which involved the appointment of a dedicated individual to oversee student onboarding and the creation of a uniform welcome letter for students and a handbook for clinical instructors. These resources outline the expectations for both students and instructors, so we can guarantee clarity right from the start," said Anna Castaneda, PT, DPT, NCS, Clinical Educator - Rehabilitation at Memorial Healthcare System.

Standardizing the onboarding process also fosters an environment of inclusivity, where students feel welcomed and benefit from consistent guidance.

"Setting clear expectations provides our students with a roadmap, which includes outlining their roles, responsibilities, and learning objectives," explains Mrs. Castaneda. "When students understand what is expected of them, they can better navigate their educational journey and actively engage in their professional development. This consistency is vital for guaranteeing that all students are both exposed to and meeting their learning objectives."

Efforts are currently underway to develop a resource guide and establish specific learning objectives that are site-specific and/or diagnosis specific. This approach will further improve standardization between clinical instructors while also enriching the student experience.



patient care – an integral aspect of Memorial Regional Hospital South's mission – which emphasizes collaboration among various healthcare professionals, including physiatrists, neuropsychologists, nurses, and other rehabilitation specialists.

"Neurology physical therapy residents have the opportunity to participate in interdisciplinary team meetings and conferences, where they collaborate with other specialists to develop comprehensive treatment plans for patients," says Ms. Adams. "This interdisciplinary approach enhances residents' understanding of the holistic management of neurological disorders and prepares them for a collaborative practice in their future careers."



"We're cultivating a learning environment where students can thrive, professionals can collaborate, and ultimately, patient care can flourish."

– Anna Castaneda, Clinical Educator - Rehabilitation

Empowering New Nurses

Nurse Residency Program Provides Path to Success in Nursing

Inaugurated in 2018, Memorial's Nurse Residency Program equips fledgling nurses with the knowledge and skills they need to succeed in the demanding field of nursing. Among the program's success stories are two former nurse residents who are now flourishing as registered nurses within the Neuro Rehabilitation Unit at Memorial Rehabilitation Institute at Memorial Regional Hospital South.

Sandrine Ndongo, BSN, RN, graduated nursing school during the COVID-19 pandemic. Quarantine required Ms. Ndongo to continue her education online, which she found unhelpful in her pursuit to be a hands-on healthcare provider. She knew she needed to practice nursing in person to feel more confident and prepared. Fortunately, she found that opportunity through Memorial's Nurse Residency Program.

"My whole cohort in nursing school wanted to go to Memorial. A lot of our teachers worked there and told us that Memorial Healthcare System was one of the best," recalls Ms. Ndongo, who completed her nurse residency in 2022. She currently works with patients who have suffered a stroke or other traumatic brain injuries.

Memorial's Nurse Residency Program bridges the gap between the academic world and professional nursing practice and was specifically designed to address the challenges



Nurse Shely Finberg, left, with a patient.

new nurses often face when entering the field. Residents focus on critical thinking skills and professional development and learn from each other as they complete the first year of their nursing careers.

Shely Finberg, BSN, RN, who is originally from New York, was anxious about practicing nursing right out of school. "Being a nursing student is very different from being an actual nurse," she explains.

To offer support, a friend suggested she consider Memorial's Nurse Residency program – one

of just a few such programs in the United States – to guide her through the process.

"The program increased my confidence and skill level one hundred percent," says Ms. Finberg, who completed the residency program last year.

While some new nurses may thrive when thrust into the demands of the real nursing world from the outset, others prefer a more measured transition into the field.

"The evidence-based curriculum, final project requirement, and

“The program increased my confidence and skill level one hundred percent.”

— Shely Finberg, RN

interactive exercises of the Memorial Nurse Residency Program have proven to instill confidence, decrease nurse turnover rates, improve decision-making skills, enhance clinical nursing leadership practices, and promote the incorporation of research-based evidence into practice,” Leslie Schlang, BSN, CRRN, Nurse Manager, Memorial Regional Hospital South. Ms. Schlang is also a member of the Nurse Residency Advisory Council, representing Memorial Regional Hospital South.

