

Augustus Thorndike, M.D.
1896-1986

The “Father of Sports Medicine in the United States” is the late Dr. Augustus Thorndike. A member of the Harvard College class of 1919 and a 1921 graduate of Harvard Medical School, Dr. Thorndike spent more than three decades caring for the growing population of Harvard athletes, while serving as the chief of surgery for the Harvard University Health Service. He was a surgeon on the staff of the Massachusetts General Hospital.



Dr. Thorndike seemed unaware he was on the threshold of developing a new specialty. He simply focused on providing thoughtful, comprehensive care to every patient, including Harvard athletes. In 1926, Dr. Thorndike was appointed physician to the Harvard hockey team. “It was the first time any hockey team anywhere, pro or otherwise, ever had a doctor present at games,” he noted. In his new role, he insisted that all players wear helmets. This was the beginning of the Thorndike “canon” – a comprehensive list of rules and practices designed to preserve the health of the athlete. He designed a multitude of taping and bandaging techniques to prevent recurrent injuries, invented new braces and protective splints and casts, and designed and improved padding and protective gear for football players, notably the suspension helmet.

More importantly, Dr. Thorndike developed major sports medicine principles that in the 1930s represented breakthrough thinking. He decreed that every contact sport must have a physician in attendance at all games, established that physicians, not managers or coaches, would determine whether or not an athlete should play, and decided that any player who suffers three concussions should be barred from playing contact sports. These rules formed the basis for the modern discipline of sports medicine.

Dr. Thorndike also introduced nutritional guidelines for athletes, initiated on-site use of x-ray equipment – something unheard of at the time, and whirlpools. He upgraded the examination rooms and devised a meticulous record-keeping system. He wrote the first book in the United States on sports medicine, “Athletic Injuries” and “A Manual of Bandaging, Strapping & Splinting.”

After he retired in 1962, Dr. Thorndike received an honorary degree from Harvard.

Previous Augustus Thorndike Lecturers are Ramon Cugat, MD, PhD (2008), Mitsuo Ochi, MD (2009), Robert E. Leach, MD (2010), Frank R. Noyes, MD (2011), James R. Andrews, MD (2012), Matthew T. Provencher, MD (2013), Neal S. ElAttrache, MD (2014), Jo A. Hannafin, MD, PhD (2015), David W. Altchek, MD (2016), K. Donald Shelbourne, MD (2017), Scott A. Rodeo, MD (2018), Marcus C.C.W. Elliott, MD (2019), Jon JP Warner, MD (2021), and Gus Mazzocca, MD (2022).

MASSACHUSETTS GENERAL HOSPITAL
DEPARTMENT OF ORTHOPAEDIC SURGERY

15TH ANNUAL
AUGUSTUS THORNDIKE
GRAND ROUNDS LECTURE

Robert Smigielski, MD PhD, DSc

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**“Vascularization Around the Knee - New Findings
and Their Clinical Relevance”**



Thursday, November 16, 2023
6:30am - 7:30am

Massachusetts General Hospital
HYBRID
(In-person in O’Keeffe & on Zoom)



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Robert Smigielski, MD, PhD, DSc is a renowned orthopaedic surgeon. He is a faculty member at the Medical University of Warsaw, Department of Descriptive and Clinical Anatomy Center for Biostructure Research. He is an expert in orthopaedic sports medicine, regenerative medicine and anatomy.

Dr. Smigielski is a pioneer in innovative surgical techniques, such as anatomical anterior cruciate ligament (ACL) reconstruction using the Anatomic Ribbon Technique. He was the first in Poland to perform a meniscus transplant and to introduce the use of stem cell therapy.

He has treated numerous elite athletes, including nine Olympic Medalists, dancers of the Polish Grand Theater, Opera, National Ballet, and members of the National Swimming and Football teams. He was an elite athlete himself as a karate champion. He was a member of the Polish Olympic medical teams for seven Olympic Games: Salt Lake City, Athens, Turin, Beijing, London, Rio de Janeiro, and Tokyo.

Dr Smigielski is an active member of the ACL Study Group, AGA, ESSKA, ISAKOS, UASTKA, and GOTS. He has published numerous papers and several book chapters and is currently co-authoring a comprehensive atlas on *Surgical Anatomy and Exposures of the Knee*.

Dr. Smigielski’s current projects include: analyzing the role of blood supply to the shoulder, knee and ankle; rediscovery of meniscus anatomy; long-term observation of quadriceps tendon graft remodeling and maturation after ACL reconstruction, muscle and tendon reconstruction techniques; advanced biological treatments; and the role of nutrition in controlling inflammation.

6:30am	<i>Welcome, Introduction, & Overview</i> <i>‘Augustus Thorndike, MD - Father of Sports Medicine in the United States’</i>	Bertram Zarins, MD <i>Augustus Thorndike Clinical Professor of Orthopaedic Surgery, HMS Chief of Sports Medicine Service, Emeritus, MGH</i>
6:45am	<i>“Vascularization Around the Knee - New Findings and Their Clinical Relevance“</i>	Robert Smigielski, MD PhD, DSc
7:20am	<i>Discussion</i>	
7:30am	<i>Wrap-up / Adjourn</i>	Bertram Zarins, MD