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OASIS provides a full range of cutting-edge orthopedic care



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OASIS Orthopedic & Spine Integrated Services [\[http://oasismedicalgroupnj.com\]](http://oasismedicalgroupnj.com) opened in March, bringing together top orthopedic and sports medicine physicians and surgeons. The state-of-the-art practice, headquartered in Glen Rock, has five locations.

OASIS [\[http://oasismedicalgroupnj.com\]](http://oasismedicalgroupnj.com) physicians treat a wide variety of sports-related conditions, including traumatic fractures, ligament and tendon injuries, soft tissue tears and injuries involving the ankle, elbow, knee, shoulder and hip. OASIS uses leading-edge technology to help sports enthusiasts get back in the action quickly, including non-invasive treatments, minimally invasive endoscopic surgery and regenerative medicine.

Dr. Keith P. Johnson, who specializes in sports medicine and post-traumatic joint and soft tissue injuries, with a focus on arthroscopic, minimally invasive surgical treatments of injuries to the major joints, recently spoke with NJ Advance Media about **OASIS** [\[http://oasismedicalgroupnj.com\]](http://oasismedicalgroupnj.com).

Q: What are the most common sports related injuries being treated today?

A: The most prevalent sports injuries are ankle sprains, hamstring and groin injuries, knee injuries, such as a torn ACL or meniscal tear, tennis elbow from repetitive use/overuse with weights and a shoulder bursitis or tendonitis.

Q: How have treatment techniques changed over time?

A: Using MRI, CT and ultrasound technology has led to improved diagnostic accuracy, and more effective treatment.

Advances in minimally invasive surgery has led to smaller incisions, less scarring and damage to the surrounding tissues, and faster healing times.

Biologics — the use of stem cells, platelet rich plasma (PRP) and bone marrow aspirate (BMA) — are important emerging therapies due to regenerative properties that help the body heal faster, usually without surgery. These techniques utilize a patient's stem cells or platelets to promote healing to damaged tissue, ligaments, tendons, cartilage or bone.

Q: What is OASIS' goal in terms of returning an athlete to competition?

A: Our goal is to provide an accurate diagnosis and to educate the patient on what the problem is, the treatment options for how they can heal and to prevent further problems in that area. Care is always personalized based on the individual patient and their goals for function.

Q: What sort of follow-up treatment is recommended and provided by OASIS?

A: There is no one size fits all — follow up is a routine part of individualized treatment for optimal recovery. We follow each patient through their convalescence, handle the entire continuum of care, and can coordinate with the patient's other health care providers.

Q: What can patients do to prevent injuries, or a recurrence of an injury?

A: Start with an easy, gradual workout routine. If an individual has been fairly sedentary or works out infrequently, don't over exert and try to become fit over night. Take the time for proper stretching and warm up before any strenuous or high intensity activity. This is as important for athletes as non-athletes. Be alert for muscle fatigue. Injuries often occur when people struggle to control their bodies or weights with fatigued muscles; for example, trying for one more heavy rep or skiing one last run when the muscles are too tired. Work on balance and coordination. Falls and injuries are common among people with poor balance or coordination. This becomes more pronounced with age.

Q: What is the relationship between the patient and the professionals at OASIS?

A: We work to create a mutually respectful and trusting relationship where we have good communication between the patient, physician and staff. It is a true collaboration between our team and the patient where they share their symptoms, lifestyle and goals and how aggressively they want to treat their condition, and we work with them to educate them about their condition and develop a treatment plan that fits them.

For more information call (844) 366-8800 or visit oasismedicalgroupnj.com [<http://oasismedicalgroupnj.com>].

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