



**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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Alan S. Nasar, MD, of Advanced Orthopedics and Sports Medicine Institute in Freehold New Jersey Debuts a New Hip Procedure at CentraState

Avascular necrosis of the head of the femur affects from 10,000 to 20,000 people between the ages of 30 and 50 each year in the United States. Until now, most of these people have had to undergo a total hip replacement, which involves a long recovery. In September, however, Dr. Alan Nasar, orthopedic surgeon at Advanced Orthopedics and Sports Medicine Institute in Freehold, New Jersey, performed a new procedure on a patient in her forties at CentraState Hospital in Freehold to relieve the debilitating hip pain caused by avascular necrosis. This was the first time the procedure was performed at the facility.

The disease is said to have cut short the dual football and baseball careers of star athlete Bo Jackson (ESPN.com), but he is not the only sports figure who has been affected by avascular necrosis. It is a progressive, debilitating, and extremely painful disease that usually affects the joints of the shoulder, knee, and especially the hip.

Other athletes and celebrities who reportedly suffer from the disease include former NFL running back Garrison Hearst, cyclist Floyd Landis, NFL quarterback Brett Favre, professional wrestler 'Superstar' Billy Graham, wrestler Joe Heat, number-one draft pick for the Minnesota Lynx Ben Dvorak, NBA player Jorge Garbajosa, and the drummer/singer of The Monkees, Micky Dolenz.

“This was the first time that the Zimmer Osteonecrosis Intervention Implant was used at CentraState Hospital,” said Dr. Nasar. “Our patient, Jacqueline Mignott of Cranbury, New Jersey, who had had severe chronic pain in her hip caused by osteonecrosis, had a couple of choices: she could have had a hole drilled in her hip (core decompression), a procedure with a relatively low success rate, or a total hip replacement.”

“With just a tiny 1.5" incision in the side of her hip, we were able to insert the Zimmer Osteonecrosis Intervention Implant in a minimally invasive fashion. Using this procedure, the hip bone grows right into the implant, healing quickly.” Dr. Nasar went on to explain that within one month, the patient's pain was almost gone and she had shown remarkable improvement.

Alan S. Nasar, MD, a board-certified orthopedic surgeon at Advanced Orthopedics and Sports Medicine Institute, specializes in minimally-invasive joint replacement surgery. Dr Nasar's goals are to restore patients to their previous activity level, minimize pain, and facilitate a rapid recovery. 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 leisure activities. He has been instrumental in developing and directing the Total Joint Center of New Jersey at CentraState. He is also the Director of Orthopedics at the CareOne Rehabilitation Center in Jackson, New Jersey.

Today, the surgeons at Advanced Orthopedics and Sports Medicine Institute provide the Monmouth County community with specialists for every orthopedic need. Advanced Orthopedics and Sports Medicine Institute provides advanced medical care in Freehold, New Jersey 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 of Monmouth County.

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