



For Women's Bones, Joints, and Muscles

A higher level of Orthopaedic and Rehabilitative care.
Right here in Queens.

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Service you deserve.*



Member
NewYork-Presbyterian Healthcare System
Affiliate: Weill Medical College of Cornell University

Childbearing puts women at increased risk for orthopaedic problems. A skilled orthopaedic surgeon can help manage these challenges. In most cases, it won't involve surgery.

“That’s an important message,” points out Jeffrey E. Rosen, MD,

Chairman of the Orthopaedics Department at New York Hospital Queens (NYHQ). “Fear of surgery is one of the things that can keep a woman from seeking help for an orthopaedic complaint.

“The truth is, about 80 percent of what we do at the Center for Orthopaedics & Rehabilitation Medicine is non-surgical.”

Here in Queens, the Center offers the most sophisticated, high-quality orthopaedic care available for women of all ages, delivered by board-certified specialists in rehabilitation medicine and orthopaedic surgery, as well as certified specialists in occupational therapy. Their goal—always—is to heal current injury and provide women with the information they need to prevent injuries in the future.

Predictable Challenges

Women’s orthopaedic challenges tend to follow a cycle, beginning in the teen years.

“A girl’s wider hips can make her more prone to knee injuries,” observes Alexander Golant, MD. “We see problems starting in the early teens as more girls than ever before participate in competitive sports.”

Young women may put on a little extra weight during college, and then put on a little more during their childbearing years. By the time they are in their 50s, many women are battling a weight

problem, and those excess pounds put additional stress on their joints. Today, women with arthritis outpace men with arthritis by a ratio of 3:2.

Osteoporosis also affects women disproportionately. They should have bone density testing on a regular basis and are encouraged to get involved in weight-bearing exercises to protect their bone strength, as well as to help maintain a healthy weight.

“Proper diet, exercise, and healthy weight are important for overall health,” notes Dr. Golant. “They are also important when a patient suffers an orthopaedic injury. A healthy patient with good muscle tone recovers from surgery more quickly and has an easier time regaining her strength and range of motion during rehab.”

Advanced solutions

“Even though our goal is to treat orthopaedic injuries without the need for surgery, sometimes an operation is necessary,” states Dr. Rosen.

“Our surgeons are skilled in advanced arthroscopic surgeries that promise quicker recovery times and less post-operative pain than with traditional surgery. We offer these options for shoulder, knee, hand, and ankle repair.”

Today’s woman wants to return to a life that is as active as possible following an orthopaedic injury. The surgeons, nurses, and therapists at the NYHQ Center for Orthopaedic & Rehabilitation Medicine are dedicated to helping her reach that goal.