



A Corollary Between Successful Life/Career and Fracture Fixation

We exist in a very stressful environment surrounded by an unanticipated and marginally-managed global pandemic, economic strife, global instability, and political chaos. Who would have thought that “be safe,” “I think you may be on mute,” and “unprecedented” would be among the most common daily phrases in current 21st century lexicon?

As we navigate this unanticipated morass, I would like to suggest that there may be a valuable corollary between life management and fracture care. With fractures, we first obtain a *reduction*; second, we achieve *stability*; and third, we *neutralize* negative forces.

How simple; but how complex!

As physicians and surgeons, we are in a very privileged position. That doesn't minimize the stress, but at least it allows us to take an active role within this tumultuous environment and affords us a relatively unique ability to *reduce* a significant portion of the chaos. Reducing the problem without stability is not enough. Only through a team effort [partners, family, staff, and the medical center] can we create *stability*.

Stability requires an aligned and committed “team.” The most difficult goal is how to *neutralize* all of these negative forces. We can minimize their impact by personal mindfulness and by overt acts of caring and consideration for those with whom we interact. But true neutralization of the negative forces can only be achieved through our society and our often frustrating and flawed, but unbelievably powerful and positive, democracy.

Be safe!

Un-mute!

Provide precedent in this unprecedented time!

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