

An Exclusive List of Elite Bone & Joint Surgeons

THE *in New Jersey* BEST



**ALLEVIATING PAIN AND RESTORING FUNCTION IN BONES
AND JOINTS CAN OFTEN TRANSFORM A PATIENT'S LIFE.**

No one knows that better than the surgeons who treat these issues. That's why *New Jersey Monthly* is proud to publish the Select Surgeons Bone & Joint list, an elite grouping of the state's top Orthopedic Surgeons, Neurosurgeons, Plastic & Reconstructive Surgeons, and Podiatrists across 13 Bone & Joint procedure categories.

The procedure categories include those for Shoulder, Elbow, Hand, Wrist, Hip, Knee, Forefoot & Midfoot, Rearfoot, Spine, Sports Medicine Surgery, Pediatric Surgery, Oncologic Surgery and Trauma Surgery. Only the top doctors in each category are named to the Select Surgeons Bone & Joint list.

This distinction is based on a number of criteria, including experience, qualifications, surgical volume, years in practice, and reputation.



The HONOREES

ELBOW

Rocco Bassora, MD *Montvale*
 Frank J. Corrigan, MD *Sparta*
 Christopher Doumas, MD *Wall*
 James Taylor Monica, MD *Somerset*
 Mark Spencer Rekant, MD *Cherry Hill*
 Oscar Vazquez, MD *Hackensack*
 Matthew H. Zornitzer, MD *West Orange*

FOOT-FOREFOOT & MIDFOOT

• Minimally Invasive

Eric Baskin, DPM *Manahawickin*
 Stuart E. Levine, MD *Princeton*
 Mark Ephraim Solomon, DPM *Cedar Knolls*
 Marco Ucciferri, DPM *Martinsville*

• Open Repair & Reconstruction

Craig J. Bachman, DPM *Old Bridge*
 Jeffrey Conforti, DPM *Paramus*
 Glenn Gacula Gabisan, MD *Tinton Falls*
 Michael I. Goldberger, MD *Cedar Knolls*
 Aron M. Green, MD *Ocean*
 Christopher Eric Hubbard, MD *Wayne*
 Stuart E. Levine, MD *Princeton*
 Megan E. Lubin, DPM *Toms River*
 Anthony R. Sergi, DPM *Edison*
 Marco Ucciferri, DPM *Martinsville*
 Kevin S. White, DO *Sparta*

FOOT-REARFOOT & ANKLE

• Arthroscopic

Glenn Gacula Gabisan, MD *Tinton Falls*
 Michael I. Goldberger, MD *Cedar Knolls*

• Open Repair & Reconstruction

Suneel K. Basra, DPM *Flemington*
 Ira M. Fox, DPM *Somers Point*
 Glenn Gacula Gabisan, MD *Tinton Falls*
 Michael I. Goldberger, MD *Cedar Knolls*
 Aron M. Green, MD *Ocean*
 Christopher Eric Hubbard, MD *Wayne*
 Stuart E. Levine, MD *Princeton*
 Sheldon S. Lin, MD *Newark*
 Megan E. Lubin, DPM *Toms River*
 Chad Wayne Rappaport, DPM *Franklin Lakes*
 Kevin S. White, DO *Sparta*

HAND

• Arthroscopic

Teddy L. Atik, MD *Eatontown*
 Joseph Thomas Gower, MD *Ocean*

• Minimally Invasive

Teddy L. Atik, MD *Eatontown*
 Frank J. Corrigan, MD *Sparta*
 Keith M. Crivello, MD *Hamilton*
 Raymond G. Decker Jr., MD *Eatontown*
 Richard Y. Kim, MD *Maywood*
 Gary M. Pess, MD *Eatontown*
 Steven Lloyd Shoen, MD *Metuchen*
 Matthew H. Zornitzer, MD *West Orange*

• Open Repair & Reconstruction

Teddy L. Atik, MD *Eatontown*
 Evan S. Fischer, MD *Montclair*
 Ross J. Fox, MD *Denville*
 Richard Y. Kim, MD *Maywood*
 Alexander Michael Marcus, MD *Edison*
 Kevin C. McDaid, MD *Ocean*
 Gary M. Pess, MD *Eatontown*
 Mark Spencer Rekant, MD *Cherry Hill*
 Samir C. Sodha, MD *Paramus*
 Arthur P. Vasen, MD *Ocean*

