

# OASIS provides customized, convenient and relaxing orthopedic care

OASIS Orthopedic & Spine Integrated Services opened its doors in March 2015. The state-of-art practice has its headquarters in Glen Rock, in addition to locations in Union, Jersey City, Old Bridge and Brooklyn, N.Y. The practice treats the full spectrum of orthopedic conditions, such as osteoarthritis, fractures, sprains and strains, and congenital and degenerative musculoskeletal conditions. It also provides sports medicine, pain management and neurosurgery.

The Glen Rock office is custom designed to have a Zen-like feel, with lush greens and blues, plants and photos of nature. Ergonomic chairs and high-top tables and stools make it more comfortable for patients with back, hip and other joint issues. There also is a complimentary beverage bar and free Wi-Fi to make it easier and less stressful for patients and their companions.

Dr. Bryan Massoud, founder of OASIS, spoke with NJ Advance Media about the practice, and how it stands apart from other orthopedic and spine practices.

## Q: How is OASIS different from other orthopedic practices?

A: At OASIS, we focus on providing a positive stress-free experience and getting to know our patients and their conditions in depth in order to provide the most accurate diagnoses and the best

treatments possible throughout their care.

Our physicians and surgeons have sought out extensive advanced training so we can offer the broadest range of treatment options within our practice for patient convenience. Our doctors and staff take the extra time to learn about our patient's lifestyles, and their physical abilities and expectations, which enables us to create a more personalized treatment plan tailored to what they are willing and able to manage successfully.

## Q: What is minimally invasive spine surgery, and how does it affect patient care?

A: Minimally invasive spine surgery uses a tiny camera, called an endoscope, and specially designed tools that can be navigated in the target area through a small tube. This enables surgical procedures to be done with inch-long incisions, rather than having to cutting long incisions through skin, muscle and other tissues to allow a sufficient opening for the surgeon to use larger surgical tools in traditional "open" back surgeries.

The smaller incision means less trauma to the surrounding tissue; less blood loss, scarring and pain; no need for general anesthesia; and a much faster recovery and rehab period. Many patients

can do surgery as an outpatient procedure under twilight anesthesia rather than as an inpatient under general anesthesia, and the recovery period is a few weeks rather than two to six months.

## Q: How can patients and physicians work together to get the best outcomes?

A: Before an appointment, it is helpful if patients write down their questions so they remember to ask them. We want patients to be honest about their habits, activity levels and expectations, as these factors are very important in our development of treatment plans designed to deliver the patient's desired results. It is important for patients to follow the treatment plan as prescribed and report any problems they have so adjustments can be made if needed.

## Q: Why would two patients presenting with the same condition receive differing treatment plans?

A: We create personalized treatment plans because patients have different body types, activity levels, lifestyles, pain tolerance, physical conditions and expectations. For example, a serious athlete places far more demands on their body

and will usually have a much different response to a particular treatment than someone with a sedentary lifestyle. That is why it is so critical that we really get to know a patient and determine their lifestyle, expectations and other factors so we can determine the best treatment for their specific condition and set of circumstances.

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

## Dr. Bryan Massoud,

founder, Oasis Orthopedic & Spine Integrated Services

