



**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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Orthopedic Surgeon Dr. Michael Greller of Advanced Orthopedics and Sports Medicine Institute (AOSMI), Freehold and Monroe, NJ, First to Perform New Procedure in Freehold

Dr. Michael Greller, board-certified fellowship-trained sports medicine orthopedic surgeon at Advanced Orthopedics and Sports Medicine Institute (AOSMI), Freehold and Monroe Township, NJ, is first to perform a new minimally invasive orthopedic procedure, Arthrosurface HemiCap® shoulder resurfacing, at CentraState Medical Center, Freehold, NJ.

Dr. Michael Greller, a board-certified fellowship-trained sports medicine orthopedic surgeon at Advanced Orthopedics and Sports Medicine Institute (AOSMI), Freehold and Monroe townships, NJ, has just performed a new orthopedic procedure. It is the first time this procedure has been done at CentraState Medical Center, Freehold, NJ; and Dr. Greller may be only the second surgeon to perform it in Monmouth County.

This procedure, called the Arthrosurface HemiCap®, is a minimally invasive shoulder resurfacing procedure that opens up an important option for patients. In the past, patients with shoulder problems had limited options: therapy, cortisone injections, or a partial or total shoulder replacement.

Dr. Greller is an expert on sports medicine and minimally invasive arthroscopic procedures of the shoulder, knee, hip, and ankle. As part of AOSMI's Patient-Centered, Patient-Focused Care™, he keeps up to date on the latest developments in minimally invasive orthopedic surgical procedures, such as this Arthrosurface HemiCap® procedure for shoulders.

He explains, “Most of the cartilage research done today is designed for the knee—95 percent of it. Now we have a procedure that can restore a normal life from that 40-year-old who wants to play ball with his kid to that young person who wants to go back to his athletic team. The HemiCap® is a good option.”

What is especially appealing about the HemiCap® resurfacing procedure is that it is much less invasive. It is designed for those with arthritic lesions and osteonecrosis or death of the bone. This procedure can also be used to repair the defects and damage done because of shoulder dislocations.

Not much could be done before except shoulder replacement surgery, which involves extensive bone removal. With HemiCap® resurfacing, however, the surgeon can fill that defect with a piece of metal that looks like a thumb tack, ranging in size from a two centimeter area of the humeral head to the entire humeral head.

The traditional shoulder replacement, entire or partial, is a pain-relieving operation. Generally, patients don’t get back total function because so much good bone and cartilage has to be removed. In the HemiCap® resurfacing procedure, however, such a minimal amount of cartilage is taken away, most patients are able to get back to their daily lives as though they never had a shoulder problem before.

Dr. Greller says, “It feels like a normal shoulder when the procedure is done. You are fully functioning—you can exercise. The shoulder is expected to be full weight-bearing. Another benefit is that the HemiCap® resurfacing is an outpatient procedure, eliminating an overnight stay in the hospital.”

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Ten years ago there was little a surgeon could do to. Now that there are a whole realm of minimally invasive surgical options for the young, middle-aged, active patient other than joint replacement, the experts at AOSMI established the Cartilage Restoration Center of New Jersey to treat, repair, and restore damaged cartilage in the knee and other joints of the body, utilizing a wide range of surgical and nonsurgical options for their previously non-treatable conditions.

The HemiCap® resurfacing is a relatively new procedure with excellent early clinical results. (For further information, visit www.arthosurface.com.) Dr. Greller notes that in addition to shoulders, this procedure can be done on hips, knees, and even toes.

Dr. Greller earned his M.D. from Albert Einstein College of Medicine, N.Y. He completed his residency in orthopedic surgery at the Hospital for Joint Diseases Orthopedic Institute – New York University Medical Center. He also completed a fellowship in sports medicine at Temple University, and spent an extra year specializing in minimally invasive arthroscopic procedures of the shoulder, knee, and ankle. Dr. Greller was one of the first New Jersey surgeons to use minimally invasive computer-assisted hip, knee, and shoulder replacements. He is the assistant director of the Cartilage Restoration Center, Freehold, NJ, managing partner and president of AOSMI, Freehold and Monroe townships, NJ, and vice-chairman of the Department of Orthopedics at CentraState Medical Center, Freehold, NJ. At AOSMI, he serves residents of Freehold, Howell, Jackson, Manalapan, Marlboro, Monroe, Morganville, and other towns in New Jersey.

AOSMI provides a range of services, including sports medicine, joint replacement, fracture care, spine care, work injury care, hand and wrist care, physiatry, foot and ankle care, and osteoporosis care to the residents of Freehold and Monroe Townships and surrounding towns in Monmouth and Middlesex Counties.

Today, the surgeons at Advanced Orthopedics and Sports Medicine Institute (AOSMI) provide the Monmouth and Middlesex County communities with specialists for every orthopedic need. Located in the Pond View Professional Park at 301 Professional View Drive in Freehold, and Renaissance Crossing Medical Arts Building at 312 Applegarth Road, Suite 101, Monroe Township, New Jersey, Advanced Orthopedics and Sports Medicine Institute provides advanced medical care with leading doctors and surgeons, state-of-the-art technology, and exceptional Patient-Centered, Patient-Focused Care™. The seven practicing physicians at AOSMI have a combined 100 years of experience providing exceptional orthopedic care to the New Jersey communities of Monmouth and Middlesex County. For more information, call 732-720-2555 or visit <http://www.AdvancedOrthoSports.com>.

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