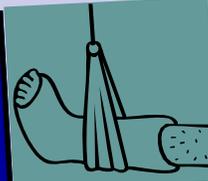


Department News "Cast"



Volume 1, Issue 1

November 2010

Message from the Chairman

Welcome to the premiere issue of our Department News "Cast"! The purpose of this newsletter is to share news and updates about the Department of Orthopaedics & Rehabilitation within the New York Hospital Queens community and beyond. Please forward, copy or otherwise re-distribute this newsletter freely.



As many of you may have noticed while in and around the Hospital, the new "West Wing Building" has officially opened as of September/October 2010. The technologically advanced operating suites and patient rooms that fill the new orthopaedic inpatient 4th floor and our new West Wing Building will provide us with facilities to continuously improve our already high level of patient care, adding to the NYHQ status as a state of the art teaching hospital. We are cultivating a unique environment to further our threefold mission of clinical practice, research and education.

I am personally appreciative of all who contribute to our many successful clinical, research, service and educational programs. We are still committed to bringing a higher level of Orthopaedic and Rehabilitative care to the Queens community and beyond with the expertise you trust and the service you deserve; it's gratifying to see that vision set forth in motion.

We invite you into our "Ortho-Rehab Team" through this bi-monthly newsletter and hope you look forward to hearing about our goals, accomplishments and day-to-day operations. I welcome your input, as we are all delivering care to the patients of our community through a team approach. Please also share with us your news and ideas for future editions! For any and all comments, please contact me at rosenje@nyp.org.

A higher level of Orthopaedic
and Rehabilitative care.



Specializing In:

ORTHOPAEDIC SURGERY

Sports Medicine &
Arthroscopic Surgery
General Orthopaedics
Total Joint Arthroplasty
Hand & Upper Extremity
Orthopaedic Spine
Joint Preservation
Surgery
Injection Therapy

REHABILITATION MEDICINE

Physical Therapy
*Including Lymphedema and
Vestibular Rehabilitation*
Occupational Therapy
EMG/Neurodiagnostic
Testing
Pain Management &
Rehabilitation Medicine

Locations:

New York Hospital
Queens

56-45 Main Street
4th Floor South

Flushing, NY 11355

Main Line: 718-670-2558

NYHQ Center for

Orthopaedics &
Rehabilitation Medicine
163-03 Horace Harding
Expressway

2nd Floor

Fresh Meadows, NY
11365

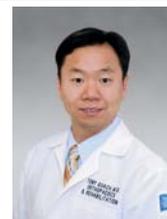
Department News

- We have been delighted to welcome three outstanding new faculty members to the department over the past 12 months. Drs. Alexander Golant and Drs. Tony Quach joined our Department in September 2009 out of fellowship, from Lenox Hill and UCLA, respectively. They both specialize in sports medicine, general orthopedics, and total joint replacement. In September 2010, Dr. Elan Goldwyn joined our Department after a productive fellowship at Shock Trauma, to bring his expert care in orthopaedic trauma to our Level I trauma center. To service our multilingual patient population, Dr. Golant is fluent in Russian, Dr. Quach is fluent in Chinese, and Dr. Goldwyn is conversational in Hebrew.
 - The new West Wing Building houses our new inpatient orthopaedic floor (4W), with 40 patient beds and our inpatient PT gym. In conjunction with its opening, we have started our “Fast Track” Rapid Rehab Patient Program. On 09/22/2010, we enrolled our first patient post a right total knee replacement. He started physical therapy POD#0 in PACU and was discharged on POD#2.
 - As of May 2010, Dr. Tony Quach now has an offsite location for patient office hours at Queens Crossing in downtown Flushing, located at 136-20 38th Avenue, Flushing, NY 11354. For patients to make an appointment, please have them call 718-886-4380; the staff are fluent in English, Cantonese and Mandarin.
 - To kick off our “Educated Patients are the Healthiest Kind of Patients” campaign, we have published our first patient education booklet in September 2010. The “Outpatient Guide to Orthopaedic Surgery” serves as a pre-op education tool for patients with regards to preparation and planning.
 - Our Occupational Therapy program has increased almost 300% from 2008 to 2009 under the leadership of our Occupational Therapy Supervisor Anita Liu-Chen, OTR/L. Our Physical Therapy program has increased 113% from 2008 to 2009 under the leadership of our Outpatient Physical Therapy Supervisor Anthony Vucenik, PT, MS as well as with the opening of our new offsite facility.
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- We have nine (9) full time orthopaedic Physician Assistants (PAs) on staff that provide continuity of care for our patients. Patients see friendly and familiar faces in the office, operating rooms and on inpatient floors; this is one of the examples of the “team approach” we pride ourselves in.
 - Our Outpatient Physical Therapists are available to treat our patients Monday-Thursday from 7am-7pm and Fridays from 8am-4pm.
 - We are on the web! www.nyhq.org/Orthopaedics_and_Rehabilitation
 - Our physicians not only specialize in joint reconstruction surgery but joint preservation and restoration surgeries as well.
 - We are currently participating in a national industry-sponsored, multi-center, clinical trial for articular cartilage defects. To inquire about the study or refer patients, please visit the website at www.KneeJointRelief.com.

