



University Orthopaedic Center

News *Just for you!*

Volume 2, Issue 4

March/April 2006

Batter Up!



With the warm weather approaching and days getting longer, it's prime time to get yourself outdoors and back into the swing of things albeit it a baseball bat, tennis racquet or golf club.

Start off slow and gain momentum gradually being careful not to overdo it or disregard a pain here and there. If you have an injury, It will only slow you down and possibly cause more harm if left untreated.

Taking the time to care for your joints & bones will help to ease problems down the road and allow you to enjoy physical activity for a very long time.

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

Understanding Arthroscopy: A look inside your joints

Arthroscopy is often a good way to do joint surgery because it can be used to diagnose as well as treat a joint problem during one procedure. The joint can

be seen better than open surgery when using an arthroscope. Smaller incisions are used resulting in faster recovery and less scarring.

How Arthroscopy Works

An arthroscope, a slender instrument that contains a lens and light source is inserted into the joint through tiny incisions. Using a camera, the arthroscope sends an image of your joint to a monitor (TV screen) so your surgeon can get an even closer look at the joint.

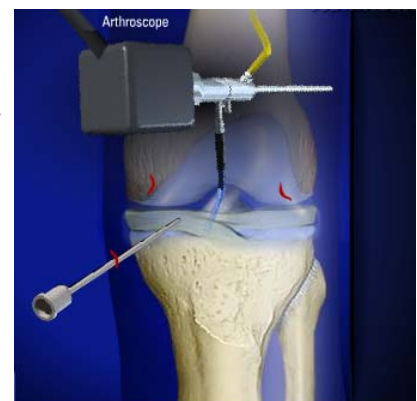
Where it is Used

Arthroscopy is used to find and treat many types of knee, ankle, hand, wrist & shoulder problems.

After an Arthroscopic Procedure

Recovery times can vary. Depending on the problem, will determine the type of protocol to be followed.

A complete list of protocols can be found on www.universityorthopaedic.com



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Not just an Orthopaedic Surgeon...

With many years experience as a team physician/consultant—working with the Florida Marlins, Metrostars, NY Islanders, US Tennis Association and many teams at the University of Tennessee— Dr. Longobardi specializes in sports medicine.

As a sports medicine specialist, Dr. Longobardi can diagnose, treat, rehabilitate and help you prevent future athletic injuries. “In addition, sports

medicine is concerned with the evaluation and enhancement of athletic performance, so whether you exercise lightly or are extremely athletic, I can help you to get the most out of what you do,” notes Dr. Longobardi.



With all physical activity, injuries can occur. The University Orthopaedic Center is equipped to help you diagnose an injury, provide the resources to help you regain the strength and mobility you need to get back on the playing field with physical therapy or strengthening exercises to reduce the risk of injury.

Go to www.universityorthopaedic.com/sports medicine for more sports tips.

**ORTHO
Q & A**

Ask Dr. Longobardi

Q. What is a bone spur?

A. Bone spurs are growths in a joint that can cause the bones to pinch one another. They usually cause pain and restrict movement. Treatment includes removing the spur and smoothing the bone surface.

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.



Interesting Orthopaedic & Sports Medicine links for you:

www.orthogate.com

www.medscape.com