



University Orthopaedic Center

# News *Just for you!*

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Dr. Longobardi has been listed in the "Guide to America's Top Physicians" — by the Consumers Research Council of America for Orthopaedic Surgery.

## Welcome!

Welcome to the first issue of UOC News where you will find the resources you need—whether you are back on track or are awaiting surgery -this monthly newsletter will provide you with additional sports tips, helpful links and up-to-date information about orthopaedics.

I hope you will enjoy this issue, please be sure to share with friends & family.

Sincerely,

Raphael S.F. Longobardi, MD, FAAOS



[www.universityorthopaedic.com](http://www.universityorthopaedic.com)

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Our newly revised website, launched in July, has all of the information you need to stay in touch with UOC, get the forms you need before you come to our office and see the most common procedures with the unique interactive

- Sports Medicine Info
- Printable Protocols
- Insurance Info
- Specialty Info
- Interactive Illustrations
- Ortho Q &A

CALL FOR AN APPOINTMENT



Easy links throughout the site to get you where you need to be.

COMPLETE CONSULTATION



DISCUSSION OF TREATMENT OPTIONS



SURGERY AND/OR REHABILITATION

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## FDA Approved Reverse Shoulder Prosthesis Procedure

Dr. Longobardi is proud to introduce an innovative treatment option for patients who have exhausted all other means of shoulder repair, with the new FDA-approved Reverse Shoulder Prosthesis procedure.

This shoulder joint replacement is implanted into a person's body when their own shoulder no longer functions properly or causes pain. This procedure restores shoulder function and relieves pain in patients with a rotator cuff deficient shoulder and arthritis.

Patients see a drastic difference in their range of mobility and the ability to perform daily activities. Outpatient physical therapy is needed for about three months which is about the amount of time it takes to recover from surgery.

For more information, go to: [www.encorereverse.com](http://www.encorereverse.com)



### ORTHO Q & A

#### Ask Dr. Longobardi

##### What is An Ankle Sprain?

A sprain is a stretch injury of the ligaments that support the ankle. The ligaments on the outside of the ankle are most commonly injured when the foot is turned inward on an awkward step. A sprain may be mild, causing only modest pain, or severe enough to prevent weightbearing. The symptoms include tenderness and swelling on the outside, below, and just in front of the ankle bone. Initial care is the same as for all other acute injuries: RICE (rest, ice, compression, and elevation.)

### 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 links for you:

<http://www.sportsmed.com>

<http://www.acsm.org>

<http://www.isakos.com>