



University Orthopaedic Center

News *Just for you!*

Volume 3, Issue 1

Spring 2007

Greetings!

Spring is a time of change — whether it is your lifestyle—exercise regimen/diet or finally adhering to those new year resolutions, be sure to do what you can. If you are starting a new exercise program, be sure to check in with your doctor so that you can move forward in an injury-free, healthy way.

As you might be looking to change the way you do things, we as healthcare providers are looking at changes that may affect your ability to choose the healthcare professional you want. Currently, the NJ Department of Banking & Insurance (DOBI) is proposing legislation that would force more money out-of-pocket for you when you visit a medical doctor of your choice. As doctors, we are obviously not happy with that. As doctors, we strive to provide the best care and when limits are imposed on our patients, it can be frustrating. Please go to **www.msnj.org** (Medical Society of New Jersey's website) so you can better understand what these proposed changes mean for you.

By taking an active part in your health — both physically and administratively— will benefit us all.

Sincerely,

Raphael S. F. Longobardi, MD, FAAOS



Inside this issue:

- Message regarding your healthcare 1
- Patient Education Sheets 2
- Hip Arthroscopy 1
- UOC Mission 2



What's new on the UOC website....

Under the Patient Education section, you will find easy to read explanations of different conditions, diagnosis and treatment options for the knee and shoulder.

And coming soon ... revised Sports Medicine/ Athletic Injuries pages.

www.universityorthopaedic.com

**UNIVERSITY
ORTHOPAEDIC
CENTER**

Continental Plaza
433 Hackensack Avenue,
2nd Floor
Hackensack, NJ 07601

Phone: 201 343-1717
Fax: 201 343-3217
E-mail:

univorthoctr@verizon.net

To subscribe to our
e-newsletter,
UOC News...Just for You!

Go to
www.universityorthopaedic.com,
click on newsletter and submit
your e-mail address.



Hip Arthroscopy — An added benefit

A new procedure I am offering has many benefits compared to traditional hip surgery. Hip Arthroscopy is performed through small incisions using a camera to visualize the inside of the hip joint. Through several small incisions (about 1 cm each), a camera will be inserted into one incision, and small instruments through the other incisions. This procedure is less invasive and it can be done on an outpatient basis which leads to an earlier return to sports and a faster rehabilitation course.

The following is a list of conditions that can be treated with hip arthroscopy:

Cartilage Damage — Patients with cartilage damage are best suited for this procedure.

Labral Tear—tissue that surrounds the hip socket

Loose Bodies—pieces of cartilage that form within the joint

Snapping Hip Syndrome—a condition where something is catching within the hip joint

If you are currently experiencing pain in your hip or would like more information about hip arthroscopy for yourself or a family member, please call Dr. Longobardi.

ORTHO Q & A

Ask Dr. Longobardi

Q. What does it mean to treat injuries with “**RICE**”?

Rest: Reduce or stop using the injured area for at least 48 hours.

Ice: Put an ice pack on the injured area for 20 minutes at a time, 4 to 8 times per day. Use a cold pack, ice bag, or a plastic bag filled with crushed ice that has been wrapped in a towel.

Compression: Wrap used to compress the area to reduce swelling.

Elevation: Keep the injured area elevated above the level of the heart to help decrease swelling. Use a pillow to help elevate an injured limb.

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.healthgrades.org

www.msnj.org

www.abos.org