



## LLRS Quarterly Newsletter Summer 2024



### **Update from the new LLRS President - Christopher Iobst, MD**

Let me start by saying it is a real honor to become your new President for the 2024-2025 year. Considering I was in an ICU bed just four months ago, I would say I am extremely fortunate to be standing here accepting this privilege among so many friends and colleagues. Some of you may not know this, but this is the second time a health issue has attempted to interfere with me becoming president of the LLRS. I believe I am the only person in LLRS history to have been 2<sup>nd</sup> vice president and 1<sup>st</sup> vice president twice. The first time, I was fortunate to have Austin Fragomen graciously step in as president one year early when cancer treatments forced me to step aside. This time, I promise I will do my best to serve you over the next 12 months.

Consequently, it seems fitting that the primary goal of my presidential platform will

be to increase the awareness of surgeon well being and try to institute some initiatives that will become permanent parts of the LLRS framework....

[Read the remainder of Dr lobst's presidential address](#)

[Read More](#)



At LLRS, we recognize the impact we have on our patients, but also that our surgeries are some of the most complex and challenging within orthopaedic surgery. We encourage our members to focus on taking steps to improve their own wellness. Below is this summer's focus on wellness -

### **Work Life Balance is a Myth**

*By Christopher lobst, MD*

The term work-life balance implies that there should be an equal distribution of our time and energy between our home life and our work life. While theoretically true, this concept is not realistic in modern medicine. Unfortunately, technology has now destroyed the physical boundary between the workplace and your home life. You can be reached 24/7 on your smartphone or tablet with emails and texts blurring the lines between home and work. In addition, with the advent of the electronic medical record, we now have the ability (and expectation) to access a patient's chart from almost anywhere at any time. Beyond these intrusions of work into our personal life, many of us internalize additional stress worrying about our inability to maintain a perfect work-life balance which only compounds the problem.

Perhaps a more appropriate term for this conflict is work-life integration. We must accept that it is impossible to completely separate our work and home lives in today's world. Instead, we need to find

## **Upcoming Events**

### **34th Annual Baltimore Limb Deformity Course**

**August 21-25, 2024**

Four Seasons Hotel  
Baltimore, MD

[learn more about the BLDC here](#)

---

### **International Pediatric Orthopedic Symposium**

**Dec 3-7, 2024**

Loew's Royal Pacific  
Orlando, FL  
[Visit IPOS Website](#) for more information

---

### **3rd Annual Essentials in Lower Extremity Reconstruction (ELER) Meeting**

ways to allow an acceptable incorporation of work into our home life but also create access for our home life at work. The ultimate goal would be to reach a state of work-life enrichment where positive experiences in one domain spill over and enrich the other domain. Creating this cycle of positivity can enhance your performance and satisfaction in both areas.

Tips for a better work life integration:

- Don't worry about striving for the perfect schedule; instead strive for a realistic one. Some days, you might focus more on work, while other days you might have more time and energy to pursue your hobbies or spend time with your loved ones. Remember balance is achieved over time and doesn't have to be perfectly equal each day.
- Make a conscious effort each day when you touch the doorknob to enter your home after work that you are present and available for your family. Use the trip home to decompress and clear your mind from work issues. Concentrate on something positive that is awaiting you when you get home. Deep breathing and using a positive mantra with personal meaning will also help to leave work stress behind.
- Recognize your personal biorhythms. If you are most productive in the morning, get up early to tackle work requirements. Leave your evenings free for family time.
- Get organized for work the night before to save time in the morning.
- Create boundaries between work and home. Set your phone and tablet to "do not disturb" or turn them off when you are spending time with your family.

**January  
24-25, 2025**

Scottish Rite for  
Children  
Dallas, TX

more information -  
[email: info@llrs.org](mailto:info@llrs.org)

See [tentative agenda](#) here

---

## LLRS TRAVELLING FELLOWSHIP



Our 2 pediatric fellows- Heather Kong, MD and Dr. Gourav Jandial - described their experience at the LLRS annual meeting. **Click here** to read more about Drs Kong and Jandial, their travel experience, and the education they gained along the way.

---

## LLRS MEMBER SPOTLIGHT



**Read about** Aaron Huser - pediatric limb deformity surgeon. He reflects on LLRS, life,

· Take breaks during the workday to focus on family. Integrating work into your home life should be counterbalanced with finding time for maintaining and strengthening family relationships at work. A short video call with loved ones can provide a burst of recovery energy to help prepare you for your next task.

· Travel with your family when you attend a conference. Exploring a new city together provides the opportunity to create lasting memories and strengthen family bonds.

· Develop self-awareness to recognize when you feel your mind drifting back to work concerns when you are with your family. It takes practice to be “present” and fully engaged at home. Don’t let thinking about work interfere with the quality of your family time.

and excellent mentoring during his career.

---

## CODING UPDATE

*Dr. Jill Flanagan - Communications Chair*

Through the tenacious efforts of our LLRS board members, the AMA has approved two new CPT codes starting in 2026 for internal lengthening of the femur and tibia. The codes are currently undergoing the valuation process by the RUC. We will update the society once more information is available. This hopefully represents our first steps forward in more appropriate billing and coding for the complex procedures that our society members often perform.

## Journal of Limb Lengthening and Reconstruction Update (JLLR)

*Drs. Christopher Iobst, Raymond Liu, and Jessica Rivera*

*Co-Editors in Chief JLLR*

The LLRS will be releasing the first issue of the Journal of Limb Lengthening & Reconstruction since taking over control of the journal. Thank you to the authors who have submitted content to the journal. Currently, our plan is to continue semi-annual issues but we hope to increase the number of issues per year in the future. In order to do that, we need your support. We encourage you to submit your limb lengthening and reconstruction research to the only pure limb deformity journal. As an incentive, the previous journal submission fee has been removed.

[Click here to submit your article.](#)

---

Limb Lengthening and Reconstruction Society: ASAMI-North America | P.O. Box 91868 | Austin, TX  
78709-1868 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!