HIP

• Arthroscopic

Joshua Scott Hornstein, MD *Hamilton Twp.*
 Stephen A. Hunt, MD *Bedminster*
 John Paul Salvo, MD *Marlton*
 Richard Meyer Seldes, MD *Hackensack*

• Minimally Invasive

Frank P. Femino, MD *Nutley*
 Robert T. Goldman, MD *Cedar Knolls*
 Walter T. Gutowski, MD *Princeton*
 Rajesh K. Jain, MD *Voorhees*
 James G. Kanellakos, MD *Morristown*
 Stephen Kayiaros, MD *Somerset*
 Gregg Roger Klein, MD *Montvale*
 Fabio R. Orozco, MD *Linwood*
 David Josef Rodricks, MD *Brick*

• Open Repair & Reconstruction

David A. Harwood, MD *Somerset*
 James G. Kanellakos, MD *Morristown*
 Stephen Kayiaros, MD *Somerset*
 Gregg Roger Klein, MD *Montville*
 Jeffrey Leary, MD *New Providence*
 Harlan Brett Levine, MD *Paramus*
 Arthur K. Mark, MD *Ocean*
 William A. Matarese, MD *Wayne*
 Arjun Saxena, MD *Hamilton Twp.*
 Richard Meyer Seldes, MD *Hackensack*

KNEE

• Arthroscopic

James W. Cahill, MD *Hackensack*
 Robert Anthony DeFalco, DO *Sparta*
 Robert T. Goldman, MD *Cedar Knolls*
 Steven H. Kahn, DO *Cherry Hill*
 James G. Kanellakos, MD *Morristown*

John Paul Salvo, MD *Marlton*
 Richard Meyer Seldes, MD *Hackensack*
 Christopher John Spagnuolo, MD *Ocean*
 Tony S. Wanich, MD *Wayne*

• Minimally Invasive

Frank P. Femino, MD *Nutley*
 Walter T. Gutowski, MD *Princeton*
 Rajesh K. Jain, MD *Voorhees*
 James G. Kanellakos, MD *Morristown*
 Stephen Kayiaros, MD *Somerset*
 Gregg Roger Klein, MD *Montvale*
 Fabio R. Orozco, MD *Linwood*
 David Josef Rodricks, MD *Brick*
 Scott D. Schoifet, MD *Voorhees*
 Oscar Vazquez, MD *Hackensack*

• Open Repair & Reconstruction

Robert T. Goldman, MD *Cedar Knolls*
 David A. Harwood, MD *Somerset*
 Steven H. Kahn, DO *Cherry Hill*
 James G. Kanellakos, MD *Morristown*
 Gregg Roger Klein, MD *Montvale*
 Harlan Brett Levine, MD *Paramus*
 Arthur K. Mark, MD *Ocean*
 William A. Matarese, MD *Wayne*
 Arjun Saxena, MD *Hamilton Twp.*
 Richard Meyer Seldes, MD *Hackensack*

ONCOLOGIC SURGERY

Ross J. Fox, MD *Denville*
 James C. Wittig, MD *Morristown*

PEDIATRIC

• Cerebral Palsy & Neuromuscular Disorders

Tamir Bloom, MD *Cedar Knolls*
 Alice Chu, MD *Newark*
 Joshua E. Hyman, MD *Englewood*

• Extremity Disorders

Tamir Bloom, MD *Cedar Knolls*
 Alice Chu, MD *Newark*
 Paul T. Haynes, MD *Ocean*

• Hip Disorders

Joshua E. Hyman, MD *Englewood*

• Spine

Keith D. Baldwin, MD *Voorhees*
 Jason E. Lowenstein, MD *Morristown*
 Mark A. Rieger, MD *Cedar Knolls*

• Sports Medicine

Tamir Bloom, MD *Cedar Knolls*
 Samara Friedman, MD *Cedar Knolls*
 Paul T. Haynes, MD *Ocean*
 David Y. Lin, MD *Cedar Knolls*
 Mark A. Rieger, MD *Cedar Knolls*
 Joshua A. Strassberg, MD *Cedar Knolls*

FOR THE ONLINE Select Surgeons Bone & Joint directory page with complete contact information, please visit: njmonthly.com/select-surgeons-bone-and-joint

