

nj spine and wellness matawan nj

NJ Spine and Wellness Matawan NJ: Your Path to Back Pain Relief

Are you searching for effective and compassionate back pain relief in Matawan, NJ? Experiencing persistent back pain can be debilitating, impacting your daily life, work, and overall well-being. This comprehensive guide dives deep into NJ Spine and Wellness in Matawan, NJ, exploring their services, approach, and how they can help you find lasting relief. We'll cover everything from their expertise in diagnosing spinal issues to their commitment to holistic wellness, ensuring you have all the information you need to make an informed decision about your care. Let's get started on your journey towards a pain-free life.

Understanding the Expertise at NJ Spine and Wellness Matawan NJ

NJ Spine and Wellness Matawan NJ isn't just another chiropractic clinic; it's a center dedicated to comprehensive spinal care and overall wellness. Their team of experienced doctors and therapists utilizes a multidisciplinary approach, combining cutting-edge technology with personalized treatment plans tailored to your specific needs. This holistic approach goes beyond simply addressing the symptoms; it focuses on identifying and treating the root cause of your pain.

Forget the one-size-fits-all approach. At NJ Spine and Wellness, you'll receive a thorough evaluation, including a detailed medical history review and a comprehensive physical examination. Advanced diagnostic tools, such as X-rays and MRI scans (where appropriate), are used to create an accurate picture of your spinal condition. This allows for precise diagnosis and the development of a customized treatment strategy designed to deliver the best possible outcomes.

A Range of Services for Your Spinal Health Needs

NJ Spine and Wellness Matawan NJ offers a wide array of services designed to address various spinal conditions and pain levels. These services include, but are not limited to:

Chiropractic Care: Gentle spinal adjustments help realign the spine, reducing pressure on nerves and alleviating pain. Their chiropractors are highly skilled in various adjustment techniques, ensuring the safest and most effective treatment for each individual.

Physical Therapy: Tailored exercise programs, manual therapy, and other therapeutic modalities help strengthen muscles, improve flexibility, and enhance overall spinal stability. Physical therapy is often a crucial component of long-term pain management and injury prevention.

Massage Therapy: Massage therapy helps relax tense muscles, improve circulation, and reduce pain and inflammation. This complementary therapy can significantly enhance the effectiveness of other treatments.

Acupuncture: Acupuncture, a traditional Chinese medicine technique, involves inserting thin needles into specific points on the body to stimulate the nervous system and promote healing. It can be particularly effective in reducing pain and inflammation.

Spinal Decompression Therapy: For individuals with specific spinal conditions, spinal decompression therapy may be recommended. This non-surgical treatment gently stretches the spine, relieving pressure on nerves and promoting healing. This is often a crucial option for those seeking less invasive solutions.

The NJ Spine and Wellness Approach: Holistic Wellness for Lasting Results

What sets NJ Spine and Wellness Matawan NJ apart is their commitment to a holistic approach. They

understand that back pain is often interconnected with other aspects of your health and well-being. Their treatment plans are designed not only to address your immediate pain but also to promote long-term wellness. This might involve lifestyle modifications, nutritional guidance, and stress management techniques, all contributing to a comprehensive and sustainable path to recovery.

This holistic approach recognizes the importance of proactive care. They emphasize preventative measures, empowering patients to take control of their spinal health through education and guidance. By understanding the underlying causes of their pain and adopting healthy habits, patients can significantly reduce their risk of future problems.

Beyond Pain Relief: Improving Your Quality of Life

The goal at NJ Spine and Wellness Matawan NJ is not just to eliminate your pain but to improve your overall quality of life. By addressing the root cause of your spinal issues and promoting overall wellness, they empower you to live a more active, fulfilling life. This means regaining lost mobility, participating in activities you enjoy, and experiencing a renewed sense of energy and well-being.

They create a supportive and comfortable environment where patients feel heard and understood. Their commitment to patient care extends beyond the clinical setting; they strive to build strong relationships based on trust and mutual respect.

Finding Relief: Contacting NJ Spine and Wellness Matawan NJ

Ready to take the first step towards lasting back pain relief? Contact NJ Spine and Wellness Matawan NJ today. You can find their contact information, including their address, phone number, and website, easily online. Don't let back pain control your life any longer. Schedule a consultation and begin your journey towards a healthier, happier you. Take control of your health and reclaim your life!

