

nj sports spine and wellness matawan

NJ Sports Spine and Wellness Matawan: Your Gateway to a Healthier, More Active Life

Are you an athlete in Matawan, NJ, experiencing nagging back pain, persistent neck stiffness, or other sports-related injuries that are hindering your performance? Or perhaps you're just someone who leads an active lifestyle and wants to prevent future problems? If so, you're in the right place. This comprehensive guide dives deep into NJ Sports Spine and Wellness Matawan, exploring their services, expertise, and how they can help you get back in the game - or simply enjoy life to the fullest. We'll cover everything from their specialized treatments to what sets them apart from other clinics in the area. Let's get started!

Understanding NJ Sports Spine and Wellness Matawan: More Than Just a Chiropractic Clinic

NJ Sports Spine and Wellness Matawan isn't your typical chiropractic office. While they offer comprehensive chiropractic care, their focus extends far beyond adjusting spines. They specialize in understanding the unique needs of athletes and active individuals in the Matawan community. Their team of experienced professionals takes a holistic approach, considering the interconnectedness of your body and its response to physical activity. This means they don't just treat symptoms; they identify the root cause of your pain or discomfort and develop a personalized treatment plan designed to promote long-term wellness.

A Wide Range of Services Tailored to Your Needs

The breadth of services offered at NJ Sports Spine and Wellness Matawan is impressive. Their expertise extends to:

Chiropractic Care: This forms the cornerstone of their practice, employing gentle yet effective adjustments to restore proper spinal alignment and alleviate pain. They use a variety of techniques to ensure the most comfortable and effective treatment for each patient.

Physical Therapy: Working hand-in-hand with chiropractic care, physical therapy helps strengthen muscles, improve flexibility, and enhance overall physical function. They'll guide you through targeted exercises to aid recovery and prevent future injuries.

Sports Medicine: For athletes of all levels, this specialized area focuses on the prevention, diagnosis, and treatment of sports-related injuries. They understand the demands placed on the body during athletic competition and can provide customized solutions to optimize performance and minimize the risk of injury.

Massage Therapy: Massage is a powerful tool for pain relief, muscle relaxation, and improved circulation. Their experienced massage therapists can help alleviate tension, reduce inflammation, and promote overall healing.

Rehabilitation Programs: Tailored rehabilitation programs are crucial for a successful recovery. They guide patients through a structured plan to regain strength, flexibility, and functional movement.

The Expertise Behind the Care: Meet the Team

NJ Sports Spine and Wellness Matawan prides itself on its team of highly qualified and experienced professionals. Their doctors and therapists are dedicated to providing the highest quality care and are committed to staying abreast of the latest advancements in sports medicine and rehabilitation. This dedication to continuous learning ensures that you receive the most effective and up-to-date treatments. You can typically find information about the individual practitioners on their website, allowing you to research their credentials and specialties before your appointment.

What Sets NJ Sports Spine and Wellness Matawan Apart?

Several factors distinguish NJ Sports Spine and Wellness Matawan from other clinics in the area:

Holistic Approach: They treat the whole person, not just the injury. This means considering lifestyle factors, nutrition, and overall well-being in addition to physical treatments.

Patient-Centered Care: They prioritize building strong relationships with their patients, listening to their concerns, and creating personalized treatment plans that meet their individual needs.

State-of-the-Art Facilities: They utilize modern equipment and technology to provide accurate diagnoses and effective treatments.

Convenient Location: Their Matawan location offers easy access for residents of the surrounding areas.

Focus on Prevention: They are just as dedicated to preventing injuries as they are to treating them. They offer guidance on proper exercise techniques, ergonomics, and other lifestyle modifications to help you stay healthy and active.

Getting Started with NJ Sports Spine and Wellness Matawan

Ready to experience the difference? The first step is typically scheduling a consultation. During this visit, a practitioner will assess your condition, discuss your concerns, and create a personalized treatment plan. Remember to bring any relevant medical history or imaging reports. Their website likely provides easy online booking or instructions on how to contact them to schedule an appointment.