• **Trauma**

Keith D. Baldwin, MD Voorhees
Tamir Bloom, MD Cedar Knolls
Alice Chu, MD Newark
Samara Friedman, MD Cedar Knolls
Joshua E. Hyman, MD Englewood
David Y. Lin, MD Cedar Knolls
Mark A. Rieger, MD Cedar Knolls
Joshua A. Strassberg, MD Cedar Knolls

SHOULDER

• **Arthroscopic**

Jeffrey S. Abrams, MD Princeton
Francis Gerard Alberta, MD Paramus
Rocco Bassora, MD Montvale
James W. Cahill, MD Hackensack
Kenneth Y. Chern, MD Ocean
Joshua Scott Hornstein, MD Hamilton Twp.
Michael T. Lu, MD Avenel
Michael Edward Pollack, MD Flemington
Richard Meyer Seldes, MD Hackensack
Christopher John Spagnuolo, MD Ocean
Bruce Dumont Stamos, MD Brick
Sunil Rajan Thacker, MD Ocean

• **Minimally Invasive**

Rocco Bassora, MD Montvale
Andrea Bowers, MD Mount Laurel
Michael Edward Pollack, MD Flemington
Bruce Dumont Stamos, MD Brick
Oscar Vazquez, MD Hackensack

• **Open Repair & Reconstruction**

Francis Gerard Alberta, MD Paramus
Rocco Bassora, MD Montvale
Michael Edward Pollack, MD Flemington
Christopher John Spagnuolo, MD Ocean
Bruce Dumont Stamos, MD Brick

SPINE

• **Minimally Invasive**

Nomaan Ashraf, MD Westwood
Mark R. Drzala, MD Summit
Grigory Goldberg, MD Ocean Township
Michael Guenther Kaiser, MD Ridgewood
Justin P. Kubeck, MD Toms River
Jason E. Lowenstein, MD Morristown
Richard J. Meagher, MD Mullica Hill
Ronniel Nazarian, MD Princeton
Hoan-Vu Tran Nguyen, MD Ocean
Steven J. Paragioudakis, MD Shrewsbury
Kenneth J. Rieger, MD Chatham
Praveen K. Yalamanchili, MD Ocean

• **Open Repair & Reconstruction**

Ramil S. Bhatnagar, MD Manasquan
Gino Chiappetta, MD Somerset
J. Scott Clark-Schoeb, MD Chatham
Mark R. Drzala, MD Summit

John D. Lipani, MD Hamilton
Jason E. Lowenstein, MD Morristown
George Salem Naseef, MD Morristown
Hoan-Vu Tran Nguyen, MD Ocean
Kenneth J. Rieger, MD Chatham
Kumar Gautam Sinha, MD Wayne
Praveen K. Yalamanchili, MD Ocean

SPORTS MEDICINE

Nicholas J. Avallone, MD Phillipsburg
Rocco Bassora, MD Montvale
Kenneth Y. Chern, MD Ocean
Robert Anthony DeFalco, DO Sparta
Michael Edward Pollack, MD Flemington
John Paul Salvo, MD Marlton
Sunil Rajan Thacker, MD Ocean
Fotios P. Tjoumakaris, MD Egg Harbor Township
Oscar Vazquez, MD Hackensack
Tony S. Wanich, MD Wayne

TRAUMA SURGERY

Kenneth W. Graf, MD Medford
James G. Kanellakos, MD Morristown
Jeffrey Leary, MD New Providence
Samir Mehta, MD Cherry Hill
David Polonet, MD Wall Township
Mark Cameron Reilly, MD Newark
Carlos Alberto Sagebien, MD Somerset
Richard S. Schenk, MD Whippany
Mark G. Schwartz, MD Mount Laurel

WRIST

• **Arthroscopic**

Raymond G. Decker Jr., MD Eatontown
Gary M. Pess, MD Eatontown
Samir C. Sodha, MD Paramus
Matthew H. Zornitzer, MD West Orange

• **Minimally Invasive**

Frank J. Corrigan, MD Sparta
Raymond G. Decker Jr., MD Eatontown
Peter H. DeNoble, MD Wayne
Evan S. Fischer, MD Montclair
James Taylor Monica, MD Somerset
Gary M. Pess, MD Eatontown
Steven Lloyd Shoen, MD Metuchen
Matthew H. Zornitzer, MD West Orange

• **Open Repair & Reconstruction**

Frank J. Corrigan, MD Sparta
Peter H. DeNoble, MD Wayne
Evan S. Fischer, MD Montclair
Ross J. Fox, MD Denville
Alexander Michael Marcus, MD Edison
Kevin C. McDaid, MD Ocean
Gary M. Pess, MD Eatontown
Mark Spencer Rekan, MD Cherry Hill
Samir C. Sodha, MD Paramus
Arthur P. Vasen, MD Ocean

HOW IS A DOCTOR CHOSEN?