Memorial Hospital South has hired many nurse residents since the program started. Ms. Ndongo is now a preceptor for both new and seasoned nurses. In May 2023, she received the DAISY Award For Extraordinary Nurses for her outstanding clinical and leadership skills and the compassionate care she provides patients and their families.

Ms. Finberg joined Memorial Hospital South’s Neuro Rehabilitation Unit in 2022 and received a Patient First Award in June 2023 for assisting an elderly patient with a virtual physician call. She is currently applying to the Clinical Ladder Program, a structured program for



Nurse manager Leslie Schlang, left, consults with Shely Finberg.

bedside nurses to progress in their roles and to contribute their expertise and skills to patient care.

As for Ms. Schlang, she finds hiring new RNs extremely rewarding. She enjoys watching them grow into their role and become more confident and skilled

as nurses with each shift they work.

“It is a pleasure to be able to give nurses this opportunity,” adds Ms. Schlang. “We’ve been very fortunate in hiring new nursing talent here at Memorial, due, in large part, to the success of our Nurse Residency program.”



Leading the Way in Foot and Ankle Care

Understanding the intricate mechanics of the human body, particularly the foot and ankle, is no small feat. With its 28 bones, 33 joints, and a network of muscles orchestrating every movement, this specialized area demands focused attention that few physical therapy programs in the community can provide.

Recognizing the crucial role the foot and ankle play in overall health and mobility, Memorial Hospital West's Director of Rehabilitation, Debbie Lessard, DPT, OCS, and Level III Physical Therapist Andrea Barberis, PT, DPT, SCS, MTC, identified a significant gap in care in Southeast Florida. The absence of any dedicated foot and ankle specialty physical therapy programs inspired hospital leadership to take action.

"This realization ignited our passion for specialized foot and ankle care, leading us to explore innovative

treatment strategies for a wide range of orthopedic dysfunctions," says Dr. Barberis, who is also the founder Memorial Hospital West's Foot and Ankle Specialty Program. Today, the program is considered a leader in the field, with expertly trained board-certified physical therapists and orthopedic/sports medicine specialists treating a wide range of foot and ankle injuries and conditions.

"Our team of physical therapists is committed to advancing foot and

ankle treatment strategies, meeting regularly for continuing education courses, journal reviews, and case studies that are focused specifically on this vital area of the body," explains Dr. Barberis. "For those of us who have long been passionate about foot and ankle care, the opportunity to deepen our expertise in this area has been truly rewarding. Each day brings new challenges and opportunities for growth that help us better serve our community."

Focused Expertise

The center's niche approach is supported by:

- Therapists with advanced training in foot and ankle-related dysfunctions
- Board-certified physical therapists with specialized training in orthopedics and sports medicine
- Board-certified orthopedic and sports medicine specialists
- Therapists with advanced training in dance-related injuries
- Access to a variety of resources, including partnerships with retail facilities specializing in appropriate footwear

OFFERING EXPERT ADVICE TO NEW PARENTS

Joe DiMaggio Children's Hospital has partnered with the Adolph & Rose Levis Jewish Community Center (Levis JCC) in Boca Raton, to serve as the healthcare provider for their Blooming Babies Program. The six-week educational program is designed for new mothers and their babies. Participants enroll in a series of six classes covering a variety of topics, including infant developmental milestones, safe eating practices for babies, and ensuring safe sleeping environments.

As part of this program, experts from Joe DiMaggio Children's Hospital Rehabilitation Department were invited to participate as guest speakers. Megan Sliski, PT, DPT, a neurodevelopmental pediatric physical therapist from Joe DiMaggio Children's Hospital, participated in the January and March classes. She delivered presentations on gross and fine motor milestones, as well as



Megan, left and above, leading the Blooming Babies parent group at the Levis JCC.

feeding milestones for babies ranging in age from birth to 6 months. Ms. Sliski also dedicated time to addressing parent questions regarding optimal positioning, recommended toys, play activities, baby equipment, and general infant developmental concerns.

"We are really proud of this partnership and our ability to support families in the community," says Michele Lederhandler, MS, OTR/L

Director of Rehabilitative Services at Memorial. "Our rehab team is committed to education and community outreach, and we look forward to continued collaborations."