Conclusion: Your Journey to a Healthier, More Active You Starts Here

NJ Sports Spine and Wellness Matawan offers a comprehensive and patient-centered approach to sports medicine and rehabilitation. Their dedication to

holistic care, experienced team, and state-of-the-art facilities make them an excellent choice for athletes and active individuals in Matawan, NJ, seeking relief from pain, improved performance, or injury prevention strategies. Take control of your health and well-being today - contact them and begin your journey to a healthier, more active life.

Frequently Asked Questions (FAQs)

1. Do I need a referral to see a doctor at NJ Sports Spine and Wellness Matawan? No, referrals are generally not required. You can schedule an appointment directly. However, it's always a good idea to check with your insurance provider to understand your coverage.
1. What insurance plans do they accept? It's best to check their website or contact them directly to verify which insurance providers they currently accept. Insurance coverage varies.
1. What are their hours of operation? Their hours of operation are usually available on their official website. Check their site for the most up-to-date information.
1. What should I bring to my first appointment? Bring your insurance card, a list of current medications, and any relevant medical records or imaging (X-rays, MRIs).
1. What is the typical cost of a visit? The cost of a visit can vary depending on the services you receive. It's recommended to contact them directly to inquire about pricing and payment options. Many clinics offer various payment plans to suit individual needs.

nj sports spine and wellness matawan: Spinal Cord Medicine, Third Edition Steven Kirshblum, MD, Vernon W. Lin, MD, PhD, 2018-12-28 In this comprehensive, clinically directed, reference for the diagnosis and treatment of persons with spinal cord injury and related disorders, editors of the two leading texts on spinal cord injury (SCI) medicine have joined together to develop a singular premier resource for professionals in the field. Spinal Cord Medicine, Third Edition draws on the expertise of seasoned editors and experienced chapter authors to produce one collaborative volume with the most up-to-date medical, clinical, and rehabilitative knowledge in spinal cord injury management across the spectrum of care. This jointly configured third edition builds on the foundation of both prior texts to reflect the breadth and depth of the specialty. Containing 60 state-of-the-art chapters, the book is divided into sections covering introduction and assessment, acute injury management and surgical considerations, medical management, neurological and

musculoskeletal care, rehabilitation, recent research advances, system-based practice, and special topics. New and expanded content focuses on the significant changes in the epidemiology of traumatic injury, the classification of SCI, and the latest medical treatments of multiple medical complications. In addition, chapters discuss new surgical considerations in acute and chronic SCI and the many advances in technology that impact rehabilitation and patients' overall quality of life. With chapters authored by respected leaders in spinal cord medicine, including those experienced in spinal cord injury medicine, physical medicine and rehabilitation, neurology, neurosurgery, therapists, and researchers, this third edition goes beyond either of the prior volumes to combine the best of both and create a new unified reference that defines the current standard of care for the field. Key Features: Covers all aspects of spinal cord injury and disease with updates on epidemiology of spinal cord injury, the classification of spinal cord injury, newer methods of surgical intervention post-injury, updates to medications, advances in rehabilitation, and changes in technology Brings together two leading references to create a singular evidence-based resource that defines the current standard of care for spinal cord medicine Presents the most current medical, clinical, and rehabilitation intelligence Chapters written by experts across the spectrum of specialists involved in the care of persons with spinal cord injury Includes access to the downloadable ebook

nj sports spine and wellness matawan: Adult Reconstruction Daniel J. Berry, Scott Steinmann, 2007 Written by leading experts from the Mayo Clinic, this volume of our Orthopaedic Surgery Essentials Series presents all the information residents need on hip, knee, shoulder, and elbow reconstruction in adults. It can easily be read cover to cover during a rotation or used for quick reference before a patient workup or operation. The user-friendly, visually stimulating format features ample illustrations, algorithms, bulleted lists, charts, and tables. Coverage of each region includes physical evaluation and imaging, evaluation and treatment of disorders, and operative treatment methods. The extensive coverage of operative treatment includes primary and revision arthroplasty and alternatives to arthroplasty.