Select Surgeons takes a 360 degree look at New Jersey's bone and joint surgeons, reviewing 10 criteria across 13 procedure categories to arrive at the most comprehensive evaluation of leading bone and joint surgeons in the state.

Our honorees include those with MD, DO, and DPM degrees and formal training in multiple specialties including Orthopedic Surgery, Neurosurgery, Plastic & Reconstructive Surgery, and Podiatry.

Methodology

Select Surgeons worked with the noted research firm Leflein Associates to develop a selection process evaluating the following criteria:

- Fellowship and specialty training
- Board certification
- Sub-specialty certification
- NJ state board license and disciplinary actions
- Years in practice
- Malpractice actions
- Number of specific procedures performed
- History of Top Doctor awards
- Online patient reviews
- Previous Select Surgeon Awards

The procedure categories are:

1. Elbow
2. Foot-Forefoot and Midfoot (Arthroscopic Surgery, Minimally Invasive Surgery, Open Repair & Reconstruction Surgery)
3. Foot-Rearfoot and Ankle (Arthroscopic Surgery, Open Repair & Reconstruction Surgery)
4. Hand (Arthroscopic Surgery, Minimally Invasive Surgery, Open Repair & Reconstruction Surgery)
5. Hip (Arthroscopic Surgery, Minimally Invasive Surgery, Open Reconstruction & Replacement Surgery)
6. Knee (Arthroscopic Surgery, Minimally Invasive Surgery, Open Reconstruction & Replacement Surgery)
7. Oncologic Surgery
8. Pediatric Surgery (Scoliosis & Spine Disorders, Cerebral Palsy & Neuromuscular Disorders, Trauma, Sports Medicine, Extremity Disorders, Pediatric Hip Disorders)
9. Shoulder (Arthroscopic Surgery, Minimally Invasive Surgery, Open Reconstruction & Replacement Surgery)
10. Spine (Open Repair & Reconstruction Surgery, Minimally Invasive Surgery)
11. Sports Medicine Surgery
12. Trauma Surgery
13. Wrist (Arthroscopic Surgery, Minimally Invasive Surgery, Open Repair & Reconstruction Surgery)

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From left: Dr. Joshua A. Strassberg; Dr. David Y. Lin; Dr. Mark E. Solomon

Tamir Bloom, MD, FAAOS | PEDIATRIC SURGEON *(Cerebral Palsy & Neuromuscular Disorders, Extremity Disorders, Sports Medicine, Trauma)*
Samara Friedman, MD, FAAOS | PEDIATRIC SURGEON *(Sports Medicine and Trauma)*
David Y. Lin, MD, FAAOS | PEDIATRIC SURGEON *(Sports Medicine and Trauma)*

► **Exclusive video at**
njmonthly.com/bjs-bloom
njmonthly.com/bjs-friedman
njmonthly.com/bjs-lin

The Pediatric Orthopedic Center covers all aspects of orthopedic issues involving sports, spine, and all problems related to bones, joints, and muscles, including sports injuries, fractures, ACL tears, sprains, scoliosis, hip dysplasia, and clubfoot. The practice uses the most innovative non-operative and minimally invasive surgical techniques available, including arthroscopy, to enable maximum outcomes and a rapid return to activities for patients. With offices in Cedar Knolls, Springfield, Wayne, and Jersey City, it is the largest pediatric orthopedic practice in the tri-state area.

The Pediatric Orthopedic Center also continues to be a pioneer in cutting-edge diagnostic tools. It is the only private

practice in northern New Jersey to have the EOS imaging system, which uses X-rays to create 3-D images of the spine and lower extremities using 10 to 50 times less radiation than standard X-rays. The practice consists of seven pediatric orthopedic surgeons who are all board certified and/or fellowship trained at nationally and internationally renowned programs, a pediatric specialized foot and ankle surgeon who is board certified, and a nationally certified orthopedic physician assistant.