Conclusion

NJ Spine and Wellness Matawan NJ offers a comprehensive, patient-centered approach to spinal care. Their expertise, combined with their holistic philosophy, sets them apart. By addressing both the physical and lifestyle factors contributing to back pain, they empower individuals to achieve long-lasting relief and a significant improvement in their quality of life. Don't hesitate to reach out and begin your journey towards a pain-free future.

Frequently Asked Questions (FAQs)

1. Do I need a referral to see a doctor at NJ Spine and Wellness Matawan NJ? No, you do not need a referral to schedule an appointment.
1. What insurance plans do you accept? NJ Spine and Wellness Matawan NJ accepts a wide range of insurance plans. It's best to contact their office directly to verify your specific plan's coverage.
1. What should I expect during my first appointment? Your first appointment will involve a thorough medical history review, a physical examination, and a discussion of your treatment options.
1. How long will my treatment plan last? The duration of your treatment plan will vary depending on the severity of your condition and your individual response to therapy.

1. What are the payment options available? They typically offer various payment options, including cash, check, and credit cards. Contact the office directly to confirm the accepted payment methods.

nj spine and wellness matawan nj: Benzel's Spine Surgery E-Book Michael P. Steinmetz, Sigurd H. Berven, Edward C. Benzel, 2021-05-18 Written and edited by world-renowned experts in the field, Benzel's Spine Surgery: Techniques, Complication Avoidance and Management, 5th Edition, provides expert, step-by-step guidance on the evaluation and management of disorders of the spine. This definitive, two-volume work explores the full spectrum of techniques used in spine surgery, giving you the tools you need to hone your skills and increase your knowledge in this challenging area. Clearly organized and extensively revised throughout, it features contributions from both neurosurgeons and orthopaedic surgeons to present a truly comprehensive approach to spine disease. - Offers a thorough overview of the effective management of patients with spinal disorders, including fundamental principles, biomechanics, applied anatomy, instrumentation, pathophysiology of spinal disorders, surgical techniques, motion preservation strategies, non-surgical management, and complication avoidance and management, as well as controversies. - Focuses on both pathophysiology and surgical treatment of spine disease, with an increased emphasis on minimally invasive surgery. - Contains new features such as key points boxes at the beginning of chapters and algorithms to help streamline the decision making process. - Covers today's hot topics in spine surgery, such as health economics, artificial intelligence, predictive analytics, new less invasive techniques including endoscopic spine surgery, and the future of spine surgery. - Provides expert coverage of key topics including biomechanics of motion preservation techniques, spinal injuries in sports, biologics in spine fusion surgery, anterior sub-axial cervical fixation and fusion techniques, complex lumbosacropelvic fixation techniques, and many more. - Features more than 1,500 high-quality illustrations, as well as new procedural videos on en bloc spondylectomy, minimally invasive endoscopic posterior cervical foraminotomy, cervical total disc replacement, minimally invasive lumbar decompression of stenosis, and more. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

nj spine and wellness matawan nj: 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 spine and wellness matawan nj: 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 spine and wellness matawan nj: Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, I.B.S, and Other Symptoms Without Surgery Amy Stein, 2008-08-31 Bronze Medal Winner of a 2009 National Health Information Award Stop your pelvic pain . . . naturally! If you suffer from an agonizing and emotionally stressful pelvic floor disorder, including pelvic pain, irritable bowel syndrome, endometriosis, prostatitis, incontinence, or discomfort during sex, urination, or bowel movements, it's time to alleviate your symptoms and start healing--without drugs or surgery. Natural cures, in the form of exercise, nutrition, massage, and self-care therapy, focus on the underlying cause of your pain, heal your condition, and stop your pain forever. The life-changing plan in this book gets to the root of your disorder with: A stretching, muscle-strengthening, and massage program you can do at home Guidelines on foods that will ease your discomfort Suggestions for stress- and pain-reducing home spa treatments Exercises for building core strength and enhancing sexual pleasure