nj sports spine and wellness matawan: Bone Stress Injuries Adam S. Tenforde, MD, Michael Fredericson, MD, 2021-07-17 "This book gives a nice summary of the current state of diagnosis, treatment, and prevention of bone stress injuries. It is particularly useful for sports medicine fellows and residents with an interest in athletes and active patients. ---Doody's Review Service, 3 stars Bone stress injuries are commonly seen in athletes and active individuals across a full spectrum of physical activity, age, and gender. While most overuse injuries can be addressed through non-operative care, injuries may progress to full fractures that require surgery if misdiagnosed or not correctly managed. Written by leaders in sports medicine including physical medicine and rehabilitation, orthopaedics, endocrinology and allied health professionals of biomechanics, physical therapy and dietetics, Bone Stress Injuries offers state-of-the-art guidelines and up-to-date science and terminology to practitioners. Using a holistic approach to understand the management of bone stress injuries, this book highlights specific considerations by injury, gender, and risk factor to ensure that a comprehensive treatment plan can be developed to optimize bone health, neuromuscular re-education, gait mechanics, and injury prevention. Organized into four parts, opening chapters cover the general need-to-know topics, including clinical history, imaging, and risk factors including biological and biomechanical factors. The book proceeds anatomically through the body from upper extremity to foot and ankle injuries, with each chapter underscoring diagnostic and treatment strategies specific to that region. Chapters dedicated to special populations discuss the differences in injury evaluation and management according to age, gender, and military background. Final chapters review the prevention of injuries and examine both common and novel treatment strategies, such as medications, nutrition, gait retraining, orthobiologics, and other interventions. Invaluable in its scope and approach, Bone Stress Injuries is the go-to resource for sports medicine physicians, physiatrists, and primary care providers who manage the care of athletes and individuals leading active lifestyles. Key Features: Promotes evidence-based practice for diagnosis, treatment, and prevention of bone stress injuries Covers specific anatomy that is prone to

bone stress injuries with dedicated chapters on upper and lower extremities, pelvis and hip, spine, and foot and ankle Considers evaluation and management differences according to specific populations of pediatric, male, female, and military personnel Discusses emerging strategies to treat bone stress injuries, such as gait retraining, orthobiologics, and other non-pharmacological treatments

nj sports spine and wellness matawan: Nutrition and the Athlete Douglas Paul Henderson, 1987

nj sports spine and wellness matawan: *Essential Sports Medicine* Gerardo Miranda-Comas, Grant Cooper, Joseph Herrera, Scott Curtis, 2021-04-02 Sports medicine is a popular medical sub-specialty. Sports medicine certainly overlaps with general musculoskeletal medicine, but there are important differences to be aware of. This book provides comprehensive, pertinent information about sports medicine so that the busy clinician can find it accessible and practical. Medical students, residents, and fellows will find the book useful for providing an accessible overview of the most salient points in the field of sports medicine.

nj sports spine and wellness matawan: Integrative Pain Management Robert Alan Bonakdar, Andrew W. Sukiennik, 2016 Integrative Pain Management is a comprehensive guide written by experts in the field that provides case examples of pain conditions, reviews common integrative treatments including physical therapy, behavioral strategies, and advanced procedures to maximize function and reduce pain; and with extensive resources.

nj sports spine and wellness matawan: A History of New York in 101 Objects Sam Roberts, 2014-09-23 "Delightfully surprising....A portable virtual museum...an entertaining stroll through the history of one of the world's great cities" (Kirkus Reviews), told through 101 distinctive objects that span the history of New York, almost all reproduced in luscious, full color. Inspired by A History of the World in 100 Objects, Sam Roberts of The New York Times chose fifty objects that embody the narrative of New York for a feature article in the paper. Many more suggestions came from readers, and so Roberts has expanded the list to 101. Here are just a few of what this keepsake volume offers: -The Flushing Remonstrance, a 1657 petition for religious freedom that was a precursor to the First Amendment to the Constitution. -Beads from the African Burial Ground, 1700s. Slavery was legal in New York until 1827, although many free blacks lived in the city. The African Burial Ground closed in 1792 and was only recently rediscovered. -The bagel, early 1900s. The quintessential and undisputed New York food (excepting perhaps the pizza). -The Automat vending machine, 1912. Put a nickel in the slot and get a cup of coffee or a piece of pie. It was the early twentieth century version of fast food. -The "I Love NY" logo designed by Milton Glaser in 1977 for a campaign to increase tourism. Along with Saul Steinberg's famous New Yorker cover depicting a New Yorker's view of the world, it was perhaps the most famous and most frequently reproduced graphic symbol of the time. Unique, sometimes whimsical, always important, A History of New York in 101 Objects is a beautiful chronicle of the remarkable history of the Big Apple. "The story [Sam Roberts] is telling is that of New York, and he nails it" (Daily News, New York).

