



Our dedicated team at Ocean County Sports Medicine is here to provide patients with the very latest in orthopedic care using a compassionate, caring and friendly approach.

Call today to learn more!

About Dr. Joseph C. Tauro

- ◆ DIRECTOR OF OCEAN COUNTY SPORTS MEDICINE
- ◆ ASSISTANT PROFESSOR OF ORTHOPAEDIC SURGERY, RUTGERS ROBERT WOOD JOHNSON MEDICAL SCHOOL
- ◆ FELLOW OF THE AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS
- ◆ BOARD CERTIFIED BY THE AMERICAN BOARD OF ORTHOPAEDIC SURGERY

Dr. Joseph Tauro, Director of OCSM, is a nationally recognized expert in the treatment of shoulder disorders and minimally invasive joint reconstruction.



Office Hours

Monday through Friday: 9am to 5pm

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OCEAN COUNTY
SPORTS MEDICINE

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9 Hospital Drive, Toms River, NJ 08755

OceanCountySportsMedicine.com



OCEAN COUNTY
SPORTS MEDICINE



Personalized Care.

State-of-the-Art Treatment.

Superior Results.



Joint preservation is our priority.

We employ treatments that can eliminate or delay the need for a replacement procedure.

Ocean County Sports Medicine, established in 1988, is a comprehensive, regional orthopedic practice that focuses on cutting edge medical care and excellent patient outcomes. OCSM offers a range of specialized treatment options, including both non-surgical and surgical treatments, in order to provide the best care available for disorders of bones, joints and muscles. The OCSM staff provides each patient with individualized attention which has resulted in thousands of satisfied and devoted patients who refer us to their friends and family.

● Arthroscopic Shoulder Repair

A pioneer in arthroscopic shoulder repair with over 25 years of experience, Ocean County Sports Medicine specializes in less invasive arthroscopic rotator cuff repair and ligament repair. We employ anatomically correct repair techniques with proven increases in healing rates for patients and specialize in the treatment of complex shoulder problems, including patients who have had failed prior surgery. Orthopedic surgeons throughout the country utilize Dr. Tauro's innovative techniques. Dr. Tauro also specializes in the treatment of patients who have had previous failed surgery, including tendon transfers and bone grafting, and performs both primary and reverse shoulder replacement for patients with arthritis and/or irreparable RCTs.

Outpatient Joint Replacement

Skip the hospital for your joint replacement!

Our comprehensive program keeps you out of the hospital after your hip, knee or shoulder replacement. Dr. Tauro employs the latest minimally invasive techniques to get you up and about in your own home, starting the day of your surgery. Our experienced nurses and therapists assess your needs before your surgery and provide you with continued care afterwards. Our anesthesia team manages post-operative pain with the latest techniques and technology. If your insurance or medical condition requires an overnight stay, we'll make sure you're home the next day or place you in an inpatient skilled rehabilitation facility the day following your surgery.

● Viscosupplementation for Knee Arthritis

A healthy knee typically produces joint fluid that lubricates knee cartilage to preserve smooth joint movement. Viscosupplementation injections are synthetic biologic fluids that bind to the joint surface and lubricate and cushion the knee joint in order to ease joint movement. This technique is typically recommended for those who are suffering from mild to moderate arthritis and is delivered in a series of three injections.

● Cartilage Grafting and Meniscal Transplantation

Cartilage and meniscus transplantation is a way for us to prevent or delay the need for future joint replacement. For cartilage transplantation, we use the patient's own cartilage from an unneeded area of the knee or use carefully selected fresh donor cartilage. Meniscal transplants are used when large parts of the meniscus have been lost due to injury and/or prior surgical removal. Candidates for these procedures vary, as normal cartilage must be present around the lesions. This outpatient procedure entails removing damaged bone and cartilage from the joint and inserting or transplanting healthy bone, cartilage and meniscus in its place to prevent further joint degeneration.

● Direct Anterior Total Hip Replacement

A hip replacement involves removing the diseased surface of the ball and socket of the hip and replacing it with an artificial lining. The socket fits into the pelvis and is typically chromium cobalt alloy or titanium. There is a bearing surface between the ball and socket that can be very dense plastic or ceramic. The replacement we use actually allows the bearing to move in the socket, which decreases wear and improves mobility.

Direct anterior hip replacement is an improved method of placing these components. By approaching the hip from the front rather than the back, no muscles are split or detached. When the procedure is done this way, the chance of a



dislocation of the ball from the socket is greatly reduced. Traditional precautions such as a pillow between the legs, avoiding low chairs and avoiding driving initially after the surgery are not needed. Patients typically walk without a limp within two weeks after the procedure and resume normal activities earlier.

● Knee Meniscus or Ligament Injuries

For less severe knee injuries, we make every effort to return the knee to full use using non-operative methods such as physical therapy. When injuries are more severe, such as a large torn meniscus ("torn cartilage"), Ocean County Sports Medicine performs arthroscopic surgery, as well as the most modern surgeries for ACL and other ligament tears, which are anatomically correct and provide superior results. Knee realignment procedures can also be used to delay the need for knee replacement.

● Muscle Sparing Total Knee Replacement

For younger patients with damage to only one portion of the knee, we perform partial knee replacement. If there is damage to more than one area of the knee, a total knee replacement may be required. This procedure is most commonly performed in patients who are age 60 and over to relieve severe arthritic pain. Muscle sparing total knee replacement involves no cutting of muscle, which makes rehab easier and faster. Most patients are able to walk on the knee the day of surgery. The partial and total knee replacements feature the best implants available using minimally invasive, muscle-sparing techniques.