nj spine and wellness matawan nj: Bone Stress Injuries Adam S. Tenforde, MD, Michaela 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 spine and wellness matawan nj: 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 spine and wellness matawan nj: 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 spine and wellness matawan nj: 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 spine and wellness matawan nj: Nutrition and the Athlete Douglas Paul Henderson, 1987

nj spine and wellness matawan nj: 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 spine and wellness matawan nj: Leksell Radiosurgery A. Niranjana, L.D. Lunsford, H. Kano, 2019-05-20 Since its introduction 52 years ago, Leksell radiosurgery has become a widely applied technique for the management of a diverse group of vascular, neoplastic, and functional disorders. This publication presents an update on state-of-the-art radiosurgery technology, including outcomes, by the pioneers in the field. Experts have contributed chapters on various topics. They provide a history of the development of Leksell Gamma Knife and its evolution from frame-based to the inclusion of mask-based radiosurgery in the latest Gamma Knife model. For beginners, there is valuable information related to imaging, quality assurance, patient care, anesthesia, and regulatory requirements. Advance users will appreciate the summary of the long-term outcome of important

indications. Additional chapters on cavernous malformation, orbital, uveal, and ocular disorders clarify the role of radiosurgery. This book is a concise overview for physicians interested in radiosurgery. It will be of great value to neurosurgeons, radiation oncologists, and medical physicists concerned with learning about the indications of radiosurgery.

nj spine and wellness matawan nj: Cerebrovascular Neurosurgery Dr Peter Nakaji, Dr Michael Levitt, 2019-08-15 Part of the Neurosurgery by Example series, this volume on cerebrovascular neurosurgery presents exemplary cases in which renowned authors guide readers through the assessment and planning, decision making, surgical procedure, after care, and complication management of common and uncommon disorders. The cases explore the spectrum of clinical diversity and complexity within cerebrovascular neurosurgery, including aneurysms, ischemic/occlusive disease, arteriovenous malformation, dural arteriovenous fistula, and more. Each chapter also contains 'pivot points' that illuminate changes required to manage patients in alternate or atypical situations, and pearls for accurate diagnosis, successful treatment, and effective complication management. Containing a focused review of medical evidence and expected outcomes, Cerebrovascular Neurosurgery is appropriate for neurosurgeons who wish to learn more about a subspecialty, and those preparing for the American Board of Neurological Surgery oral examination.

nj spine and wellness matawan nj: Brain on Fire Susannah Cahalan, 2012-11-13 NOW A MAJOR MOTION PICTURE STARRING CHLOË GRACE MORETZ A "captivating" (The New York Times Book Review), award-winning memoir and instant New York Times bestseller that goes far beyond its riveting medical mystery, Brain on Fire is a powerful account of one woman's struggle to recapture her identity. When twenty-four-year-old Susannah Cahalan woke up alone in a hospital room, strapped to her bed and unable to move or speak, she had no memory of how she'd gotten there. Days earlier, she had been on the threshold of a new, adult life: at the beginning of her first serious relationship and a promising career at a major New York newspaper. Now she was labeled as violent, psychotic, a flight risk. What happened? In an "unforgettable" (Elle), "stunningly brave" (NPR), and breathtaking narrative, Susannah tells the astonishing true story of her descent into madness, her family's inspiring faith in her, and the lifesaving diagnosis that almost didn't happen. "A fascinating look at the disease that...could have cost this vibrant, vital young woman her life" (People), Brain on Fire is an unforgettable exploration of memory and identity, faith and love, and a profoundly compelling tale of survival and perseverance.

nj spine and wellness matawan nj: Surgery for Ovarian Cancer Robert E. Bristow, Beth Y. Karlan, Dennis S. Chi, 2019-02-21 Updated and expanded, the third edition of Surgery for Ovarian Cancer focuses on essential techniques for the effective management of ovarian cancer. It reflects the most contemporary science and surgical applications for the management of patients with ovarian cancer and related peritoneal surface malignancies. This new edition takes a step-by-step approach and includes new intraoperative photographs and videos illustrating surgical procedures. It is principally devoted to the technical aspects of cytoreductive surgery, with chapters divided according to anatomic region. The chapters cover relevant anatomical considerations, surgical challenges specific to each region, and operative approaches and techniques favored by the authors. The list of contributing authors has been expanded from the previous edition and includes international and world-renowned experts from the fields of gynecologic oncology and surgical oncology. The topics of minimally invasive surgery, secondary cytoreduction, palliative surgery, and postoperative care are also covered in detail. New to the third edition are chapters on preoperative risk stratification, regional therapeutics and peritonectomy procedures, and quality assurance relating to ovarian cancer surgery. This comprehensive text is essential reading for all practitioners working with patients with ovarian cancers.