nj sports spine and wellness matawan: Osteoporosis Of The Spine: Asian Perspectives Po-quang Chen, Ruey-mo Lin, Keh-sung Tsai, 2021-01-19 This edited volume comprises chapters written by experts in Asia, where osteoporosis and the related fractures have created an enormous burden on the healthcare system due to increase in aging population. The topics covered include the epidemiology, diagnosis and both medical as well as surgical treatment of osteoporosis, particularly of the spine. This book provides practical diagnostic methods and useful treatments for this important medical issue. The multi-faceted and evidence-based approaches make it a very helpful reference for doctors to decide the best methods of treatment for patients with osteoporosis of the spine.

nj sports spine and wellness matawan: New York's Finest Michael Daly, 2021-12-07 The gritty, true blue story of two remarkable cops and an equally extraordinary nurse who provided the spirit and smarts that transformed Fear City into the safest big city in America. NEW YORK'S FINEST is the story of a city's transformation through the tireless efforts of Detective Steven

McDonald, Nurse Justiniano, Jack Maple, and a host of hero cops—including the great niece of Jazz Age great Josephine Baker—the finest of The Finest. The son and grandson of cops, Officer McDonald was shot and paralyzed from the neck down while on patrol in 1986. The doctors said that if he did survive, he would be better off dead. It was then he came under the care of one Nurse Nina Justiniano. Where the teenage gunman was produced by the worst of Harlem's social ills, she personified its many graces, rescuing Steven from despair and urging him to transcend hate and bitterness. McDonald was then promoted to detective at the urging of NYPD Deputy Commissioner Jack Maple, a postal worker's son who sported a bow tie, Homburg hat, and two-tone shoes as he implemented transformative crime-fighting strategies to deter violent subway robberies. Coming up in the force, Maple had been routinely mocked for imagining the impossible: that Times Square would one day be a destination for families and tourists. Now, resentments and tensions are mounting in the same neighborhoods that most benefited from the careful consideration of officers like McDonald and Maple. But as NEW YORK'S FINEST illustrates, their legacies, and those of people like Nurse Justiniano, may well rescue New York City from its present state of unrest and struggle in the wake of protests and the pandemic.

nj sports spine and wellness matawan: The SAGE Encyclopedia of Cancer and Society
 Graham A. Colditz, 2015-08-12 The first edition of the Encyclopedia of Cancer and Society was published in 2007 and received a 2008 Editors' Choice Award from Booklist. It served as a general, non-technical resource focusing on cancer from the perspective of the social and behavioral sciences, exploring social and economic impacts, the "business" of cancer, advertising of drugs and treatment centers, how behavior change could offer great potential for cancer prevention, environmental risks, food additives and regulation, the relation between race and ethnicity and cancer risk, socioeconomic status, controversies—both scientific and political—in cancer treatment and research, country-by-country entries on cancer around the world, and more. Given various developments in the field including new drug treatments, political controversies over use of the vaccines Gardasil and Cervarix with young girls to prevent cervical cancer, and unexpected upticks in the prevalence of adult smoking within the U.S. following decades of decline, the SAGE Encyclopedia of Cancer and Society, Second Edition serves as an updated and more current encyclopedia that addresses concerns pertaining to this topic. Key Features: · Approximately half of the 700 first-edition articles revised and updated · 30+ new entries covering new developments since 2006 · Signed entries with cross-references · Further Readings accompanied by pedagogical elements · New Reader's Guide · Updated Chronology, Resource Guide, Glossary, and through new Index The SAGE Encyclopedia of Cancer and Society, Second Edition serves as a reliable and precise source for students and researchers with an interest in social and behavioral sciences and seeks to better understand the continuously evolving subject matter of cancer and society.

