



**ADVANCED ORTHOPEDICS
AND SPORTS MEDICINE INSTITUTE, PC**
A CENTER OF EXCELLENCE FOR BONE AND JOINT CARE

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Press Release

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Successful CentraState HealthWatch Cable TV Pilot Show Featuring Freehold NJ Orthopedic Surgeon Dr Alan Nasar Rewarded With Extended Life And Wider Distribution.

The CentraState HealthWatch cable TV show featuring Freehold, NJ orthopedic surgeon Dr Alan Nasar, has been extended through January across an increased number of New Jersey television stations. Alan S. Nasar MD, a fellowship-trained joint replacement orthopedic surgeon at the **Advanced Orthopedics and Sports Medicine Institute** in Freehold, features in one segment of the half-hour show discussing advances in joint replacement surgery and pain management with host Gary Gellman.

The CentraState HealthWatch pilot cable TV show featuring Freehold, New Jersey orthopedic surgeon Dr Alan Nasar, first launched in November 2007, has been extended to air through January with distribution across a considerably increased number of New Jersey television stations.

Following the successful airing late last year of three pilot half-hour cable TV shows produced at the CentraState Medical Center in the fall of 2007, the Comcast network has expanded distribution considerably to local stations in adjacent New Jersey counties. Ninety locations across the four counties of Ocean, Monmouth, Middlesex and Union will air the shows on Channel 190, Sundays at 2pm.

Alan S. Nasar MD, a fellowship-trained joint replacement orthopedic surgeon at the **Advanced Orthopedics and Sports Medicine Institute** in Freehold, NJ, appears along with Brian Mason, PhD, in the first segment of a half hour show. Dr. Nasar discusses advances in joint replacement surgery, pain management and physical therapy with host Gary Gellman.

Dr Nasar answers some searching basic questions posed by the host about the philosophy behind minimally-invasive surgery and the advantage to the surgeon of computer assistance during that surgery. He outlines the latest surgical techniques now performed at the high-tech, digital operating rooms at CentraState, demonstrating his points with the help of life-sized models of the joints. "The overall production is first-class, and has generated considerable feedback from our patients and viewers in the local communities." Dr Nasar says of the decision to extend the life and the distribution

of the shows. “I am pleased we are able to share our experience with a greater number of New Jersey viewers.””

Dr. Alan S. Nasar is one of several joint replacement orthopedic specialists at the **Advanced Orthopedics and Sports Medicine Institute** in Freehold. He is the Director of the Total Joint Center of New Jersey at CentraState and the Director of Orthopedics at CareOne Rehabilitation Center in Jackson, New Jersey. In addition, he is a professional member of the American Academy of Orthopedic Surgeons, the Monmouth County Medical Society, the New Jersey Medical Society, the American Medical Association and the New Jersey Orthopedic Society.

He is trained in the use of computer-assisted (navigated) minimally-invasive joint replacement surgery, which results in the most accurate placement of implants.

Dr. Nasar’s goals are to restore patients to their previous activity level, minimize pain, and facilitate rapid recovery. With advanced components and techniques, his objective is to perform joint replacement surgery that can last a lifetime. He has a particular interest in advanced pain management techniques, which combined with minimally invasive surgery, can lead to less discomfort and a more rapid return to work and leisure activities.

Today, all of the surgeons at **Advanced Orthopedics and Sports Medicine Institute** perform minimally-invasive joint replacement surgery. **Advanced Orthopedics and Sports Medicine Institute** provides advanced medical care in Freehold, NJ, with leading doctors and surgeons, state-of-the-art technology and exceptional Patient-Centered, Patient-Focused Care™. The seven practicing physicians at **Advanced Orthopedics and Sports Medicine Institute** have a combined 100 years of experience providing exceptional orthopedic care to the New Jersey community.

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