nj spine and wellness matawan nj: Wellness to the Core Jason Sonners, 2014-02-18 In WELLNESS TO THE CORE, Dr. Jason Sonners arms you with the information you need to take control of your health and begin your personal journey to wellness. In Part One, Why are We So Sick, Dr. Sonners presents the modern conditions and choices that have made humans so chronically ill. He also illustrates the relationship between our current state of (un)health and (dis)ease and the

current healthcare crisis. Part Two, the Be Fit, Be Nourished, Be Balanced Program, offers solutions for getting your health back on track. It outlines the steps you can take to begin the process of reclaiming your health and the life you deserve. Dr. Sonners, an accomplished chiropractor skilled in nutrition, stress management, pain management, exercise prescription, and rehabilitation, is the perfect guide to help you reset your mindset and get you back on your path to wellness. His message, underscoring the wellness to the core philosophy, is that it is never too late to make a positive change in your life.

nj spine and wellness matawan nj: Microvascular Decompression Surgery Shi-Ting Li, Jun Zhong, Raymond F. Sekula, Jr., 2015-12-11 This book provides an essential update on microvascular decompression (MVD) surgery, which has been widely accepted as an effective remedy for cranial nerve hyperexcitability disorders such as hemifacial spasm, trigeminal neuralgia, glossopharyngeal neuralgia, etc. The authors describe in detail those steps of the process that need the most attention in order to achieve an excellent postoperative outcome, including positioning, craniectomy, approach and identification of the culprit, etc. Though it primarily focuses on surgical principles and technical nuances, the book also addresses the intraoperative electrophysiologic monitoring and pathogenesises of hemifacial spasm and trigeminal neuralgia.

nj spine and wellness matawan nj: *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 spine and wellness matawan nj: *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 spine and wellness matawan nj: 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 spine and wellness matawan nj: 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 spine and wellness matawan nj: Pocket Orthopaedic Surgery Jay (Jamal) Boughanem, Ritesh R. Shah, 2015-07-29 *Pocket Orthopaedics* is your go-to resource for the essential orthopaedic information you need in a high-yield, easy-to-use format. Concise and well organized, it provides must-know information on the pathophysiology, diagnostic criteria, and medical and surgical treatment of common orthopaedic surgery pathologies. This pocket-sized powerhouse delivers highly relevant orthopaedic coverage in an easily portable source, making reference quick and easy.

nj spine and wellness matawan nj: Metastatic Spine Disease Rex A. W. Marco, 2018-05-24 This comprehensive text focuses exclusively on the management of metastatic spinal disease, evaluating the most recent literature and providing patient-centered treatment algorithms. Beginning with initial imaging, classification and clinical decision-making, the spine is approached anatomically from the upper cervical to the sacrum, describing the unique considerations and approaches appropriate to each region, such as laminectomy and stabilization, en bloc spondylectomy and resection and reconstruction. Less invasive and minimally invasive approaches are discussed throughout the text. Radiation therapy modalities and other adjuvant treatments are also discussed, as well as reconstructive flap coverage and the management of complications. The spinal column is the most common site of metastatic cancer, and a multidisciplinary approach is required to provide patients with reasonable management options to prevent and treat the disabling symptoms caused by this debilitating condition. This compendium of experience from thought leaders in the treatment of metastatic spine disease will provide spine surgeons, oncologists, radiation oncologists, physiatrists and palliative care specialists with up-to-date information to guide their patients through the multidisciplinary management of metastatic spinal disease.

