

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), and Jon JP Warner, MD (2021).

MASSACHUSETTS GENERAL HOSPITAL
DEPARTMENT OF ORTHOPAEDIC SURGERY

14TH ANNUAL
AUGUSTUS THORNDIKE
GRAND ROUNDS LECTURE

Augustus (Gus) D. Mazzocca, MS, MD, FAAOS, FAOA

Director, Mass General Brigham Sports

Chief, Sports Medicine

Director, MGH Sports Bioskills, Biomechanics and Cell Biology Laboratories

Department of Orthopaedic Surgery

Massachusetts General Hospital

Member of the Faculty, Orthopaedic Surgery

Harvard Medical School

“Bursa Augmentation for Rotator Cuff Repair”



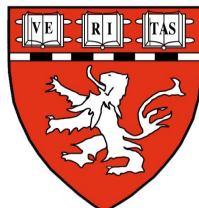
Thursday, May 26, 2022

6:30am - 7:30am

Massachusetts General Hospital

HYBRID

(In-person in O’Keefe & Via Zoom)





Augustus (Gus) D. Mazzocca, MS, MD, FAAOS, FAOA is the newly appointed Director of Mass General Brigham Sports, Chief of Sports Medicine, and Director of MGH Sports Bioskills, Biomechanics and Cell Biology Laboratories for the Department of Orthopaedic Surgery at The Massachusetts General Hospital (MGH). He is a Member of the Faculty of Orthopaedic Surgery with Harvard Medical School. Prior to joining the Department of Orthopaedic Surgery at MGH, Dr Mazzocca earned his BS in Biology from Denison University, MS in Applied Physiology from Springfield College, his MD from University of Connecticut School of Medicine. He completed an internship and residency with the Department of Orthopaedic Surgery at the University of Connecticut School of Medicine. He completed a Fellowship in Sports, Shoulder and Elbow Surgery at RUSH University in Chicago IL.

Dr Mazzocca's career began at UCONN Health where he was the Director of the UConn Health Musculoskeletal Institute and Professor of Orthopaedic Surgery until leaving for the tremendous new opportunity with MGB/MGH Sports. He is an internationally renowned shoulder and elbow specialist; a member of the prestigious American Shoulder and Elbow Surgeons Society; a member of the European Society for Surgery of the Shoulder and Elbow; a co-founder with Dr JP Warner of the New England Shoulder and Elbow Society; and the founder and former Director of the University of Connecticut Human Soft Tissue Research Laboratory (integrated translational Labs incorporating cell and molecular biology, histology, biomechanics and clinical outcomes research). He has published over 250 peer reviewed journal articles related to his research work.

At the University of Connecticut Health Center in Farmington, CT, Dr Mazzocca maintained a vibrant and busy practice where he treated patients with complex shoulder and elbow problems. He was a Team Physician for the University of Connecticut Department of Athletics and the Orthopaedic Director for the State of Connecticut Department of Corrections. He has dedicated his non-clinical life to education and research.

Educationally, he is the second two-time winner of the *Orthopaedic Teacher of the Year Award* (2013, 2021). Between 2002-2022, he was very involved in the Orthopaedic Residency Program as both director and assistant director. During this time, he successfully mentored and promoted two junior program directors. From 2012-2019, he was the Chairman of the Orthopaedic Department. In 2019 he was relieved of his command by the Dean of the School of Medicine. In response, 100% of the faculty signed a petition requesting him to be reinstated - one of his proudest life's moments. He has served on numerous masters and post-graduate committees and mentored over 230 fellows, residents, and medical/graduate students. He built the highly successful UCONN Bioskills lab, which now includes a 5-station virtual reality lab. His research includes a clinical focus on outcomes after shoulder surgery to manage stability and arthritis of the shoulder and elbow and rotator cuff injury, as well as the basic science of the assessment of instability and repair of rotator cuffs of the shoulder, and the development of novel biologic techniques to promote healing of tendon. Research involved analyzing three intimately related disciplines to a practical orthopaedic surgery problem – rotator cuff tear healing. He and his research team investigated biologic healing and using autologous bursa or bone marrow to obtain the patients' own pluripotential progenitor cells (stem cells) to aide in this healing. They also use cell and molecular biology, biomechanics and clinical patient reported outcomes to investigate this in a clinically relevant translational manner. This unique “three-headed monster” approach offers the ability to adjust and obtain information in an efficient manner. Local, national, and international collaboration is extremely important and is a mainstay of the lab. Dr Mazzocca has three patents on devices and processes to improve healing of rotator cuff repairs and has designed three products used to reconstruct shoulder injuries.

Dr Mazzocca is married to his wife Jennifer (UConn Div. I soccer player/master's in economics) was a social worker for the Connecticut Department of Children and Family Protection prior to the start of their family. They have three children, 21-year-old fraternal twins, Jillian and Augustus, and 19-year-old son Nicolo. Jillian (premed at Colby College) plays both Ice Hockey and Lacrosse for Colby. She was the 2019 NESCAC Women's Ice Hockey Rookie of the Year and named to multiple All-academic NESCAC teams for both Ice Hockey and Lacrosse. Augustus (economics/ double minor in finance and government at Connecticut College) is a starting offensive midfielder on the lacrosse team. Nicolo is an incoming freshman at Connecticut College (government/art minor). He is joining his brother on the lacrosse team as an attackman. Dr Mazzocca's grandmother was Executive Director of the State of Connecticut Legislative office and holds a PhD in philosophy. His grandfather was an art professor at UCONN for 40 years.

Thursday, May 26, 2022
Massachusetts General Hospital
Department of Orthopaedic Surgery

14TH ANNUAL AUGUSTUS THORNDIKE
GRAND ROUNDS LECTURE

6:30am - 7:30am

HYBRID

(In-person in O'Keefe & Via Zoom)

| | | |
|--------|---|---|
| 6:30am | Welcome | Mitch Harris, MD <i>Chief, Department of Orthopaedic Surgery, MGH</i> <i>Edith Ashley Professor, Orthopaedic Surgery, HMS</i> ~ Jon JP Warner, MD <i>Co-Chief, Shoulder Service</i> <i>Chair, Quality & Safety for Orthopaedics</i> <i>Co-Director, Shoulder & Elbow Fellowship Program</i> <i>Department of Orthopaedic Surgery, MGH</i> <i>Professor, Orthopaedic Surgery, HMS</i> |
| 6:35am | Overview <i>'Augustus Thorndike, MD - Father of Sports Medicine in the United States'</i> | Bertram Zarins, MD <i>Chief Emeritus, Sports Medicine Service</i> <i>Department of Orthopaedic Surgery, MGH</i> <i>Augustus Thorndike Clinical Professor, Orthopaedic Surgery, HMS</i> |
| 6:40am | Introduction | Bertram Zarins, MD |
| 6:45am | <i>"Bursa Augmentation for Rotator Cuff Repair"</i> | Augustus (Gus) D. Mazzocca, MS, MD, FAAOS, FAOA |
| 7:20am | Discussion | Bertram Zarins, MD |
| 7:30am | Wrap-up / Adjourn | Mitch Harris, MD |