



University Orthopaedic Center

News *Just for you!*

Volume 2, Issue 7

September/October 2006

“An ounce of prevention is worth a pound of cure.”

September & October are chock full of health & wellness observance days. Use those days as a reminder to take care of yourself. To view the 2006 National Health & Wellness Observance Calendar, go to www.nationalwellness.org

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It's Autumn!

To many of you, the Autumn not only represents a transition from warm weather to cooler weather but a time to start anew...possibly a new job, new home, taking classes, being an active participant in your children's activities or finally starting a work out regime. Whatever you choose to do, enjoy the bountiful fruits and vegetables Fall brings, enjoy the weather and stay in tune with your health. Please feel free to share this issue with friends and family.

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



COMMON FOOTBALL INJURIES

The size of the players, speed of the various plays and the sheer physical nature of the game makes football injuries quite common regardless of the helmets, pads and other equipment worn. Although many younger players sustain injuries, the highest rates are seen in professional football. Also, interestingly, most injuries occur during games, rather than at practice, because athletes tend to “play harder” and take more risks during a game.

The following is a partial list of some of the injuries we see and treat every day this time of year, related to football:

- Knee Injuries:** injuries to the ACL, or MCL, or both and meniscal tears
- Sprains & Strains:** most times treated with the R.I.C.E. method (Rest, Ice, Compression, Elevate) - early treatment will help speed recovery.
- Fractures:** about one quarter of all serious football injuries (those that require hospital care) usually involve the fingers, wrists or legs.
- Achilles Tendonitis:** a painful condition of the tendon in the back of the ankle
- Shoulder Injuries:** Dislocation or AC separation (involves the collar bone)
- Hamstring sprains (“pulls”):** stretches of the hamstring muscle, depending on the severity will determine how soon back on the field

The University Orthopaedic Center is an excellent resource for obtaining information on any of the above injuries. Please ask at the reception desk for a brochure or be sure to talk to Dr. Longobardi.

UOC in the News: Dr. Longobardi and descriptions of his unique, innovative procedures will be featured as the cover story in the September issue of MD News coming to your physicians office soon.

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www.universityorthopaedic.com,
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What is “Boomeritis?”

If you were born between 1946 and 1964, you are considered a “baby boomer.” This year, the oldest of the baby boomers will be turning 60 and finding, because of their more active lifestyles, musculoskeletal problems are on the rise.

Problems such as tendonitis, bursitis, arthritis, and sports related injuries all fall under the category of “boomeritis.”

Keep in mind, these obstacles should not discourage you rather they should encourage you to find out how to overcome them. Learning to read the signals your body is providing and talking to Dr. Longobardi as soon as you can will get you back on track sooner and help with future concerns.

E-MAIL US...

We want to continue to share your success stories with others...

If you would like to provide, in your own words, how rehabilitation and/or surgery helped you, please e-mail us at: univorthoctr@verizon.net and write “share my story” in the subject line. Thank you.

The Bone & Joint Center at Holy Name Hospital

In addition to his own private practice located in Hackensack, Dr. Longobardi is honored to be a team member of the Bone & Joint Center at Holy Name Hospital where he can share his knowledge and experience in Sports Medicine and Orthopaedic surgery.

Check out the Centers of Excellence at www.holyname.org

ORTHO Q & A

Ask Dr. Longobardi

Q. What is patellofemoral pain?

A. Pain around the front of the knee is often referred to as patellofemoral pain. The pain may be caused by soft cartilage under the kneecap (patella), referred pain from another area such as the back or hip, or soft tissues around the front of the knee.

Brought to you by The American Orthopaedic Society for Sports Medicine

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.nationalwellness.org
- www.sportsmed.org
- www.abos.org