nj spine and wellness matawan nj: 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 spine and wellness matawan nj: Lumbar Interbody Fusion Paul M. Lin, Kevin Gill, 1989

nj spine and wellness matawan nj: Musculoskeletal Imaging Philip G. Conaghan, Philip O'Connor, David A. Isenberg, 2010-03-18 Diseases of the joints and surrounding tissues cannot be visualised without the help of imaging techniques. These range from x-rays (which have been available for over 100 years) to the highly sophisticated magnetic resonance imaging scanning. The variety of imaging techniques and indeed the quality of these images has improved radically in the past decade and this book attempts to capture the way in which rheumatologists and their colleagues can use a wide variety of techniques to analyse musculoskeletal diseases which are known to exist. This handbook provides the reader with an insight into both which imaging techniques should be applied to particular clinical problems and how the results can be used to determine the diagnosis and management of musculoskeletal conditions. It is extensively illustrated with examples of the various imaging techniques and joints to aid understanding, and is organised by anatomical region and specific musculoskeletal disorder to allow easy access to information.

nj spine and wellness matawan nj: The Power Broker Robert A. Caro, 2024-09-16 PULITZER PRIZE WINNER • A modern American classic, this huge and galvanizing biography of Robert Moses reveals not only the saga of one man’s incredible accumulation of power but the story of his shaping (and mis-shaping) of twentieth-century New York. One of the Modern Library’s hundred greatest books of the twentieth century, Robert Caro's monumental book makes public what few outsiders knew: that Robert Moses was the single most powerful man of his time in the City and in the State of New York. And in telling the Moses story, Caro both opens up to an unprecedented degree the way in which politics really happens—the way things really get done in America's City Halls and Statehouses—and brings to light a bonanza of vital information about such national figures as Alfred E. Smith and Franklin D. Roosevelt (and the genesis of their blood feud), about Fiorello La Guardia, John V. Lindsay and Nelson Rockefeller. But *The Power Broker* is first and foremost a brilliant multidimensional portrait of a man—an extraordinary man who, denied power within the normal framework of the democratic process, stepped outside that framework to grasp power sufficient to shape a great city and to hold sway over the very texture of millions of lives. We see how Moses began: the handsome, intellectual young heir to the world of *Our Crowd*, an idealist. How, rebuffed by the entrenched political establishment, he fought for the power to accomplish his ideals. How he first created a miraculous flowering of parks and parkways, playlands and beaches—and then ultimately brought down on the city the smog-choked aridity of our urban landscape, the endless miles of (never sufficient) highway, the hopeless sprawl of Long Island, the massive failures of public housing, and countless other barriers to humane living. How, inevitably, the accumulation of power became an end in itself. Moses built an empire and lived like an emperor. He was held in fear—his

dossiers could disgorge the dark secret of anyone who opposed him. He was, he claimed, above politics, above deals; and through decade after decade, the newspapers and the public believed. Meanwhile, he was developing his public authorities into a fourth branch of government known as Triborough—a government whose records were closed to the public, whose policies and plans were decided not by voters or elected officials but solely by Moses—an immense economic force directing pressure on labor unions, on banks, on all the city's political and economic institutions, and on the press, and on the Church. He doled out millions of dollars' worth of legal fees, insurance commissions, lucrative contracts on the basis of who could best pay him back in the only coin he coveted: power. He dominated the politics and politicians of his time—without ever having been elected to any office. He was, in essence, above our democratic system. Robert Moses held power in the state for 44 years, through the governorships of Smith, Roosevelt, Lehman, Dewey, Harriman and Rockefeller, and in the city for 34 years, through the mayoralties of La Guardia, O'Dwyer, Impellitteri, Wagner and Lindsay. He personally conceived and carried through public works costing 27 billion dollars—he was undoubtedly America's greatest builder. This is how he built and dominated New York—before, finally, he was stripped of his reputation (by the press) and his power (by Nelson Rockefeller). But his work, and his will, had been done.

