



University Orthopaedic Center

News

Just for you!

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Meeting Johnny Bench...

Earlier this month, I had the privilege of meeting and introducing one of the greatest catchers of all time, Johnny Bench.

From 1967 to 1983 his talents and enthusiasm for the game made him the leader of the great Cincinnati Reds teams of that era. The two time League MVP, World Series MVP and Hall of Famer became the undisputed gold standard for catchers, including to the present day.

His baseball statistics alone are not what makes him a legend, but his good nature, sense of humor and outlook on life.

As the first catcher to hit 389 career home runs, it is obvious that he had the drive to make the most of his talent and this same drive did not slow him down after his professional career ended. Although those years did play hard on his body, he did what he needed to do to correct the problems he had with his joints.

Having the experience of being a team physician for both professional & collegiate teams, I know firsthand the toll competition has on the human body, particularly the bones & joints. With the proper techniques and surgical procedures available today, most athletes can erase some of the damage that was done to them physically so that they too can enjoy more later on in life.

Whether you play for fun or competition, conditioning yourself and knowing when to get medical attention at the right time are keys to less time away from what you enjoy.

Merry Christmas, Happy Holidays to you and your families and may you have a healthy New Year!

Sincerely,

Raphael S. F. Longobardi, MD, FAAOS
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Correctly Diagnosing Knee Problems

Not a day goes by—regardless of the Season—that you won't read or hear about a professional athlete with an injury. *Will they play this season? How long will they be out? Will they require surgery?*

None of these questions can be fully answered until a complete **Medical History**, **Physical Exam** and **Diagnostic Test(s)** are done. Regardless of how an injury was sustained, Dr. Longobardi will diagnose the knee problem based on the findings of the following:

Your Medical History — You will be asked how long symptoms have been present and what problems you are having using your knee or ask about any injury, condition, or health problem that might be causing the problem.

A Physical Examination — Dr. Longobardi will bend, straighten, rotate (turn), or press on the knee to feel for injury, and determine how well the knee moves and where the pain is located. You may be asked to stand, walk, or squat to help assess the knee's function.

Diagnostic Tests — depending on the findings of the medical history & physical exam will determine which test(s) to use. Some of the more commonly used tests include:

- X-Ray (radiography)
- Bone Scan (radionuclide scanning)
- Arthroscopy
- Biopsy
- Computerized axial tomography (CAT) scan
- Magnetic Resonance Imaging (MRI)
- Joint Aspiration

Taking the time to explain your knee problem to Dr. Longobardi will help you both in the long run to accurately diagnose your condition and decide what will be the best treatment option.

ORTHO Q & A

Ask Dr. Longobardi

Q. What Does it Mean to be Board-Certified by the ABOS?

Certification by the American Board of Orthopaedic Surgery means that the orthopaedic surgeon has met the specified educational, evaluation and examination requirements of the Board.

It is also an indication that a surgeon has made a commitment to continuing education and keeping up with the latest findings in orthopaedics.

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.healthgrades.org
- www.arthritis.org
- www.abos.org