"My office is convenient and unique since I can evaluate a patient with scoliosis, order a low-radiation EOS image, and have my patients fitted for bracing, when needed, all in the same office. Also, I am the only

doctor in New Jersey certified in Ponseti non-operative treatment of clubfoot," says Dr. Mark Rieger, whose expertise lies in musculoskeletal disorders, including scoliosis, sports injuries, and fractures.

Dr. Joshua Strassberg specializes in pediatric and adolescent trauma, sports injuries, and hip disorders. "I will always recommend for my patients what I would recommend for my own children," he says. "I want to achieve the best results via the safest and least invasive means necessary."

An expert in the field of pediatric sports medicine, Dr. David Lin has a special interest in fractures and trauma care. "Being a pediatric orthopedist keeps me humble because it is a profession where I am constantly learning and being



From left: Dr. Mark A. Rieger; Dr. Tamir Bloom; Dr. Samara Friedman

Mark A. Rieger, MD, FAAOS | PEDIATRIC SURGEON (*Spine, Sports Medicine, and Trauma*)
Mark E. Solomon, DPM, FACFAS | FOOT-FOREFOOT & MIDFOOT SURGEON (*Minimally Invasive*)
Joshua A. Strassberg, MD, FAAOS | PEDIATRIC SURGEON (*Sports Medicine, Trauma*)

► **Exclusive video at**
njmonthly.com/bjs-rieger
njmonthly.com/bjs-solomon
njmonthly.com/bjs-strassberg

challenged to think on my feet," he says.

"Because the ability to walk is something that many people may take for granted, there is no greater reward in my job than helping patients regain that ability," says Dr. Mark Solomon.

"It is my belief that every child is unique, and I am committed to understanding how their condition or injury impacts their life and their relationships with parents, families, and caregivers," says Dr. Tamir Bloom, a former Olympian. "I specialize in treating pediatric athlete injuries, pediatric fractures, hip dysplasia, clubfoot, and other foot and ankle conditions."

"It is truly a privilege to be able to take care of children and have them feel comfortable with having surgery or other

treatment that is best for their long-term health," says Dr. Samara Friedman, who leads the practice's new Center of Excellence for the Female Athlete.

The physicians at the Pediatric Orthopedic Center are trained in general pediatric orthopedics, and they all have a subspecialty. This assures that all conditions that impact a child's bones, joints, or muscles will be treated at TPOC by a physician with specialized pediatric

orthopedic expertise.

"Your children's health is our main concern, and we take pride in providing safe and compassionate care while earning your trust in every way," says Dr. Rieger. "My mentor, Dr. John Hall, taught me never try to seek a reputation—do good work and treat patients as your family and your reputation will find you. And that is what we do at the Pediatric Orthopedic Center every day."

**THE PEDIATRIC ORTHOPEDIC CENTER,
 A Member of Consensus Health™**

Locations in Cedar Knolls, Wayne, Springfield, and Jersey City
 973-538-7700 • PediatricOrthopedics.com



Keith D. Baldwin, MD, MPH, MSPT | PEDIATRIC SURGEON (*Spine and Trauma*)

► Exclusive video at
njmonthly.com/bjs-baldwin

I specialize in pediatric and adolescent scoliosis and fracture surgery, which I perform at the Children's Hospital of Philadelphia. Due to the nature of this specialization, the injury/deformity in each case is unique, so my attention is turned to understanding the situation as fully as possible and how I can best treat the issue at hand. A key feature of my job is a dedication to skillful, non-surgical care. I also need to have an acute understanding of the natural history of the injuries/deformities and how they are likely to behave in the future, as this informs what treatment is pursued.

My wife has scoliosis, and my children are at risk of the same. As such, when people ask what would I do if it were my child, my answer is always that it might

be someday. That's why my approach is to give each child the best chance to not need surgery. If a child does need surgery, my focus is to perform it as safely as possible using the standard-of-care treatment with the least chance of needing future surgery.

My nurse practitioner Kathy Abel and I try to have a very personalized relationship with our surgical patients. Their successes are our successes. I think this has served us well with families, and I

know when I see someone professionally, I would like them to know that I am personally invested in their outcome. This is what I try to strive for in my practice.