nj sports spine and wellness matawan: Surgical Treatment of Orthopaedic Trauma James P. Stannard, Andrew H. Schmidt, 2011-01-01 Winner of First Prize in Orthopaedics and Rheumatology at the 2008 British Medical Association Medical Book Competition Winner of Association of American Publishers Best Book in Clinical Medicine, 2007 This landmark multimedia reference presents the most current information on surgical treatments of a wide range of injuries, from complex pelvic and spinal trauma to periarticular fractures and knee dislocations. For each injury, the authors guide the reader from the clinical evaluation, through the decision-making process, and to the surgical procedure. Each chapter provides a thorough review of surgical anatomy, streamlined discussion of the classification of the injury, the non-operative treatments available, and the indications for surgical treatment. Concise, step-by-step descriptions of surgical techniques are supplemented by carefully edited videos of surgical procedures on four accompanying DVDs, containing over 18 hours of video footage. Highlights of the book: Tips and Tricks summarize key points of each procedure for rapid review in preparation for surgery Exam Pearls describe injuries, incidence, indications for surgery, and possible complications and are ideal for board preparation More than 1,400 photographs, radiographs, and drawings illustrate techniques New Techniques sections cover the latest innovations for surgical management A separate table of contents for the

four DVDs and shaded text boxes throughout the book enable convenient book-to-video reference. Highlights of the DVDs: Narrated videos of entire surgical procedures provide a window into the operating room--an invaluable resource for residents and general orthopedic surgeons who do not perform trauma procedures regularly. Coverage of state-of-the-art techniques such as locked plating, minimally invasive fracture fixation, advanced intramedullary nailing strategies, staged reconstruction of periarticular fractures, new techniques for hip hemiarthroplasty, surgical management of knee dislocation, including double bundle ACL and PCL knee reconstruction, and the use of temporary postoperative hinged external fixation. Each DVD has been professionally produced and features high-quality audio, special effects, and multiple camera angles for each procedure. Authoritative and comprehensive in its scope, this landmark text will be an invaluable asset in libraries of all orthopedic surgeons, residents, or specialists seeking a comprehensive and didactic reference.

nj sports spine and wellness matawan: *Humans of New York* Brandon Stanton, 2020-10-06 Based on the blog with more than four million loyal fans, a beautiful, heartfelt, funny, and inspiring collection of photographs and stories capturing the spirit of a city. Now an instant #1 New York Times bestseller, *Humans of New York* began in the summer of 2010, when photographer Brandon Stanton set out to create a photographic census of New York City. Armed with his camera, he began crisscrossing the city, covering thousands of miles on foot, all in an attempt to capture New Yorkers and their stories. The result of these efforts was a vibrant blog he called *Humans of New York*, in which his photos were featured alongside quotes and anecdotes. The blog has steadily grown, now boasting millions of devoted followers. *Humans of New York* is the book inspired by the blog. With four hundred color photos, including exclusive portraits and all-new stories, *Humans of New York* is a stunning collection of images that showcases the outsized personalities of New York. Surprising and moving, printed in a beautiful full-color, hardbound edition, *Humans of New York* is a celebration of individuality and a tribute to the spirit of the city. With 400 full-color photos and a distinctive vellum jacket.

nj sports spine and wellness matawan: **Symptom Oriented Pain Management** D K Baheti, 2012-07-31 A comprehensive guide to help practitioners diagnose the cause of pain based on symptoms presented, and facilitate its management with appropriate treatment. Beginning with an introduction to clinical examination and radiology, the following sections each examine pain in a different part of the body and possible causes and treatment. The final sections discuss alternative pain management with physiotherapy, psychotherapy and allied therapy.

nj sports spine and wellness matawan: Adaptive Sports Medicine Arthur Jason De Luigi, 2017-09-18 This first-of-its-kind text provides a comprehensive presentation and review of the unique aspects of adaptive sports medicine and adaptive athletes, who are increasingly active and prominent, not only individually and in local leagues and organizations but also in larger settings like the Paralympics. Divided into thematic sections, part one covers the history and natural course of the care, policies and laws that have been developed over the years for persons with disabilities, as well as the biomechanics and technology of wheelchair sports and adaptive sports prostheses. The medical considerations of the adaptive athlete comprise part two, including injury epidemiology, emergent care, and surgical and rehabilitative considerations. Part three, by far the most extensive section, discusses specific wheelchair and adaptive sports, including adaptive running, cycling, water sports and throwing sports, wheelchair basketball, softball and rugby, as well as adaptive combative and extreme sports. Selected topics, including event planning, advocacy and controversies such as doping, are covered in part four. A comprehensive yet practical text, *Adaptive Sports Medicine* is a go-to resource and will be an invaluable reference for any sports medicine or primary medicine practitioner working with this unique population.

