



Distance
Traveled



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IMPACT REPORT

Building Orthopedic Pathways

In 2025, Distance Traveled expanded its reach and advanced equity in orthopedic surgery by connecting underrepresented students with early, hands-on musculoskeletal education and mentorship.

2025 HIGHLIGHTS

distance-traveled.org
@distance_traveled

FOUNDERS' MESSAGE

DR. CHRISTEN RUSSO AND DR. GRACE PLASSCHE

OVERVIEW



2025 was an extraordinary year for Distance Traveled, and we are proud to share our growing impact with you. We hosted a record six local events, expanding our reach to two new partner schools, Al-Noor and Benjamin Banneker, bringing hands-on orthopedic education to even more learners.

This summer marked another important milestone as medical student Shalom Attiogbe joined Distance Traveled as our first intern. He aptly described his role as "PGY 0.25", a rigorous seven-week experience spanning multiple hospital sites and involving collaboration with dozens of residents and attending surgeons. During this time, Mr. Attiogbe began developing an arthroscopy module that will be incorporated into future Distance Traveled workshops.



"It gives me great honor and pleasure that you would entrust me with the position as the inaugural intern for your program! I am grateful beyond words that you would open doors into operating rooms, conversations, and a community I would otherwise not have been able to interact with. I will cherish this summer and its many lessons as I develop into the best physician that I can be."

- Shalom Attiogbe, 2025 Summer Intern

Distance Traveled Is Going on the Road!

Presenting
DT in a Box

Bringing Orthopedics to
High Schools across the Country



DT in a Box Unpacked

Our Mission

To advance the field of orthopedic surgery by providing:

- Early exposure to the field
- Real-life mentorship from surgeons and trainees
- Hands-on, engaging learning experiences
- Ongoing support throughout the career journey

What You Need

- Willing high school students
- Volunteers (attending, residents, or medical students)
- A space to host the event
- An industry sponsor to provide orthopedic models (e.g., instrument trays, sawbones)

What We Provide

- DT in a Box (kit with key materials) shipped directly to you
- Printable resources via email
- A plug-and-play video to guide the workshop
- Turnkey curriculum and facilitator support
- Pre and post student surveys to bolster our commitment
- Post workshop engagement for students via our newsletter

Distance Traveled is an organization committed to advancing the field of orthopedics through early exposure via hands-on workshops and meaningful introductory lecture.

After hosting numerous workshops in NYC and reaching hundreds of high school students:

- 90% identified as URM
- 67% were female
- 65% were Hispanic

We are now expanding to institutions nationwide with Distance Traveled in a Box—a ready-to-use toolkit that brings our high-impact, hands-on orthopedic workshops directly to your community.

Opportunities Ahead

In the future, we hope to provide ongoing support for program participants

- Shadowing and research opportunities
- Resume-building
- Mentorship and tutoring
- Networking and professional guidance

Because the path to becoming an orthopedic surgeon isn't just about exposure—it's about empowerment.

Contact us to learn more and host your own event.

contact@distance-traveled.org
distance-traveled.org

 @distance_traveled



IN SEPTEMBER 2025, WE PILOTED OUR FIRST 'DT IN A BOX' PROGRAM, OUR PORTABLE, TURNKEY WORKSHOP MODEL, IN VERONA, NEW YORK.

Building on its success, we are excited to officially launch **DT in a Box** nationwide now! This program offers affordable, flexible options for institutions to host a Distance Traveled workshop using our proven, step-by-step framework. If you are interested in bringing Distance Traveled to your institution, we invite you to learn more at **distance-traveled.org** and complete the interest form to get started.

Cheers to a record breaking 2026: Seven workshops, another summer intern on the way, and hopefully many **DT in a Box** events!



DEMOGRAPHICS & REACH

Distance Traveled's growth reflects both expanding reach and a deepening commitment to equity in orthopedic education. Since 2023, our workshops have increased steadily year over year, reaching a total of **319 students** as of January 2026. Of those participants, **70% identify as women**, **40% as African American**, and **40% as Hispanic**, underscoring the program's success in engaging students historically underrepresented in orthopedic surgery. With **seven workshops planned for 2026**, Distance Traveled continues to scale its impact while staying true to its mission.

THIS DATA REFLECTS THE STUDENTS REACHED THROUGH DISTANCE TRAVELED WORKSHOPS TO DATE

ALL DEMOGRAPHICS (319)		2023 (37)	2024 (118)	2025 (164)
AGE	13 y/o	3	0	3
	14 y/o	29	10	9
	15 y/o	90	8	37
	16 y/o	120	11	42
	17 y/o	69	7	28
	18 y/o	4	1	0
	19 y/o	1	0	0
SEX	Female	232	24	87
	Male	87	13	31
GENDER	Woman	226	22	85
	Man	86	12	31
	Non-binary	4	2	0
	Transgender Man	1	0	1
	Other	2	1	0
PRONOUN	She/Her/Hers	226	23	84
	He/Him/His	84	12	31
	They/Them/Theirs	7	2	2
	Ze/Hir/Hirs	1	0	1
	Another pronoun set	1	0	0
RACE	White	18	5	5
	Black or African American	135	12	39
	Asian	27	0	8
	Native Hawaiian or Pacific Islander	3	3	0
	American Indian or Alaska Native	5	1	2
	Other	79	12	43
	Mixed	27	1	6
ETHNICITY	Prefer not to say	23	2	15
	Hispanic, Latino, or Spanish Origin	138	28	72
	NOT Hispanic, Latino, or Spanish Origin	160	8	41
	Prefer not to say	19	0	5

DISTANCE TRAVELED'S WORKSHOP MODEL GAINED MOMENTUM, ACHIEVING CONSISTENT GROWTH FROM 2023 THROUGH 2026.

2023 - 2026 WORKSHOPS



SCHOOLS SERVED TO DATE

- Al Noor School
- Benjamin Banneker High School
- Clara Barton High School
- Curious Minds Science Fair; Washington Heights public schools
- Eagle Academy High School
- KAPPA International
- Lang Scholars NYP Program; Washington Heights public schools
- Mount Sinai MedDocs program
- Syracuse City School District (Pilot DT in a Box)
- Union Square High School for Health Sciences
- Unity Prep High School



Student Testimonial

"In my opinion this was an honorable experience as this has changed my direction of what type of medicine I would be interested in. The workshop makes me consider orthopedics in the future. The staff was very welcoming, so I felt a wave of encouragement."



Student Testimonial

"I personally enjoyed the workshop. I learned a lot and had fun. The staff was really respectful and kind and they were very encouraging towards everyone. This makes me interested in the role of being an orthopedic doctor for children."



PARTNER SCHOOL TESTIMONIAL



"The four hands-on Distance Traveled workshops were exceptional. The students were thoroughly engaged while learning practical skills such as suturing, sawing, and connecting bones. These immersive activities made the experience both educational and memorable. It was rewarding to see my students so enthusiastic and inspired by the exposure to real-world medical practice. I'm looking forward to bringing another group of students in the next academic year."

– Nassry Mohammad, Science Educator
The Eagle Academy for Young Men of Staten Island