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From left: Dr. Ramil S. Bhatnagar; Dr. Bruce D. Stamos; Dr. David J. Rodricks

Ramil S. Bhatnagar, MD | SPINE SURGEON (Open Repair & Reconstruction)

David J. Rodricks, MD | HIP SURGEON (Minimally Invasive) and KNEE SURGEON (Minimally Invasive)

Bruce D. Stamos, MD | SHOULDER SURGEON (Arthroscopic, Minimally Invasive, and Open Repair & Reconstruction)

▶ Exclusive video at

njmonthly.com/bjs/bhatnagar

njmonthly.com/bjs/rodricks

njmonthly.com/bjs/stamos

The multi-disciplinary team at Orthopaedic Institute Brielle Orthopaedics utilizes the experience and expertise of board-certified orthopaedic surgeons, joint replacement specialists, and pain and management specialists as well as sports medicine specialists to diagnose and treat injuries of the bones, joints, muscles, and spine. The practice, which recently merged with OrthoNJ, one of the state's largest and most prominent orthopaedic groups, offers the most advanced non-surgical and minimally invasive surgical treatment options available in New Jersey.

In addition to its newest location in Manahawkin, the practice also has a walk-in orthopaedic urgent care location in Wall with on-site X-rays plus extended evening and weekend hours.

Dr. Ramil S. Bhatnagar, who specializes in orthopaedic spine surgery, says, "Caring for patients is the reason I became a physician. Whether that requires counseling, medication, therapy, or surgery, a satisfied patient is an ultimate goal."

Dr. David Rodricks focuses exclusively on total hip and knee replacements and specializes in minimally invasive total joints with a rapid recovery program. "Joint replacements are real surgeries," he says. "Patients should expect the full recovery to

take some weeks. They should also expect to see improvements every day and quickly feel better than how they felt prior to surgery."

"No matter what level athlete or how they were injured, I feel all patients should be treated like professional athletes," says Dr. Bruce Stamos, who specializes in sports medicine and shoulder surgery. "Our whole team strives to provide the highest level of quality, evidence-based, and personalized treatment."

Orthopaedic Institute Brielle Orthopaedics

Locations in Wall, Brick, Toms River, Freehold, Red Bank, Edison, Lacey, and Manahawkin.
732-974-0404 • orthoinstitute.com



Jeffrey Conforti, DPM | FOOT-FOREFOOT & MIDFOOT SURGEON

(Open Repair & Reconstruction)

► Exclusive video at
njmonthly.com/bjs/conforti

I've been in practice in Bergen County since 1987 and am board certified by both the American Board of Foot and Ankle Surgery and the American Board of Podiatric Medicine. After being in private practice for three decades, I now work for Hackensack University Medical Center, the lead hospital of Hackensack Meridian Health, where I perform all surgeries and have access to a tremendous amount of resources.

I provide comprehensive foot and ankle care, including the diagnosing and treatment of everything from infections to fractures to bunion surgery, along with other foot deformities and problems. People come to me because they know they will receive the proper care. For example, there are many different ways to surgically

correct a bunion, but without using the proper procedure, the chance of it coming back is high. The care I provide is based on each patient's specific needs and condition.

I entered the field of podiatry because my right leg was paralyzed for two and a half years after I underwent an orthopedic surgical procedure when I was 15 years old. I remember what it was like not being able to walk or run. Because of that experience, I decided to become a healthcare professional to help people. Our office is modern, with

all the equipment necessary for proper treatment. That, combined with the resources available to my patients through Hackensack University Medical Center, enables our patients to receive exceptional care. Seeing patients who are happy with their results is my favorite part of the job.

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drjeffreyconforti.com



Richard Y. Kim, MD | HAND SURGEON (*Minimally Invasive and Open Repair & Reconstruction*)

▶ **Exclusive video at**
njmonthly.com/bjs/kim

There are two important things patients should know about me. First is that I am always open for communication. Treating a problem mostly does not happen in an operating room. I personally talk with patients about test results and answer any questions they may have about their condition or surgery. I am generally conservative with surgery. I'll discuss all non-surgical and surgical options, the risks and benefits of each, and the realistic results they can expect. Then, I offer what I would choose for myself, my brother, my parents, or my own children.