nj sports spine and wellness matawan: **Understanding Low Back Pain** Mario A. Gutierrez M. D., Mario Gutierrez, 2005-05 Are you one of the millions of people who suffer from low back pain? While it is important that patients with low back pain educate themselves about the lower back, the information available is often more confusing than it is helpful. A single source of

information should not be taken as the only truth, as this can lead to misconceptions and misunderstandings in the diagnosis and treatment of low back pain. According to author Mario A. Gutierrez, MD, not all patients with low back pain are the same, and not all back conditions have a common cause. Dr. Gutierrez draws on more than twenty years of neurosurgery experience and direct patient contact to guide back pain sufferers in their quest for reliable information and diagnosis with topics such as: Causes of low back pain Current treatments for low back pain Low back surgery options Treatment myths Rehabilitation Health insurance/disability Prevention Whether you're a patient seeking answers, an aspiring medical professional, or a practicing physician, *Understanding Low Back Pain* is a must-have reference, complete with medical terminology, a short medical glossary, and frequently used medical abbreviations.

nj sports spine and wellness matawan: Hypertension Edward D. Frohlich, 1998

nj sports spine and wellness matawan: Therapeutic Programs for Musculoskeletal Disorders James Wyss, Amrish Patel, 2012-12-17 This is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing prescriptions and developing individualized treatment plans. It offers a comprehensive approach to the conservative treatment of musculoskeletal disorders.

nj sports spine and wellness matawan: Operative Techniques in Orthopaedic Surgery Sam W. Wiesel, 2015-07-10 Lavishly illustrated, comprehensive in scope, and easy to use, the second edition of *Operative Techniques in Orthopaedic Surgery* guides you to mastery of every surgical procedure you're likely to perform - while also providing a thorough understanding of how to select the best procedure, how to avoid complications, and what outcomes to expect. More than 800 global experts take you step by step through each procedure, and 13,000 full-color intraoperative photographs and drawings clearly demonstrate how to perform the techniques. Extensive use of bulleted points and a highly templated format allow for quick and easy reference across each of the four volumes.

nj sports spine and wellness matawan: Academic Pain Medicine Yury Khelemsky, Anuj Malhotra, Karina Gritsenko, 2019-07-23 This comprehensive text is the definitive academic pain medicine resource for medical students, residents and fellows. Acting as both an introduction and continued reference for various levels of training, this guide provides practitioners with up-to-date academic standards. In order to comprehensively meet the need for such a contemporary text—treatment options, types of pain management, and variables affecting specific conditions are thoroughly examined across 48 chapters. Categories of pain conditions include orofacial, neuropathic, visceral, neck, acute, muscle and myofascial, chronic urogenital and pelvic, acute, and regional. Written by renowned experts in the field, each chapter is supplemented with high-quality color figures, tables and images that provide the reader with a fully immersive educational experience. *Academic Pain Medicine: A Practical Guide to Rotations, Fellowship, and Beyond* is an unprecedented contribution to the literature that addresses the wide-spread requisite for a practical guide to pain medicine within the academic environment.

nj sports spine and wellness matawan: Injection Procedures Todd P. Stitik, 2010-10-23 This practical guide is ideal for healthcare professionals, including family medicine and sports medicine physicians, who wish to integrate peripheral joint and soft tissue injection procedures into their practices. Emphasis is placed on helping clinicians perform injections with accuracy and efficiency. Procedures are presented in a step-by-step fashion. A wealth of illustrations adds clarity, and fluoroscopic images are featured where applicable. Billing and coding are covered in order to aid readers in obtaining reimbursement. Chart documentation designed to improve patient management and medical-legal protection is presented via ready-to-use templates that can be inserted into office notes. Key information on needle gauge sizes and medication dosages is summarized in an easily accessible table. A useful discussion on conducting clinical trials is outlined as well.

