



**ADVANCED ORTHOPEDICS
AND SPORTS MEDICINE INSTITUTE, PC**

A CENTER OF EXCELLENCE FOR BONE AND JOINT CARE

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Press Release

April 10, 2008

Gregg S. Berkowitz, MD, a Freehold Orthopedic Surgeon, Lectured at the New CentraState Ambulatory Campus on Sports-Related Knee Injuries

Orthopedic Surgeon Gregg S. Berkowitz, MD of Freehold, New Jersey presented a lecture on knee injuries that can occur while participating in sports. The lecture was free and open to the public. Dr. Berkowitz is a partner and Orthopedic Surgeon at [Advanced Orthopedics and Sports Medicine Institute](#) in Freehold, New Jersey. [Advanced Orthopedics and Sports Medicine Institute](#) presents many lectures in Monmouth County, New Jersey.

“Sports Injuries of the Knee” was the topic of the evening on Wednesday, April 9 in the Conference Center Auditorium at the new CentraState Ambulatory Campus. Gregg S. Berkowitz, MD, an Orthopedic Surgeon in Freehold, New Jersey, presented the free public lecture. Dr. Berkowitz is one of the partners and Orthopedic Surgeons at [Advanced Orthopedics and Sports Medicine Institute](#) in Freehold, New Jersey. [Advanced Orthopedics and Sports Medicine Institute](#) presents educational lectures on joint health in the Freehold, New Jersey area as an educational service to the community.

The hour-long presentation was free and open to the public and attracted people of all ages. After giving a quick lesson in knee anatomy, Dr. Berkowitz covered two common knee injuries caused by the twisting, stretching, and rotation found in sports and other recreational activities. These injuries involve the ACL (anterior cruciate ligament) and meniscus (the cartilage that acts as a shock absorber in the knee). Such knee injuries have become more common as older adults are remaining physically active longer in life and, at the other end of the age spectrum, children are participating in sports at a younger age.

Although some knee injuries heal with minimal treatment after their initial diagnosis, others require more intensive therapy or even surgery. Dr. Berkowitz explained in detail the causes, symptoms, and diagnosis of various injuries and different procedures that a patient may undergo, supplementing his talk with photographs and illustrations. He then opened the floor to questions and several members who were experiencing knee

problems had the opportunity to share their concerns.

The Orthopedic Surgeons at **Advanced Orthopedics and Sports Medicine Institute** in Freehold, New Jersey regularly give informative presentations on orthopedic topics as part of their commitment to the community. The free public lecture series conducted by the surgeons in the Monmouth County area last fall was very well received. Past lectures have covered joint health, sports medicine, joint pain management, and other topics.

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 TM. 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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