Established in 1983, the Levis JCC provides a broad range of enriching programs and services for individuals of all ages and abilities to meet the diverse needs of its members, the Jewish community and the community at large.



Enhanced Pediatric Care Expands to Miramar

Driven by Miramar's growing need for expanded women's and children's services, Joe DiMaggio Children's Hospital, and Memorial Physician Group, now offer expanded pediatric care at Memorial Hospital Miramar. Karen McCandless, MBA, BSN, RN, Sr. Director, Physician Practices and Clinical Services, Memorial Physician Group, spearheaded the effort to establish new pediatric specialty clinics on the second floor of the recently completed Medical Office Building at Memorial Hospital Miramar. These clinics offer a

range of specialties including pediatric neurology, ENT, medical-surgical, endocrinology, orthopedics, and physical medicine and rehabilitation.

Additionally, U18 Physical Therapy has been introduced at this location to cater specifically to young athletes. Specialized equipment ensures comprehensive, leading-edge healthcare services are conveniently available for pediatric patients and their families.





Spirit of Service

Memorial's Clinical Ladder Team Builds Dreams in Pompano Beach

Last December, a spirited team from Memorial Healthcare System's Rehabilitation Clinical Ladder gathered with a shared purpose: to make a difference. Their destination? The Rick Case Habitat Community in Pompano Beach, Florida, where Habitat for Humanity was building dreams – one brick at a time.

Side by side with fellow volunteers and future homeowners, Clinical Ladder members helped construct new homes. As hammers pounded and saws whirred, a sense of camaraderie filled the air.

For Maria Ortiz, it was an inspiring experience. "It was meaningful for the mind and body," she said. "I am

grateful for the experience and the opportunity to participate."

Jinkee Del Socorro found herself emboldened by newfound skills. "I appreciated learning how to use the electric miter saw for the first time. Otherwise, I would never even dare come close to it under a different circumstance. I'm thankful for our short bonding experience," she said.

Marcelo Martinez echoed the sentiment. "It was a great experience learning a new skill, with people who are passionate about building homes for the community," he said.

For Jeffrey Burd, the day held a special significance as he worked shoulder to shoulder with his son.

"I was able to meet new people, work alongside my son, as well as learn new skills while helping to strengthen the community," he said.

As the day drew to a close, Memorial's volunteers, including Jackie Colon, were amazed by the profound impact Habitat for Humanity has on local residents. "I had no clue the depth of involvement this organization has within our community," she said. "It was very rewarding."

Above: The Clinical Ladder team at the Habitat for Humanity site in Pompano Beach.

MIAMI SHARKS FORGE EXCITING PARTNERSHIP WITH MEMORIAL

In the vibrant city of Fort Lauderdale, a new team has emerged in the world of Major League sports, captivating the hearts and minds of both rugby enthusiasts and the broader community. Meet the Miami Sharks Rugby Team, the latest addition to South Florida's dynamic sports scene. More than just a team, they embody excitement, community engagement, and the power of strategic partnerships.

The arrival of the Miami Sharks offers locals and visitors alike a new reason to rally together, fostering a sense of unity and pride that only sports can inspire. But what truly distinguishes this team is their innovative alliance with Memorial Healthcare System. This partnership, which designates Memorial as the Official Medical Provider and Partner of the Miami Sharks, marks a significant step forward that combines sports prowess with world-class medical expertise.

The collaborative endeavor officially kicked off in 2024 when the Miami Sharks required comprehensive pre-season physical examinations, which were expertly handled by Official Team Physicians of the Miami Sharks, a diverse team that included orthopedic surgeons, sports medicine specialists, as well as experts from primary care, physical and occupational therapy, and cardiology.

"This collaboration is a game-changer, ensuring that players [and

the community at large] receive top-notch care, benefiting from some of the latest advancements in sports medicine and rehabilitation services, such as minimally invasive arthroscopic surgery, joint preservation, regenerative medicine including PRP, diagnostic ultrasound, Alter-G treadmill, and blood flow restriction therapies," says Marvin K. Smith, MD, a Memorial orthopedic sports medicine surgeon on the Miami Sharks medical team. "This partnership underscores a commitment to player welfare, emphasizing the importance of health, fitness, and recovery in achieving peak athletic performance."