nj sports spine and wellness matawan: Sports physical therapy Barbara Sanders, 1990

nj sports spine and wellness matawan: Atlas of Ultrasound Guided Musculoskeletal Injections David A. Spinner, Jonathan S. Kirschner, Joseph E. Herrera, 2013-11-19 The use of ultrasound guidance to perform diagnostic and therapeutic injections is growing at a rapid rate, as is

the evidence to support its use. Even with the increased popularity of ultrasound, there remains a lack of formal training or a standard reference book. *Atlas of Ultrasound Guided Musculoskeletal Injections* fills this void in the literature and will be useful to physiatrists, orthopedists, rheumatologists, pain medicine and sports medicine specialists alike. Broken down by anatomic structure and heavily illustrated, this book is both comprehensive and instructive. The Editors and their contributors break down the basics (both the fundamentals of ultrasound to needle visibility and the role of injections) and explore ultrasound-guided injection for structures in the shoulder, elbow, wrist and hand, hip and groin, knee, ankle and foot, and spine. Using a clear, heavily illustrated format, this book describes the relevant clinical scenarios and indications for injection, the evidence to support ultrasound use, relevant local anatomy, injection methods, and pearls and safety considerations. It will be a valuable reference for trainees and experienced clinicians alike, for experienced sonographers or those just starting out.

nj sports spine and wellness matawan: Meniscal Transplantation René Verdonk, João Espregueira Mendes, Joan Carles Monllau, 2013-05-16 Meniscal transplantation has become an attractive option in selected patients with incapacitating knee pain. This book discusses all aspects of meniscal transplantation, covering the use of both allografts and meniscal substitutes, including collagen and polyurethane implants. Acknowledged experts in the field review the basic science, explain indications, and describe surgical techniques and the results achieved to date. All the material is up to date, with information on new implants, new techniques, and new surgical approaches. Future trends in the treatment of meniscal lesions are also discussed as we move towards the application of regenerative strategies to restore meniscus function.

nj sports spine and wellness matawan: Hospitalist Neurology Martin A. Samuels, 1999 Hospitalist Neurology, in the highly regarded Blue Books of Practical Neurology series, focuses on the clinical practice of in-patient neurology as well as the neurologic sequelae of non-neurologic conditions of hospitalized patients. It is meant to provide consulting hospital-based neurologists with a rational approach to evaluating neurological problems in a busy general hospital.

nj sports spine and wellness matawan: Robotic Cardiac Surgery Changqing Gao, 2013-11-23 Robotic Cardiac Surgery is a comprehensive guide to robotic/totally endoscopic cardiac surgery. The book is intended to provide in-depth information regarding the history of robotic surgical systems, their components and principles. It emphasizes patient selection, perioperative management, anesthesia considerations and management, operative techniques and management, postoperative care and results. Extensive, detailed photographs and illustrations of different kinds of robotic surgery are also included. It provides cardiac surgeons, cardiac anesthesiologists, and perfusionists with a comprehensive review of current robotic cardiac surgeries and related knowledge. Changqing Gao, MD, is a professor at the Department of Cardiovascular Surgery, PLA General Hospital, Beijing, China.

nj sports spine and wellness matawan: Musculoskeletal and Sports Medicine for the Primary Care Provider Richard B. Birrer, Francis G. O'Connor, Shawn F. Kane, 2015-11-30 Expanded with modern revisions, this book is a comprehensive sports medicine text for primary care physicians and allied health professionals who practice, teach, and hold specialty certification in sports medicine and related fields. Revisions for this new edition include information concerning pro-inflammatory treatments, field side acupuncture, wellness, and details on musculoskeletal ultrasound. The Strength of Recommendation Taxonomy (SORT), a framework that emphasizes patient-oriented outcomes that measure changes in morbidity or mortality, is again utilized and amplified in this edition.

nj sports spine and wellness matawan: Sports Neurology , 2018-12-19 Sports Neurology is designed to be a comprehensive overview of neurology within the context of sports medicine. This definitive text addresses the history of sports neurology, including its unique role within sports medicine, and provides a detailed assessment of central and peripheral nervous system injuries and illnesses in athletes. Sports Neurology is a critical companion for all sports medicine clinicians and for neurologists who manage athletes.