I specialize in any problem below the elbow. My most common procedures are for carpal tunnel syndrome, thumb arthritis, trigger fingers, wrist/hand fractures, and tendon/nerve injuries. I treat

infants, children, and adults. My overall approach to a procedure is to stay current with knowledge and research, tailor each procedure to the patient because everyone's anatomy is singularly specific, and educate patients about the procedure and how to recover afterward. I hope patients find their experience to be personal, compassionate, and timely.

I started practicing in New Jersey in 2007, after completing my surgical training at Brown, Harvard, and Columbia

Universities. I am very proud of the teaching honors I have received from Brown University, Columbia University, and Rutgers University. Most of my free time is spent with my family. I cherish being a husband and a father. My work gives me purpose; my family gives me meaning. Life is full.

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Justin P. Kubeck, MD, FAAOS | SPINE SURGEON (*Minimally Invasive*)

▶ Exclusive video at
njmonthly.com/bjs/kubeck

When people hear that I'm a spine surgeon, they automatically think I'm in the business of operating on people. That's just not accurate. I always tell new patients that we need to see what makes sense for their individual circumstances—whether it's medication, therapy, or, ultimately, surgery. There is a protocol that I follow: I don't ever just go in and do surgery. For me, developing the best treatment plan for an individual patient is very proceduralized. Once we determine the problem, then I say, "Here's what you can expect, here are your options, and here is what we will decide together."

An important part of my job is alleviating fear. I can see that in my patients' eyes when they walk in to my office. They're afraid of the pain; they're

afraid of the surgery; they're afraid they will never get back to normal. My job is to understand their fear and help them to trust that I have their best interests at heart. I'm also transparent with my patients and get them involved in the process from the start. If they know what is going on and remain engaged with their care, then their fears go down dramatically. My patients get to know me, and we build a relationship. That's how we build trust, and trust facilitates healing. What I want

all of my patients to take away from our first meeting is hope. I want my patients to know that they can get their lives back and live without pain.

OCEAN ORTHOPEDIC ASSOCIATES

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**Jason E. Lowenstein, MD | PEDIATRIC SURGEON (Spine) and
SPINE SURGEON (Minimally Invasive, Open Repair & Reconstruction)**

▶ **Exclusive video at**
njmonthly.com/bjs-lowenstein

Being diagnosed with scoliosis or spinal deformity can present a challenging situation for patients of all ages. As a board-certified orthopedic spine surgeon, I focus my practice on treating pediatric and adult patients with complex spinal disorders, such as scoliosis, kyphosis and spondylolisthesis. Some patients have newly discovered spinal deformities, while others have been living with theirs for many years. In either case, I strive to learn from each patient how their individual deformity is affecting their life, and then formulate a treatment plan to help that patient best achieve his or her personal goals. Ultimately, my hope is to maximally correct my patients spinal deformities, using minimally invasive techniques

whenever possible, to allow them to recover and return to their normal activities as quickly as possible.

Patients who have had previous surgery for scoliosis and require further treatment or have had previous spine surgery and have developed subsequent spinal deformity present a unique challenge. Often times these patients may have neurological disorders such as weakness or a foot drop. Additionally, there is frequently

abundant scar tissue associated with the previous surgical approaches which must be delicately treated. As a complex spine surgeon, my practice focuses on these unusual revision cases. By carefully evaluating and accurately diagnosing the cause of their symptoms, these challenging patients can be successfully treated, alleviating their pain, improving their function and allowing them to enjoy a better overall quality of life.

THE ADVANCED SPINE CENTER

160 East Hanover Avenue, Suite 201, Morristown, NJ 07960

333 Mt. Hope Avenue, Suite 140, Rockaway, NJ 07866

1125 US-22, Bridgewater, NJ 08807

973-538-0900 • theadvancedspinecenter.com • jasonlowensteinmd.com



George Naseef, MD, FAAOS | SPINE SURGEON (*Open Repair & Reconstruction*)

► **Exclusive video at**
njmonthly.com/bjs-naseef

My genuine concern for each patient's regard as an individual, combined with specialized cutting-edge training in my field and abundance of knowledge that comes with practicing orthopedic spine surgery for 19 years, allow me to offer outstanding care for my patients. Board-certified in orthopedic surgery and fellowship trained in spine surgery, I am fully committed to excellence in spinal care and place great emphasis on thorough evaluations and accurate diagnoses. I have extensive experience in treating a wide array of spinal conditions including cervical, lumbar and thoracic disc herniations; stenosis; traumatic injuries; scoliosis; spinal deformities; work-related spinal injuries; and tumors. I also perform

complicated revision procedures for patients whose previous surgeries failed. I'm proud to be a ten-time *New Jersey Monthly* Top Doctor and the recipient of other honors such as the Patient's Choice and Most Compassionate Doctors awards from vitals.com.