Through this partnership, the Miami Sharks and Memorial Healthcare System are not just building a team but fostering a healthier, more vibrant community.

"By giving patients in the community the same multi-specialty services and level of care as our professional athletes, we aim to get everyone back into the game, regardless of their sport or activity level," adds Dr. Smith.

The excitement surrounding the Miami Sharks Rugby Team is palpable. With Memorial Healthcare System's sponsorship, the team is

poised to make a significant impact both on and off the field.

As the Sharks power through their inaugural season, the city has already been supporting their new heroes in what promises to be an unforgettable journey. This is more



Top photo: Dr. Smith, center, caring for an injured athlete.

Above: The Miami Sharks Rugby Team in action.

than just rugby; it's a movement towards a healthier, united, and more spirited community, with the Miami Sharks and Memorial's sports medicine team leading the charge.

"THIS IS MORE THAN JUST RUGBY; IT'S A MOVEMENT TOWARDS A HEALTHIER, UNITED, AND MORE SPIRITED COMMUNITY."

– Marvin K. Smith, MD

A FAREWELL TRIBUTE TO DEBBIE LESSARD



With this issue of *Going Beyond*, we bid farewell to Debbie Lessard, DPT, MBA, a remarkable healthcare professional whose journey began with a passion for healing and grew into a legacy of leadership and compassion. Her career path was marked by an unwavering commitment and transformative achievements.

Originally from Long Island, New York, Dr. Lessard's early interests were varied until she discovered her physical therapy calling while shadowing a relative who worked as a PT. She attended Ithaca College to pursue that dream, which set the stage for a lifelong commitment to healthcare excellence.

After college, Dr. Lessard traveled to Hollywood, Florida to visit her sister and “fell in love with the place,” starting her career at Memorial Regional Hospital soon after. In 1987, she married and later welcomed two daughters into the world.

Throughout her tenure, Dr. Lessard served as a mentor to countless physical therapists, physical therapist assistants, occupational therapists, and speech therapists, nurturing their talents and fostering a culture of continued learning and growth. Her journey from clinician to supervisor, and ultimately to Director of Rehabilitation Services at Memorial Hospital West, is a testament to her vision and dedication.

Under Dr. Lessard's leadership, what began as a modest department flourished into a multi-million-dollar cornerstone of healthcare excellence, driven by her business acumen and unwavering commitment to patient care.

As she ushers in this next chapter, Dr. Lessard wishes to embark on the “lighter side” of life, spending quality time with her grandchildren, traveling the world, mastering financial planning, and pursuing her love for painting and reading. Her profound impact on our healthcare community is immeasurable, and her enduring legacy will undoubtedly serve as an ongoing source of inspiration for us all.



Memorial Rehabilitation By the Numbers

January-December, 2023

Adults

Total Admissions



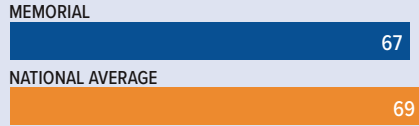
Average Length of Stay (days)



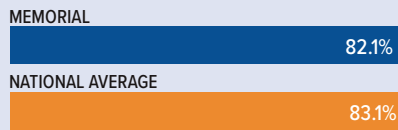
Average Daily Hours of Therapy per Week (5 days)



Average Patient Age



Discharge to Home

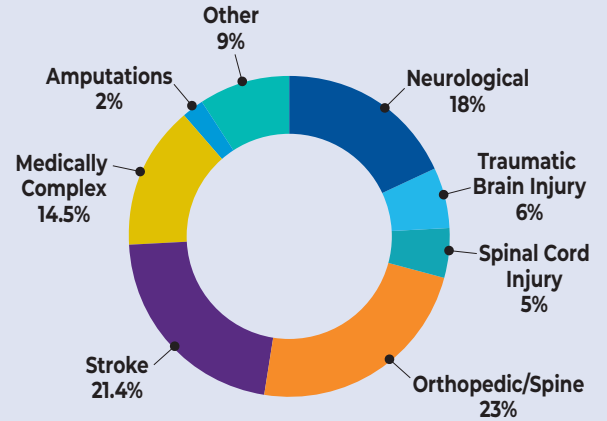


Patient Satisfaction (%)



Press Ganey, Inc.

