ORTHOPAEDICS & REHABILITATION
NEWSCAST

THE BONE AND JOINT HOSPITAL OF QUEENS

Volume 2. Issue 2 April 2012

FROM THE CHAIRMAN

Happy Spring! We hope that you and your patients have enjoyed the unusually mild winter we have had and are looking forward to the warm weather we have in store for us.

With the arrival of warm weather, I am sure that your practice will expect to see more sports related injuries than in any other season of the year. In our physician group, here are a couple of tips that we share with our patients to prevent sports related injuries; feel free to share with your own patients.

- If you have been inactive for a while, it is a good idea to begin practicing several weeks before jumping into game play; this includes cardio training, strength training and conditioning.
- To decrease your chances of injury, always warm up followed by stretching.
- Stay hydrated! Remember to drink water or a sports drink prior to and during activity.
- If the sport you participate in requires personal protective equipment, be sure to adhere to the recommendations. This includes helmets, shoes and protective body pads.
- Eat properly! Eat breakfast every day to replenish your energy and don't skip meals.

Please continue to share with us your news and ideas for future editions! We are specifically interested in patient comments on how to improve the patient experience with us. For any and all comments, please contact me at rosenje@nyp.org.

SPECIALIZING IN:

ORTHOPAEDIC SURGERY

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

REHABILITATION MEDICINE

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

CONTACT NUMBERS:

Department of Orthopaedics & Rehabilitation:
718-670-2558

NYQMS, PC (Orthopaedics & Rehabilitation):
866-670-OUCH (6824)

Outpatient Rehabilitation:
855-37REHAB (377-3422)

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New York Hospital Queens

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DEPARTMENT NEWS

- We are happy to announce that we are in the early stages of expanding our physician group practice within our current location! Currently, our offsite location, 163-03 Horace Harding Expressway on the 2nd floor, houses Outpatient Rehabilitation as well as practice of New York Queens Medicine and Surgery (NYQMS), PC (Orthopaedics & Rehabilitation). This summer, Outpatient Rehabilitation will remain on the 2nd floor, while NYQMS, PC (Orthopaedics & Rehabilitation) will expand to the 4th floor, thus doubling our clinical space! These two floors will allow for more patient visits as well as the potential to hire more physicians and increase patient access.

- Jason Hu, M.D. and Alexander Golant, M.D. were a part of the medical staff covering NYC half-marathon on Sunday March 18, 2012.

- Alexander Golant, M.D. was invited to serve on the Bylaws Committee of AANA (Arthroscopy Association of North America).

- Jason Hu, M.D. and Ryan King, PT, were invited to speak regarding Cancer Rehabilitation to the Palliative Care Team on April 5, 2012.

- Our 3rd Annual Community Symposium on Bones, Muscles and Joints will take place on Wednesday, April 25, 2012. Registration will take place in the Lang Lobby at 12:30pm and the program will take place from 1:00pm-3:00pm in the Lang Auditorium. To RSVP for this event, or for more information, including parking, please call 800-282-6684.

- New York Hospital Queens is about to roll out our electronic health record to the ambulatory sites, slated to begin in April/May 2012. The Department of Orthopaedics & Rehabilitation and NYQMS, PC (Orthopaedics & Rehabilitation) will be the first to participate in this new endeavor.

APRIL IS

NATIONAL OCCUPATIONAL THERAPY

MONTH!

April is an exciting month for our occupational therapists, as it is National Occupational Therapy Month. Each April, occupational therapists nationwide host a celebration and educate the community on the importance of Occupational Therapy.

It is also our unique opportunity at New York Hospital Queens to recognize them for their dedication to their profession and helping those improve their quality of life through their daily activities. We currently have four occupational therapists that work in the outpatient service; we will begin offering inpatient services in 2012. Please join us in wishing every occupational therapist a happy and healthy National Occupational Therapy Month!

At New York Hospital Queens, our events are as follows:

- Monday, April 2 2012 from 11 to 2pm in the main lobby
- Tuesday, April 3, 2012 from 11 to 2pm outside the cafeteria

We will be hosting community events:

- Wednesday, April 4, 2012

We will have free raffles, free demonstrations, giveaways, and information on “What is Occupational Therapy?”

Ranked Among Top 5% in the Nation for Joint Replacement
Five-Star Rated for Overall Orthopedic Services (2011-2012)
Ranked #5 in New York for Joint Replacement and Spine Surgery (2012)
Recipient of HealthGrades Joint Replacement Excellence Award™ (2010-2012)

Please join us for a Community Symposium on Bones, Muscles and Joints

Learn about treatment, technology and rehabilitation support available to you from the orthopaedic specialists at The Bone and Joint Hospital of Queens.

Wednesday, April 25th

Registration: 12:30 p.m. Program: 1:00 to 3:00 p.m.

New York Hospital Queens, Lang Auditorium
56-45 Main Street, Flushing NY 11355

Program will focus on the hand, back, shoulder, hip and knee including demonstrations for home exercises. Vestibular assessments (balance and gait) will be performed in the Lang Lobby.

Whether your pain comes from arthritis or an injury, find out how to get relief, right now, right here in Queens. To RSVP for this event, or for more information, including parking:

call 800-282-6684

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DEPARTMENT OF ORTHOPAEDICS AND REHABILITATION

THE BONE AND JOINT HOSPITAL OF QUEENS

GRAND ROUND LECTURES

APRIL 2012

DATE:	TITLE:	GIVEN BY:
04/04/2012	M & M	Orthopaedic PAs
04/11/2012	Distal Humerus Fractures	Orthopaedic Residents
04/18/2012	Orthopaedic Journal Club	Dr. Elan Goldwyn
04/25/2012	Electrodiagnostics Lecture	Dr. Jason Hu
	Community Symposium	NYQMS, PC

MAY 2012

DATE:	TITLE:	GIVEN BY:
05/02/2012	M & M	Orthopaedic PAs
05/09/2012	The Unstable Elbow	Orthopaedic Residents
05/16/2012	Musculoskeletal Radiology Conference	Dr. Ari Jonisch
05/23/2012	Distal Radius fractures - Who should we fix, how should we fix them?	Orthopaedic Residents
05/30/2012	Guest Lecture	Attending TBD

JUNE 2012

DATE:	TITLE:	GIVEN BY:
06/06/2012	M & M	Orthopaedic PAs
06/13/2012	Fracture Healing and Osteobiologics in Trauma	Orthopaedic Residents
06/20/2012	Orthopaedic Journal Club	Dr. Elan Goldwyn
06/27/2012	Guest Lecture	Dr. Tony Quach

NEW YORK HOSPITAL QUEENS
56-45 MAIN STREET
ORTHOPAEDICS RESIDENT EDUCATION ROOM
(FORMER LANG RESEARCH CONFERENCE ROOM)

6:45 AM – 7:30 AM
FRACTURE CONFERENCE
7:30 AM – 8:15 AM
GRAND ROUNDS