



May is 'National Physical Fitness and Sports Month' Check out more at www.fitness.gov.



Greetings!

Although the old adage 'April showers, bring May flowers' still holds true today, most parents of elementary school aged children can easily agree that in addition to flowers, 'April showers bring...new cleats, bats, gloves and relentless trips to the snack bars!' As I take on coaching my daughter's softball team and assisting on my son's baseball team, the challenges faced daily are the called 'balls' that look like strikes and the 'inside pitches' that are questionable. In addition to keeping track of my players and the plays at hand, I can't help but notice the intensity at times of the opposing teams and coaches who tend to push these kids to perform at a level similar to those of pro-athletes. This is where my years of professional experience working with both collegiate and professional teams kicks into overdrive to try to make sense of it all. Many of these future athletes are still learning the game at hand and before 'perfection' can be achieved, shoelaces need to be secured and proper mechanics need to be learned.

Sincerely,
Raphael S. F. Longobardi, MD, FAAOS

What is a "Tommy John" Procedure?

A same day procedure to repair a torn elbow ligament



This procedure, more formally known as UCL (Ulnar Collateral Ligament) reconstruction, is designed to repair a torn elbow ligament—an injury typically caused by strong, repetitive overhead throwing motions of the arm. It was first performed in 1974 on baseball pitcher Tommy John. The procedure typically lasts about an hour and a half, and patients usually leave the hospital the same day. The pictures and descriptions shown here are the classic way "Tommy John" surgery is performed. Please note that Dr. Longobardi may perform newer variations of this method than these pictures describe.

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Step 1



Photos courtesy of Swarm Interactive

Step 1: After Dr. Longobardi harvests a tendon from the patient's own body, he will make a three-inch incision along the inner side of the elbow. This exposes the damaged ulnar collateral ligament on the inside of the elbow.



Step 2: Tunnels are drilled through the humerus (upper arm bone) and ulna (a lower arm bone) at the points where the damaged ligament normally attaches.



Step 3: The harvested tendon is looped through the tunnels in a figure-eight pattern. The tendon is sutured to itself, stabilizing the joint.

If you have any additional questions about the procedure, please talk with Dr. Longobardi or view the procedure in more detail at the UOC website, www.universityorthopaedic.com under Patient Education.

UNIVERSITY ORTHOPAEDIC CENTER

Continental Plaza
433 Hackensack Avenue,
2nd Floor
Hackensack, NJ 07601

Office Hours:
Monday 9:30 - 2:30
T & TH 10:30 - 4:30 pm

Phone: 201 343-1717
Fax: 201 343-3217
E-mail: univorthoctr@verizon.net

To subscribe to our
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Interesting
Orthopaedic &
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links for you:

www.aossm.org
www.fitness.gov



Patient Education Materials available at UOC

Although our website, www.universityorthopaedic.com has excellent patient information materials that can be easily viewed online or printed out, the UOC office has various surgical procedure brochures and 'sports tips' from the American Association of Orthopaedic & Sports Medicine (AAOSM) available. A partial list is below. If you should need one for yourself, a family member or for a friend/colleague, please ask at the front desk.

- ◆ AC Joint Injuries
- ◆ Alpine Skiing and Snowboarding Injuries
- ◆ Ankle Sprains: How to Speed Your Recovery
- ◆ Articular Cartilage Injury
- ◆ Begin a Strength Training Program
- ◆ Exercising and Bone Health
- ◆ Golf Injuries
- ◆ Lower Back Pain in Athletes
- ◆ Meniscal Tears in Athletes
- ◆ Off-Road Motorcycling and ATV Safety
- ◆ Overuse Injuries
- ◆ Patellofemoral Pain
- ◆ Plantar Fasciitis
- ◆ Return to Play
- ◆ Running and Jogging Injuries
- ◆ Shoulder Impingement Injuries
- ◆ Stress Fractures
- ◆ Tennis Elbow
- ◆ The Injured ACL
- ◆ Traumatic Shoulder

Visiting UOC ...

- ⇒ All co-pays need to be paid upon leaving your appointment. For your convenience, we do accept major credit cards, including the FSA card.
- ⇒ Did you know...Dr. Longobardi has easy access to your radiological studies in his office.
- ⇒ If you have any non-urgent matters, please feel free to e-mail us through our website.
- ⇒ Designated parking is available in the lot beneath our office.
- ⇒ If you are coming to the office for a follow-up appointment, you can easily complete the form prior to your appointment by going to the UOC website, click on 'online forms' and print out a form to complete ahead of time.

ORTHO Q & A Ask Dr. Longobardi

Q. Where do the 'donor parts' come from in surgery?

A. Dr. Longobardi prefers to use a patient's own tissues rather than from a cadaver. These 'donor parts' are usually either a portion of a whole tissue (i.e. the central 1/3 of the patella tendon or a portion of the quad tendon) or "extra tendons" like the palmaris longus tendon of the forearm or only one of the hamstring tendon group.



Our Mission

TO UNDERSTAND THE NEEDS of our patients and their families TO COMBINE COMPASSION knowledge and skill to give each patient the resources and treatment to obtain the highest level of productivity possible TO PROVIDE THE FINEST QUALITY orthopaedic specialty care utilizing the latest surgical techniques and treatment modalities TO RESPECT EACH PERSON'S DIGNITY. TO TAILOR TREATMENT to each patient's individual needs TO PROVIDE EACH PATIENT WITH THE BEST TREATMENT possible—now and for the future.