

V. Salil Upasani, MD

Current Position:

Rady Children's Hospital San Diego

Medical School & Graduation Year:

University of California San Diego - 2005

Orthopaedic Residency and Fellowship Training:

Residency: University of California San Diego

Fellowship: Boston Children's Hospital



What attracted your interest to IPSG?

Perthes is a difficult condition to treat with many questions about the disease not yet answered. I realized that more research is desperately needed to improve the quality of care of children with Perthes and that multi-physician/center team effort is the only way to answer these questions effectively. This is one of the reasons I joined IPSG.

What would you say is the most challenging part of treating Perthes Disease?

The most challenging part of treating Perthes Disease is that every child is different and they respond differently to our treatments. Typically, we categorize patients with other conditions based on similar radiographic or physical exam findings and we have developed strategies to best address that particular subset of disease. In Perthes, that categorization is extremely difficult, because multiple variables effect how the disease will manifest itself, including age, sex, percent femoral head involvement, hip range of motion and others. Additionally, as Perthes disease is relatively rare, it is difficult to get a significant number of patients in each individual subset to determine what the best treatment approach should be.

What would you like to see accomplished through annual IPSG meetings?

The annual meetings are an excellent opportunity to review our progress over the previous year, summarize the current state of our understanding, refine our study protocols to ensure we are collecting the appropriate data points, brainstorm ideas to discover new venues of research, and review complex clinical cases with colleagues. I have also enjoyed the increasing interactions with patients and families at the last two annual meetings as we come together to address the most relevant issues in treating Perthes disease.

Read more about Dr. Upasani here!

