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Dr. Greller is the Assistant Director of The Cartilage Restoration Center of New Jersey, a division of Advanced Orthopedics and Sports Medicine Institute devoted to the treatment of cartilaginous injuries and damage to the knee, with the goal of eliminating pain, restoring function, and reducing or delaying the need for total joint arthroplasty.

The Center, staffed by the Board Certified Orthopedic Surgeons of Advanced Orthopedics, utilizes the latest techniques in cartilage repair and restoration to accomplish the patient's goals. Our surgeons regularly attend extended education courses to stay abreast of the latest techniques in this rapidly advancing specialized field.

Surgeries can often be performed at an outpatient surgery center or at a hospital, depending on the procedure. The Center offers various types of procedures, including Carticel® which utilizes the patients' own cells to repair damaged cartilage, ArthroSurface HemiCAP® which involves cobalt chrome implants, Microfracture which stimulates the formation of new cartilage, and DeNovo NT which involves a cartilage transplant that can repair damaged areas in one step. Additionally, joint realignment, partial and total joint replacements are performed at the Center.



Injury Prevention and Management

Injury prevention and management is a vital part of Sports Medicine. To protect our anatomy we need to understand our physiology, "how our bodies work." Part of prevention and management is dealing with heat exhaustion, muscle cramps, creatine supplements, sports nutrition, glucosamine and chondroitin sulfate. The goal is to minimize the damage of an injury and maximize the recovery. This includes warming up, staying hydrated, proper nutrition and supplements, training and conditioning and wearing protective equipment to prevent an injury. Physical Therapy, medication, proper nutrition and supplements, and sometimes surgery, all have their proper place in managing an injury.

**Sports
 Medicine**





Dr. Michael Greller, Vice-Chairman of the department of orthopedics and Chairman of credentials at CentraState Medical Center, is a board-certified, fellowship-trained orthopedic surgeon. Dr. Greller trained at the prestigious Hospital For Joint Diseases Orthopedic Institute and NYU Medical Center in New York and completed his fellowship in Sports Medicine at Temple University in Philadelphia.

Training at these two world-renowned, leading institutions, has allowed him to work with professional athletes, college athletes, high school athletes, the US Open Tennis Tournament, Philadelphia High School Football, and several major professional dance companies in New York City. He brings that expertise to his practice and to his patients everyday. Dr. Greller has an extra year of specialization in Sports Medicine and Minimally-Invasive Arthroscopic Procedures which can lead to better outcomes and quicker recoveries.

Dr. Greller has been named "Most Complemented Physician" at CentraState Healthcare Systems, a prestigious award given only to doctors who receive the most complements from patients during the year. He is also a member of the Arthroscopy Association of North America, the American College of Sports Medicine and the American Academy of Orthopedic Surgeons.

General Introduction

Sports Medicine is a subspecialty that addresses prevention and treatment for all active people. At one time, specialists in this field primarily cared for the injuries of elite athletes. With today's focus on physical activity as an integral part of a healthy lifestyle, Sports Medicine is now directed to serving anyone with musculoskeletal injury or pain who wants to be more active than his or her medical condition allows. Sports Medicine specialists are focused on lifelong fitness and wellness. They provide information and training for the prevention of illness and injury as well as treatment for conditions that limit physical activity.

How AOSMI Has a High Standard of Care for Sports Medicine

The Sports Medicine specialists at AOSMI have a wealth of experience that stems from their own interest and participation in athletic activities. Their avid pursuit of a variety of competitive sports enables them to provide individualized treatment plans for athletes, whether they are recreational weekenders, professional competitors, or anything in between. They understand athletes, sports, and the climate of competition that motivates athletes.

Their expertise is enhanced by special training and experience obtained from serving as team physicians to professional athletes and local school teams. Dr. Greller completed a fellowship in Sports Medicine at Temple University, where he improved his diagnostic skills, non-operative and operative management and developed advanced arthroscopic skills. As a Sports Medicine fellowship-trained orthopedic physician, the only one on staff at CentraState Medical Center, Dr. Greller obtained an extra year of specialized training with elite Division One athletes and professional sports teams. This training allowed him to understand the needs and goals of competitive and recreational athletes in a variety of sports.



AOSMI's Approach to the Practice of Sports Medicine

Using the latest state-of-the-art care, AOSMI specializes in preventing injuries and getting injured athletes back to health as quickly as possible. They offer a coordinated program for diagnosis, evaluation, operative and non-operative treatment, and education. The specialists provide pre-participation examinations, consultation on when to return to play after injury, advice on nutrition and supplements, and injury assessment and management. Dr. Greller provides his patients with a variety of services and treatments including cartilage restoration, cartilage transplantation, arthroscopic ACL reconstruction, arthroscopic rotator cuff reconstruction and labral repairs, shoulder and knee reconstruction, meniscectomy and meniscal repair. In addition, Dr. Greller specializes in minimally invasive arthroscopic procedures, as well as minimally invasive resurfacing, partial joint replacement and total joint replacement, which can lead to better outcomes and quicker recoveries.

AOSMI believes in physical therapy. Ninety percent of all sports injuries are actually non-operative and are best managed by rehabilitative care and ancillary treatments. With an onsite physical therapy center, the sports medicine specialists provide a closely coordinated program of medical care and rehabilitation. They feel strongly that the best patient outcomes are achieved through closely supervised treatment. This ensures a seamless transition from injury and diagnosis to rehabilitation, which means getting you back in action more quickly.

Please visit the Services section of our website for more information about Sports Medicine at www.AdvancedOrthoSports.com.