nj spine and wellness matawan nj: Foot & Ankle Manual G. James Sammarco, 1998

nj spine and wellness matawan nj: *Chronic Graft Versus Host Disease* Georgia B. Vogelsang, Steven Z. Pavletic, 2009-04-20 Chronic graft versus host disease (GVHD) is the most common complication of allogeneic bone marrow transplantation. Because of the protracted clinical course of chronic GVHD, transplant centers and hematology/oncology offices are inadequately equipped to manage these immuno-incompetent patients with a multi-system disorder. Practitioners need to be able to recognize and effectively manage chronic GVHD as a late effect of more than half of allogeneic transplantations. The text is oriented for the clinician, with chapters covering staging, organ site and system-specific manifestations, treatment options, and supportive care. Drs Georgia B. Vogelsang and Steven Z. Pavletic have been pioneers in the recognition of the multi-organ complexity of this disease and have gathered the input of a variety of subspecialist physicians for this book. This book fills the gap in practical literature on chronic GVHD, providing a comprehensive, up-to-date, and clinically relevant resource for anyone who deals with cancer patients post-transplant.

nj spine and wellness matawan nj: Understanding the Emotional Disorders David Watson, Michael W. O'Hara, 2017-03-23 Improving the measurement of symptoms of emotional disorders has been an important goal of mental health research. In direct response to this need, the Expanded Version of the Inventory of Depression and Anxiety Symptoms (IDAS-II) was developed to assess symptom dimensions underlying psychological disorders. Unlike other scales that serve as screening instruments used for diagnostic purposes, the IDAS-II is not closely tethered to the Diagnostic and Statistical Manual of Mental Disorders (DSM); rather, its scales cut across DSM boundaries to examine psychopathology in a dimensional rather than a categorical way. Developed by authors David Watson and Michael O'Hara, the IDAS-II has broad implications for our understanding of psychopathology. *Understanding the Emotional Disorders* is the first manual for how to use the IDAS-II and examines important, replicable symptom dimensions contained within five adjacent diagnostic classes in the DSM-5: depressive disorders, bipolar and related disorders, anxiety disorders, obsessive-compulsive and related disorders, and trauma- and stressor-related disorders. It reviews problems and limitations associated with traditional, diagnosis-based approaches to studying psychopathology and establishes the theoretical and clinical value of analyzing specific types of symptoms within the emotional disorders. It demonstrates that several of these disorders contain multiple symptom dimensions that clearly can be differentiated from one another. Moreover, these symptom dimensions are highly robust and generalizable and can be identified in multiple types of data, including self-ratings, semi-structured interviews, and clinicians' ratings. Furthermore, individual symptom dimensions often have strikingly different correlates, such as varying levels of criterion validity, incremental predictive power, and diagnostic specificity. Consequently, it is more informative to examine these specific types of symptoms, rather than the

broader disorders. The book concludes with the development of a more comprehensive, symptom-based model that subsumes various forms of psychopathology-including sleep disturbances, eating- and weight-related problems, personality pathology, psychosis/thought disorder, and hypochondriasis-beyond the emotional disorders.

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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

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Drawing on 40 years of research and patient care, Dr. Wayne Jonas explains how 80 percent of healing occurs organically and how to activate the healing process. In How Healing Works, Dr. Wayne Jonas lays out a revolutionary new way to approach injury, illness, and wellness. Dr. Jonas explains the biology of healing and the science behind the discovery that 80 percent of healing can be attributed to the mind-body connection and other naturally occurring processes. Jonas details how the healing process works and what we can do to facilitate our own innate ability to heal. Dr. Jonas's advice will change how we consume health care, enabling us to be more in control of our recovery and lasting wellness. Simple line illustrations communicate statistics and take-aways in a memorable way. Stories from Dr. Jonas's practice and studies further illustrate his method for helping people get well and stay well after minor and major medical events.

nj spine and wellness matawan nj: Deer's Treatment of Pain Timothy R. Deer, Jason E. Pope,

Tim J. Lamer, David Provenzano, 2019-08-01 Designed and written by a team of clinically established academics, this is a unique book that is an excellent manual for physicians practicing pain medicine or treating pain in neurosurgery, orthopedic, neurology, or family practice clinics. As a practical resource, this book is written to be more accessible to the reader and is designed to be more clinically-focused and useful in day-to-day practice. This 102 chapter volume is divided into seven separate sections: Anatomy and Physiology of Pain, Psychology of Pain, Pharmacological Treatment of Pain, Interventional Treatment of Pain, Adjuvant Therapies for Pain and Suggested Reading. The calculated organization of this book is supplemented by key photos, drawings and a self-assessment of four key questions at the end of each chapter -- thus making it an indispensable, pragmatic resource that will benefit anyone working in the pain management field. Deer's Treatment of Pain:

An Illustrated Guide for Practitioners contains pearls for improving knowledge and improving one's practice as a physician.

