



**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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**Public Lecture by Orthopedic Surgeon Dr. Alan Nasar, Freehold, NJ, on the Science Behind the Zimmer® Gender Solutions™ Knee Draws Responsive Audience to Centrastate**

In what is proving to be a warmly welcomed opportunity, venue and location for many in the local community, the team of orthopedic surgeons from the **Advanced Orthopedics and Sports Medicine Institute** in Freehold, NJ, are explaining a number of recent advances in computer-assisted joint replacement surgery in a planned series of free public lectures being offered now and through to mid December.

In last week's free to the public lecture held at the CentraState Healthcare Center in Freehold, New Jersey, Dr. Alan Nasar, a fellowship-trained, joint replacement orthopedic surgeon from the **Advanced Orthopedics and Sports Medicine Institute** in Freehold, explained the science behind the Zimmer® Gender Solutions™ Knee, the first and only knee replacement shaped to fit a woman's anatomy.

The orthopedic surgeons at the **Advanced Orthopedics and Sports Medicine Institute, PC (AOSMI)** are among the first in the Freehold, New Jersey area to offer the Zimmer® Gender Solutions™ Knee, which allows women who suffer from knee pain to opt for a total knee replacement that is specifically shaped to fit their bodies.

"Traditional knee implants are based upon an average between women's and men's knees, but the Zimmer gender Solutions knee is based on three shape differences between the knees of the two sexes. It reduces knee pain, and restores mobility; also offers the fit and function that female patients need." explained Dr. Nasar to a responsive audience not surprisingly dominated by women. "We implanted our first Zimmer Knee this year, on April 15. The speed and completeness of the patient's recovery was astounding, and we anticipate performing many more Zimmer Knee Replacement procedures in orthopedic surgery that can last a lifetime. I welcomed this opportunity to answer the many questions that often arise when a woman considers knee replacement surgery, and to explain how this development specifically benefits women."

Dr. Nasar, a leading **AOSMI** orthopedic surgeon and mechanical engineer who specializes in minimally-invasive joint replacement surgery, is the Director of The Total

**Joint Center of New Jersey at CentraState and the Director of Orthopedics at the CareOne Rehabilitation Center in Jackson, New Jersey.**

**Today, all of the surgeons at [Advanced Orthopedics and Sports Medicine Institute](#) perform minimally-invasive joint replacement surgery. The [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 [AOSMI](#) have a combined 100 years of experience providing exceptional orthopedic care to the New Jersey community.**

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