

University Orthopaedic Center

# News *Just for you!*

Volume 2, Issue 3

January/February 2006

## Happy New Year!

*It's that time again—the beginning of a new year—a time when new year resolutions are made! We all know that they can be hard to keep, but sticking with them can improve your life. To help achieve your goals, be specific, put your goals in writing, have a plan of action and most important, be positive! Remember also that helping to set realistic goals can have a better impact on what you are trying to do. By saying you will “get healthy” or “in shape”, can be too general, try to get down to the specifics. For example, be sure to set aside time for the gym in your busy life by resolving to go 3x a week at a specific time or vow to eat fruits & vegetables everyday and dessert once a week! Every resolution you make will undoubtedly help you down the road to become healthier and more physically fit! Enjoy the new year, the new you! Please be sure to share UOC News with your friends & family.*

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



“SEEING” A PROCEDURE  
BEFORE IT HAPPENS  
[www.universityorthopaedic.com](http://www.universityorthopaedic.com)  
click on patient education

The UOC website is chock full of interactive patient education features that allow you to experience your surgery before it happens ...without leaving the comforts of your home!

The “Patient Education” feature of the UOC website enables you to see procedures done on the shoulder, elbow & knee. These interactive features can help you to visualize and better understand how a particular joint, bone or tendon works and how the repair will occur. In essence, you can walk through the procedure step-by-step.

Take advantage of these features to help answer questions you may have and allow you to gather as much information as needed to make the prospect of surgery a more comfortable one.

As we continue to add to this feature regularly, if you are looking for something we do not currently have, please go to:

[www.nlm.nih.gov/medlineplus/tutorial.html](http://www.nlm.nih.gov/medlineplus/tutorial.html)



### Patient Education

RELATED ITEMS

- Insurance Info
- Our Mission
- Links
- Privacy

NEWSLETTER

- Sign up for Dr. Longobardi's free email newsletter

OUR OFFICES

University Orthopaedic Center, PA  
433 Hackensack Avenue  
Second Floor  
Hackensack NJ 07601  
Phone 201.343.1717  
Fax 201.343.2627

NYU Medical Center  
Skirball Building  
530 First Avenue  
Suite 80

PRINT BROCHURE

ANATOMY

MORE ANIMATIONS

Step 1  
The initial part of the procedure may be done arthroscopically through small tubes. The surgeon may first use a small video camera to inspect the shoulder joint.

Torn tendon

Arthroscope

Humerus

PLAY ANIMATION

START OVER

BACK

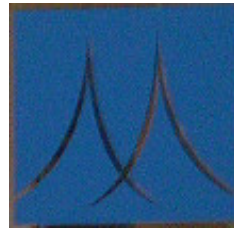
### Inside this issue:

- Happy New Year! 1
- Interactive Patient Education features 1
- New Metropolitan Surgery Center 2
- UOC Mission 2

**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



# Opening Soon...

## Metropolitan Surgery Center At Continental Plaza, Hackensack

Walking through the main entrance of the Metropolitan Surgery Center, you will instantly have a feeling of the type of care you will receive in a setting you deserve. The warm, inviting atmosphere will put you at ease with personalized service matched with clinical excellence. Twenty doctors, including Dr. Longobardi, will be part of the team at the Center specializing in both Orthopaedics and Urology.

Dr. Longobardi will be one of the first to perform arthroscopic surgery utilizing the advanced technology available at the center. In addition, Dr. Longobardi will be equipped to perform genzyme biosurgery or any other same-day procedure.

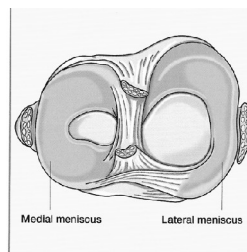
Look for the grand opening soon!



### ORTHO Q & A Ask Dr. Longobardi

#### Q. What is the meniscus?

**A. The meniscus (me-nis-cus) is the crescent-shaped cartilage in the knee that both cushions the knee joint, helping it to bear weight, glide, and turn, and stabilizes the knee by controlling its rotation.**



### 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.sportsmed.com](http://www.sportsmed.com)

[www.nata.org](http://www.nata.org)

[www.aaos.org/oko](http://www.aaos.org/oko)