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nj spine and wellness matawan nj: *Gasp!* Michael Gelb, Howard Hindin, 2016-09-09 The Airway Centric(R) Model prevents Airway-Centered Disorders, Sleep-Disordered Breathing to maintain mental and physical health. Learn how to recognize and correct Airway-Centered Disorders, Sleep-Disordered Breathing. Gasp is about our airway, breathing and sleep. Problems can start at birth. Many premature babies are mouth breathers. A poorly structured and functioning airway leads to mouth breathing, snoring and sleep apnea; it can interfere with restorative sleep and ultimately damage the part of the brain called the prefrontal cortex, which controls executive function skills, attentiveness, anxiety and depression. Learn how to restore an ideal airway with early intervention, and where to go for help. Learn how once the airway is established with breastfeeding, allergy treatment, and other methods, neurocognitive and neurobehavioral problems

are greatly improved-often without any medication. Anxiety and depression are alleviated, and the behavior and performance of children are remarkably transformed. Today there is a health movement toward Wellness. Wellness is about diet and nutrition, exercise, and mental attitude. The new paradigm is called Functional Medicine. It addresses the causes of chronic disease with an individualized approach and emphasizes early intervention. It restores the balance amongst functional systems and the networks that connect them. The missing link is airway, breathing, and sleep. If we don't breathe well when we sleep, 1/3 of our life is affected. Gasp describes the impact of a narrowed airway from cradle to grave. Every day, we encounter fatigued patients with chronic headaches and neck pain. They have difficulty concentrating; they suffer with GI problems from acid reflux to irritable bowel syndrome. They range from thin women to men who have put on a few pounds. And you do not have to be obese to have an airway problem. Many of our younger patients with ADHD and airway issues have little body fat. Time after time we see that once the airway is opened during the day and maintained during sleep, the transformation is quick and dramatic. Breathing is life.

nj spine and wellness matawan nj: Orthopaedic Knowledge Update Steven R. Garfin, Alexander R. Vaccaro, 1997 This work provides an in-depth look at developments in spine care in the last five years. It includes chapters on outcomes measurement and anatomy, and a glossary of spine terminology. Topics include physical rehabilitation of patients with low back pain, the paediatric spine, whiplash injuries, and psychosocial factors in spinal disorders.

nj spine and wellness matawan nj: Health Needs of the Elderly Gill Garrett, 1987 Since the first edition of this book was published the population profile for the elderly has continued to swell. How many elderly people are there? Where are they now? How well off are they? The new edition answers these and many more key questions and takes a fresh look at approaches to planning future health care. The original text has been updated throughout and there are suggestions for additional reading at the end of each chapter. The future of our ageing society is considered in depth, alongside the necessity to prepare nurses to meet the inevitable future health needs of the elderly.

nj spine and wellness matawan nj: Power from Within Esq. Krompiew, Jeffrey A., Jeffrey A. Krompiew, 2021 There is no end in sight to the frequency with which physicians, nursing professionals and other healthcare providers will become lawsuit targets in our litigious society. While politicians, practitioners, insurance companies and trial attorneys debate the nation's chronic malpractice crisis, suits continue to be filed. In addition, once COVID-19 is behind us and the unprecedented public support for health care providers wanes, as it will, it is anticipated that physicians and nurses will become malpractice defendants to a remarkable degree. National legislative fact-finding committees and investigative bodies, which may be charged with the responsibility of pursuing a solution, likely will never achieve a global remedy. Although curtailed by some states, national legislation has not addressed baseless malpractice suits or grossly excessive monetary verdicts. Another approach exists, however. Health care providers can impact the existing system and influence the malpractice environments in a tangible, positive and powerful fashion. Although there will be debate over tort reform in order to bring some degree of protection to the malpractice defendant, individual case success, defined from the defendant's perspective as a no-cause trial verdict, can be realized if well-credentialed and experienced health care professionals are willing to assist the malpractice defense bar as expert witnesses. The benefits to the health care community and the individuals who are willing to participate are innumerable and worth considering.

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