**Did you
know?!?!?**

Hip Arthroscopy: Is it right for you?

Hip arthroscopy is a new and evolving technique for treating various conditions affecting the hip. Although arthroscopies of other joints such as shoulder, knee, and ankle have been in practice for many decades, hip arthroscopy has been slower to evolve because the hip joint is much deeper in the body and therefore harder to access. However newer techniques and technology allows access to the hip joint using minimally invasive surgical techniques.



Hip arthroscopy can be used to treat various hip conditions including labral tears, loose bodies, cartilage lesions, synovitis, femoroacetabular impingement, ligamentum teres ruptures, instability, snapping hip syndrome, abductor tendon tears and trochanteric bursitis. Hip arthroscopies are usually not beneficial to treat moderate to severe hip arthritis. The advantages of hip arthroscopy compared to traditional open techniques include smaller incisions, less postoperative pain, accelerated rehabilitation, and quicker return to activities such as sports. Most surgeries are performed as an outpatient procedure.

Hip arthroscopy is performed through 2-3 small (1 cm) incisions. As the hip joint is distracted using traction, a camera is placed inside the hip joint for visualization. Arthroscopic instruments are then introduced into the hip joint through the other incisions to perform the surgery. Typically, patients are kept partial weightbearing for 2-4 weeks depending on what procedure is performed. Following surgery, patients start on a hip rehabilitation program that consists of range of motion exercises and hip and core strengthening program. Most patients can resume activities after 6 weeks of physical therapy. However, patients may continue for up to improve 3-6 months after surgery.

As with all surgeries, there are risks associated with hip arthroscopies. Most of the risks are associated with the use of traction during surgery. These risks include but are not limited to bleeding, neurovascular injuries, muscle spasms, and numbness around the groin and thigh. Not everyone is a candidate for hip arthroscopy. A detailed history and physical examination along with imaging studies such as x-rays, MRIs, and MR arthrograms are required for a complete evaluation.

Dr. Tony Quach and Dr. Alexander Golant of New York Hospital Queens offer minimally invasive hip arthroscopy surgery. Both physicians are sports medicine fellowship trained and are members of the Arthroscopy Association of North America and American Orthopedics Society for Sports Medicine. To find out if hip arthroscopy is appropriate for you, please ask your doctor at the next visit.

On a more personal note, Dr. Quach was born and raised in Flushing and is very happy to be providing care to the community he grew up in and is now raising his family in.

2011

**Wishing you a
Happy Holiday Season
and a
Healthy New Year!**

A higher level of Orthopaedic
and Rehabilitative care.



Department of Orthopaedics & Rehabilitation

Grand Rounds Schedule 2010

OCTOBER 2010

DATE	TITLE	GIVEN BY
10/06/2010	M&M	Orthopaedic PAs
10/13/2010	Trauma Indications and Fracture Conference: Shoulder Dislocations	Ortho Residents
10/20/2010	Musculoskeletal Radiology Conference	Dr. Ari Jonisch
10/27/2010	Orthopaedic Trauma Journal Club	Dr. Elan Goldwyn

NOVEMBER 2010

DATE	TITLE	GIVEN BY
11/03/2010	M&M	Orthopaedic PAs
11/10/2010	Trauma Indications and Fracture Conference: Pilon Fractures	Ortho Residents
11/17/2010	Patellofemoral Instability	Dr. Alexander Golant
11/24/2010	Trauma Indications and Fracture Conference: Orthopaedic Trauma in a Pregnant Patient	Ortho Residents

DECEMBER 2010

DATE	TITLE	GIVEN BY
12/01/2010	M&M	Orthopaedic PAs
12/08/2010	Trauma Indications and Fracture Conference: Distal Humerus Fractures	Ortho Residents
12/15/2010	Musculoskeletal Radiology Conference	Dr. Ari Jonisch
12/22/2010	Orthopaedic Trauma Journal Club	Dr. Elan Goldwyn
12/29/2010	Guest Speaker	TBD

*New York Hospital
Queens
56-45 Main Street
Classroom 3
Flushing, NY 11355*

**Locations
&
Times**

*6:30am-7:30am
Fracture Conference*

*7:30am-8:15am
Grand Rounds*