nj sports spine and wellness matawan: Modern Therapies Virginia Binder, Arnold Binder, Bernard Rimland, 1976 Includes chapters on the therapeutic use of psychedelics and megavitamins.

nj sports spine and wellness matawan: Atlas of Image-Guided Spinal Procedures E-Book Michael B. Furman, Leland Berkwits, Isaac Cohen, Brad Goodman, Jonathan Kirschner, Thomas S. Lee, Paul Sean Lin, 2017-10-25 Give your patients the non-surgical spine pain relief they need with help from the Atlas of Image-Guided Spinal Procedures by Dr. Michael Bruce Furman. This medical reference book features a highly visual atlas format that shows you exactly how to safely and efficiently perform each technique step-by-step. A unique, systematic, safe, and efficient approach makes Atlas of Image-Guided Spinal Procedures your go-to resource for spine pain relief for your patients. The highly visual format shows you exactly how to perform each technique, highlighting imaging pearls and emphasizing optimal and suboptimal imaging. Updated content includes ultrasound techniques and procedures for spine mimickers, including hip and shoulder image-guided procedures, keeping you on the cutting edge of contemporary spine pain-relief methods. - Safely and efficiently relieve your patients' pain with consistent, easy-to-follow chapters that guide you through each technique. - Highly visual atlas presentation of an algorithmic, image-guided approach for each technique: trajectory view (demonstrates fluoroscopic set up); multi-planar confirmation views (AP, lateral, oblique); and safety view (what should be avoided during injection), along with optimal and suboptimal contrast patterns. - Special chapters on Needle Techniques, Procedural Safety, Fluoroscopic and Ultrasound Imaging Pearls, Radiation Safety, and L5-S1 Disc Access provide additional visual instruction. - View drawings of radiopaque landmarks and key radiolucent anatomy that cannot be viewed fluoroscopically. - Includes new unique and diagrams demonstrating cervical, thoracic and lumbar radiofrequency probe placement and treatment zones on multiplanar views, as well as new unique tables and examples differentiating between optimal and suboptimal epidural contrast flow - Features new coverage of ultrasound techniques, as well as new presentation of procedures for spine masqueraders such as the hip and shoulder. - Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to access and search all of the text, figures, images, videos, and references from the book on a variety of devices

nj sports spine and wellness matawan: Pediatric Orthopedics Amr Abdelgawad, Osama Naga, 2013-09-24 Topics in pediatric orthopedics routinely surface in general pediatrics and primary care, whether on board exams or in clinical practice. From birth injuries to musculoskeletal infections, there are many conditions and presenting complaints that must be addressed by the primary care physician or pediatrician. This concise and targeted handbook contains just the need to know conditions, injuries, and diseases necessary for residents and even seasoned clinicians to brush up on pediatric orthopedic topics with ease. Information is contained within themed chapters (like neuromuscular diseases or musculoskeletal infections) and also by anatomical region (hip, knee, foot, spine, etc.). This book gives readers the basic knowledge to be able to identify common orthopedic conditions, indications to either treat these conditions or refer patient to an orthopedist, and covers the entire required curriculum needed to answer musculoskeletal questions on the pediatrics board exam.

nj sports spine and wellness matawan: Revision Total Knee Arthroplasty James V. Bono, 2005-03-17 James V. Bono, MD, and Richard D. Scott, MD, two leading authorities in the field, edited this invaluable how-to book on corrective surgery for failed total knee arthroplasty. The text has an in-depth, comprehensive approach geared for orthopedic surgeons, sports medicine specialists, and residents. All fundamental aspects of revision total knee arthroplasty and its complications are covered. More than 350 illustrations—60 in full color—complement well-written explanations of general principles, surgical procedures, and special considerations. Top experts in orthopedics offer clinical pearls on topics such as diagnosis and evaluation, pre-op planning and component selection, surgical approach, revision technique, post-op complications, and salvage. Radiologists also detail the use of imaging for evaluation. Economics and reimbursement are addressed as well. Readers will find that this thorough and accurate book is an unprecedented guide that unravels the complexity of revision total knee arthroplasty.

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- How long you should be doing rehab exercises
- Major signs and symptoms that may require medical attention
- How a diagnosis can factor into recovery
- What common X-ray and MRI findings mean
- How to program exercises to rehab specific injuries
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