



University Orthopaedic Center

News *Just for you!*

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Spring is finally here...

Before you rush outside to catch up on “getting in shape,” be sure to condition your body for the outdoors. Some of you may have been running indoors all winter on a treadmill, but stepping out onto the pavement will be quite different. Being patient, warming yourself up, stretching and beginning slowly will go further for your body than going full speed ahead. Keep in mind, any new activity whether it running, walking, bicycling, etc. soreness will occur at first but persistent pain in your joints is more often a true sign of injury. Check out the section in the newsletter about overuse injuries to see what you can do to make a better ‘return on your healthy lifestyle’ investment!

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

Protocols...
What are they and what do they mean for you?

As important as it is to follow instructions required before surgery — there are as many if not more after surgery, known as protocols. These custom designed steps for post-surgery are important to follow so that you will regain the mobility you need and allow your body the time to heal properly.

On the UOC website, under “patient information” you will find a list of these different protocols labeled by surgery. Click on the one that you need and either view on-line or print out to keep as a guide. To help, below is a key for the abbreviations you will find on those protocols. If you have any questions regarding them, please feel free to contact the UOC office.

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Key to Protocol Abbreviations:

AAROM—Active Assisted Range of Motion	FCE—Functional Capacity Evaluation	PROM—Passive Range of Motion
ADL—Activities of Daily Living	FES—Functional Electrical Stimulation	PWB—Partial Weight Bearing
AROM—Active Range of Motion	HEP—Home Exercise Program	ROM—Range of Motion
CAM—removable cast boot	NWB—Non Weight Bearing	SLR—Straight Leg Raise
DC—Discharge	PF—Plantar Flexion	TKE—Total Knee Extension
DF—Dorsi Flexion	PRE—Passive Resistance Exercise	WBAT—Weight Bearing as Tolerated
		WNL—Within Normal Limits

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Sports Medicine & You...

Could you be overdoing it?

What you need to know about “overuse” injuries.

Injuries come in many shapes and sizes but are categorized by either being an “acute” or an “overuse” injury. Acute injuries typically are the result of a single, traumatic event ie: ankle sprains, shoulder dislocation, wrist fractures or the like while an “overuse” injury is most likely caused from repetitive trauma to the tendons, joints or bones over time ie: shin splints, Little League elbow, Achilles tendonitis, tennis elbow, etc.

Although overuse injuries can be challenging to diagnose, they can be treated. A thorough exam which may include an MRI or x-rays, proper evaluation of your training techniques, types of activities you do, equipment used and the ability to know your limits are all helpful in designing a customized treatment plan.

The AOSSM (American Orthopaedic Society for Sports Medicine) suggests the following in helping to prevent overuse injuries*: “The 10% rule is very helpful. In general, you should not increase your training program or activity more than 10% per week. This allows your body adequate time for recovery and response. The 10% rule also applies to increasing pace or mileage for walkers and runners, as well as to the amount of weight added in strength training programs.”

* NATA (National Athletic Trainers Association) Sports Tips in conjunction with AOSSM © 1997

ORTHO Q & A

Ask Dr. Longobardi

Q. What is an MCL?

A. The Medial Collateral Ligament connects the femur (thighbone) to the tibia (shinbone) along the inside of your knee joint. Most injuries occur if the knee gets hit from the side. This is common in contact sports such as football or soccer.

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.



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Orthopaedic & Sports
Medicine links for you:

www.nata.org

www.sportsmed.org