Admission Diagnoses



Pediatrics

Total Admissions



Average Daily Hours of Therapy per Week (7 days)



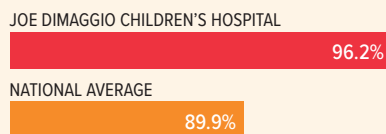
Patient Satisfaction (%)



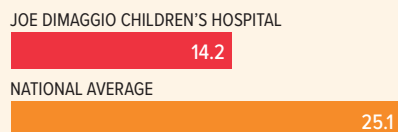
Average Patient Age



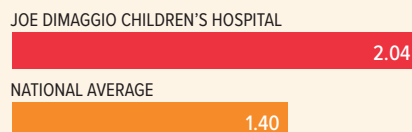
Discharge to Community



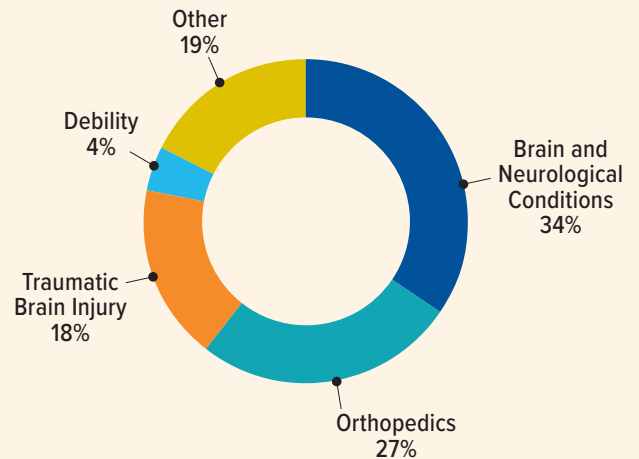
Length of Stay (days)



Improvement Rating Increase per Day



Top Diagnoses



Inpatient and Outpatient Rehabilitation Locations

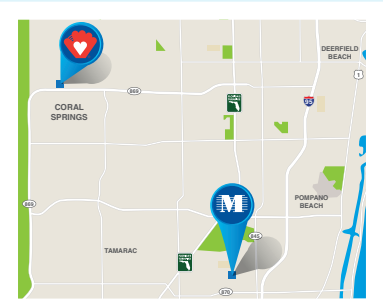
INPATIENT REHABILITATION

Memorial Regional Hospital South
3600 Washington Street
Hollywood, FL 33021
Main Hospital: 954-966-4500
Rehab Admissions: 954-518-5725

Joe DiMaggio Children's Hospital
1005 Joe DiMaggio Drive
Hollywood, FL 33021
954-518-5725

Memorial Hospital Miramar
1951 Southwest 172 Avenue, Suite 109
Miramar, FL 33029
954-538-4760

Memorial Orthopaedic Surgery and Sports Medicine Center
2122 West Cypress Creek Road
Suite 220
Fort Lauderdale, FL 33309
954-276 9660



OUTPATIENT REHABILITATION

Memorial Regional Hospital South
Joe DiMaggio Children's Hospital
300 Hollywood Way
Hollywood, FL 33021
954-265-5453

Joe DiMaggio Children's Hospital, Coral Springs Specialty Center
5830 Coral Ridge Drive, Suite 120
Coral Springs, FL 33076
954-575-8962

Joe DiMaggio Children's Health Specialty Center
3377 South State Road 7
Wellington, FL 33449
561-341-7005

Memorial Hospital West
703 North Flamingo Road
Pembroke Pines, FL 33028
954-844-7180

SKILLED NURSING

Memorial Manor
777 South Douglas Road
Pembroke Pines, FL 33025
954-276-6200