I devote my practice to exploring non-operative measures before considering surgical options. My patients benefit from being listened to very carefully and assessed as a whole because sometimes diagnostic

studies don't reveal the full story. That's why I take a thorough approach incorporating a patient's comorbidities, medical history and social needs when generating the best possible treatment plan.

I aim to relieve patients' pain and restore them to function at their maximal potential, allowing them to enjoy better qualities of life. Without a doubt, my greatest reward in surgical practice is witnessing my patients thrive under the care I provide for them.

THE ADVANCED SPINE CENTER

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Michael E. Pollack, md | SHOULDER SURGEON

(Arthroscopic, Minimally Invasive, and Open Repair & Reconstruction), SPORTS MEDICINE SURGEON

▶ Exclusive video at
njmonthly.com/bjs-pollack

As an orthopedic surgeon, I strive to exhaust conservative treatment measures, including injections, home exercises, physical therapy, rest and activity modification, for all my patients prior to recommending and pursuing surgical treatments. My approach to surgery is always as a last resort for my patients. When necessary, I employ the most current and minimally invasive techniques to minimize pain and accelerate recovery. I specialize in shoulder arthroscopy including rotator cuff repairs, labral repairs, biceps tenodesis, SLAP repairs and shoulder stabilizations. I also specialize in anterior cruciate ligament reconstruction surgery, total and reverse shoulder arthroplasty and knee arthroplasty.

I received my training in orthopedic surgery in New York City at St. Luke's-Roosevelt Hospital Center and pursued advanced fellowship training in shoulder and arthroscopic surgery at California Pacific Medical Center in San Francisco. I've been in practice for more than 20 years and I'm most proud of the tens of thousands of patients I have helped and thousands of successful surgeries I have performed. I'm also proud to have been named a *New Jersey Monthly* Top Doctor three times and also a

New Jersey Monthly Bone and Joint Select Surgeon the last four years running. I am very clear, compassionate and direct with my patients and treat them as I'd treat a family member or friend. My favorite part of my job is restoring my patients to a high quality of life and helping them return to their desired recreational activities and passions. In my free time I enjoy spending as much time as possible with my wife, two teenage daughters and dogs Daisy and Peri. I also enjoy exercise and travel.

MIDJERSEY ORTHOPAEDICS

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Richard M. Seldes, MD | HIP SURGEON (*Arthroscopic and Open Repair & Reconstruction*), KNEE SURGEON (*Arthroscopic and Open Repair & Reconstruction*), and SHOULDER SURGEON (*Arthroscopic*)

▶ **Exclusive video at**
njmonthly.com/bjs-seldes

I am a hip, knee, and shoulder orthopedic specialist with offices in Hackensack, Manhattan, and Queens. In practice for 22 years, I am one of the few surgeons in Bergen County who performs a high volume of hip arthroscopy, a minimally invasive procedure to treat cartilage tears of the hip. This is a newer procedure that has saved many patients from getting unnecessary hip replacements. The ideal patient for hip arthroscopy is active, has minimal arthritis in the hip, and has a tear of the labrum. Those patients usually return to their activities fairly quickly without restrictions.

Patients can expect to be treated as if they were my family members. They will get a detailed description of their condition and all non-surgical and surgical treatment

options. The most important thing a patient should know about me as their surgeon is that I am always completely prepared for the day of surgery. I spend a lot of time planning the surgeries and thinking about different scenarios that may occur during the case. I have high-level expertise and skill in the operating room and will provide the best result possible.

My favorite part of my job is helping people. It is an honor that patients allow me to perform surgery on them. It is

very gratifying to see a patient who can't function in society because of their pain be able to get back to work, play with their kids or grandkids again, or get back on the golf course, basketball court, etc., because of the surgery I performed.

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