



University Orthopaedic Center

News *Just for you!*

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Summer...a great time to get—*stay*— fit!

If you are still holding true to your new year resolutions of exercising and eating right (even 6 months down the road) that is great, if not, the year isn't over yet!

The summer is a great time to begin anew. The days are longer, the nights are nice and an abundance of fresh fruits & vegetables should make it all that easier to get started. A walk in a park, a bike ride or possibly honing your skills of a favorite pastime (golf or tennis, for example) will get you motivated to take the steps today to secure your health tomorrow!

Enjoy this issue, and please be sure to share with family and friends.

Sincerely,

Raphael S. F. Longobardi, MD, FAAOS

Look for Dr. Longobardi & UOC in the September issue of MD News!

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Same Day Surgery Is it right for you?

Same Day Surgery, which is also called ambulatory or outpatient surgery, is an operation that does not require a stay at a hospital. Over 65% of procedures can be done at these types of facilities with many of them being orthopaedic in nature, such as: hand, wrist, elbow & certain shoulder procedures. The benefits of same day surgery are smaller incisions, most often less pain and scarring than with 'conventional' surgery and usually a faster return to normal living. In addition, the ability to recover in the comfort of your own home.

The Metropolitan Surgery Center, located on the ground level of Continental Plaza, has all the resources of a regional medical center with a full staff of RNs, technologists and board-certified physicians as well as the amenities needed for a comfortable day.

Ask Dr. Longobardi if you are a candidate for same day surgery.

COMMUNICATION:

The key to follow-up care.



To further enhance a follow-up appointment with Dr. Longobardi, you will be asked to

complete a **follow-up questionnaire** so that questions and concerns can be addressed during your appointment. The new form is intended to help Dr. Longobardi and UOC provide better care to you.

Before your next appointment, please go to the UOC website, www.universityorthopaedic.com click on "online forms" and complete the 'interactive follow-up questionnaire' while you are online, print out and bring to your next appointment.

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Mrs. Milly Salerno
(Daughter of Elupina
German, Reverse
Shoulder recipient, June
2005) shares her Mom's
story with us.

We would like to hear
from you, too! If you
would like to share
your story, please
e-mail us at:
univorthoctr@verizon.net
and write "share my
story" in the subject line.

My mother's shoulder injury was most likely caused by the type of work she had done when she was younger, working in a dress factory lifting and handling heavy machinery. Over the years, her bursitis had gotten worse and numerous cortisone shots to ease the pain eventually damaged tendons in both her shoulders and the loss of range of motion. Just combing her hair or reaching for something in the cabinet became a difficult task. When she eventually got to the point that she couldn't get comfortable enough to sleep, we knew the time had come to find a solution to this very uncomfortable problem.

After doing some initial research about shoulder injuries, we found that Dr. Longobardi was doing a new innovative shoulder replacement procedure that would allow even more mobility after surgery. Upon examining my mother, Dr. Longobardi was amazed that she had the ability to do anything considering the extent of her damaged and dislocated shoulders. Dr. Longobardi took the time to explain the procedure to us as we waited for the right prosthesis to come in before going ahead with the surgery to ensure it would be a good fit. His vast experience as a team physician for numerous professional sports teams and strong background in sports medicine, lead us to have the confidence we needed to finally go through with surgery. A friend of my mom even commented she would probably be able to "pitch for the Mets!" after this surgery!

After doing surgery on the worst of the shoulders in June 2005, followed by therapy for six months, 3 times a week and wonderful follow through on all of the post-surgery modalities on her own, she is now carrying things and feeling "unbelievable!" She can't thank Dr. Longobardi enough for his genuine care and understanding of her condition, the visiting nurse, rehabilitation specialists and office staff for providing all that was needed for a wonderful recovery.

She is looking to regain that same "unbelievable" feeling by having the same procedure done on her other shoulder soon.

ORTHO Q & A
Ask Dr. Longobardi

Q. What is a 'rotator cuff'?

A. Your rotator cuff is a combination of muscles and connecting tendons that attached your upper arm to your shoulder blade. The rotator cuff helps you reach, throw, push, pull, and lift.

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.nata.org
www.sportsmed.org