



University Orthopaedic Center

News *Just for you!*

Volume 1, Issue 2

October/November 2005

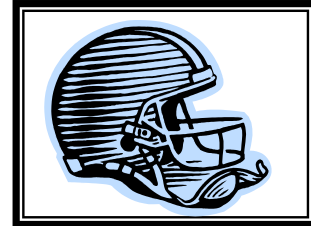


October 12—20
Bone & Joint
Decade National
Awareness Week

October 17—23
National Health
Education Week

What's New?

As the cooler weather approaches, and you find yourself enjoying the outdoors more either watching or playing sports like football and soccer or decide to run a 5K race for charity, keep in mind that exercising and knowing how to strengthen your muscles will keep you in the best shape possible and safe from injuries.



To help you understand more about sports medicine and common injuries, we have restructured the Ortho Q & A segment of the website and added a sports tip page section. I hope you will find the information useful. Enjoy this issue, and please be sure to share with friends & family.

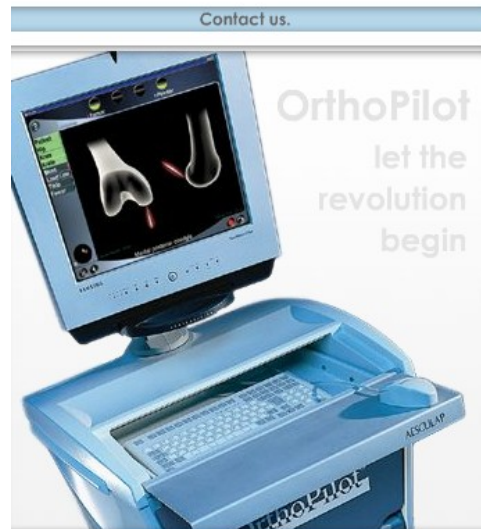


Sincerely,
Raphael S.F. Longobardi, MD, FAAOS

According to the American Academy of Orthopaedic Surgeons...more than 8 million people visit orthopaedic surgeons each year because of knee problems. The knee is the largest joint in the body and is vital in movement. To learn more about the newest tool in knee replacement surgery, Orthopilot, go to www.universityorthopaedic.com "Computer Assisted Knee Surgery" on the main page. Dr. Longobardi notes that, "Orthopilot helps customize the knee replacement to recreate each individual's ideal mechanical alignment. This allows for each person to have the highest accuracy and most optimum position of the replacement to minimize wear and tear on the prosthesis. This ideal alignment and positioning maximizes the knee's motion. The computer allows for a less invasive procedure that reduces blood loss and recovery time."

Inside this issue:

What's New?	1
Orthopilot	1
Genzyme Biosurgery	2
UOC Mission	2



Meet OrthoPilot. Why OrthoPilot? How does it work?

page 1 page 2 page 3

Introducing OrthoPilot, the revolutionary technology that's dramatically improving knee surgeries.



More and more, computers in the operating room are making it possible for patients to experience less pain, to recover more quickly from surgery, and to enjoy a much improved outlook for long-term well-being. For surgical knee procedures, the OrthoPilot Orthopaedic Navigation system is at the forefront of the technology.

**UNIVERSITY
ORTHOPAEDIC
CENTER**

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

Phone: 201343-1717
Fax: 201 343-3217
E-mail:

univorthoctr@verizon.net

Is Genzyme Biosurgery for You?

Genzyme Biosurgery is the very latest advancement in surgical technology which allows doctors to harvest patient’s own cells for use in repairing damaged or defective cartilage and in patients who have had a poor response to prior arthroscopic or other procedures. This type of surgery is especially beneficial for those patients newly diagnosed with articular cartilage lesions. Surgery is presently the only method to repair articular cartilage, this technique helps over time to replace the lost cartilage.

If knee pain is discouraging you to do all that you once did before, it is time to discover this procedure that Dr. Longobardi is especially proud to bring to Bergen County. As only one of two doctors in New Jersey to perform this new technique, Dr. Longobardi states, “providing my patients with the most current and optimal means of treatment is what I strive to do; Genzyme Biosurgery allows patients the chance to return to their normal activities, especially when other procedures have failed. Utilizing their own body’s cartilage, which is grown in a laboratory, we can now replace damaged areas within the knee with an individuals own tissue.” For additional information, go to: www.carticel.com.



ORTHO Q & A Ask Dr. Longobardi

Q. What are shin splints?

A. Shin splints are an inflammation of the periosteum, a fibrous sheath that surrounds bone. In this case, the affected bone is the shin bone, or tibia. Shin splints are usually accompanied by pain and swelling in the front of the lower leg. Most frequent in runners, this overuse injury is caused by the repetitive stress of running on hard surfaces.

Please note: Most of the time, you can treat shin splints with self-care steps and rest. And you can help prevent shin splints from recurring by stretching, using shoe inserts and modifying your exercise routine. The risk of shin splints is no reason to give up your morning jog or afternoon aerobics class.

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:

<http://www.sportsmed.com>

www.SportsSafety.org

<http://orthoinfo.aaos.org/>

www.exrx.net