

Monique Gassek with
Dr. Jeffrey Kauffman,
MD, FAAOS, ABOS



“Thanks to Dr. Kauffman, my torn ACL is now A-OK!”

— *Monique Gassek*

This past January, Monique Gassek (left) tore the ACL in her right knee when she was skiing. “It was the first run of the day,” remembers Monique, who is the head athletic trainer at White Mountains Regional High School. “I hit an icy patch and down I went.”

Because of the COVID-19 epidemic, Monique had to wait until May 7 for her surgery. She chose Alpine at Littleton Regional Healthcare, where she saw Dr. Jeffrey Kauffman, a board-certified orthopedic surgeon. “Working at the high school, I heard many good things about Alpine,” says Monique, who has a degree in athletic training from Keene State College. “To me, it’s the best facility in this area for taking care of orthopedic injuries. Dr. Kauffman is a great guy. And the hospital staff made me feel very safe with all the precautions they took because of COVID-19. I knew I was in good hands.”

During the outpatient arthroscopic surgery, Dr. Kauffman reconstructed Monique’s ACL by using a tendon from her hamstring. He also repaired her lateral meniscus, a C-shaped piece of cartilage that plays a key role in maintaining the stability of the knee.

“For an injury like mine, they say a full recovery takes six to nine months,” Monique says. “But I’m ahead of schedule, and I can’t wait to hit the slopes again this winter!”

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