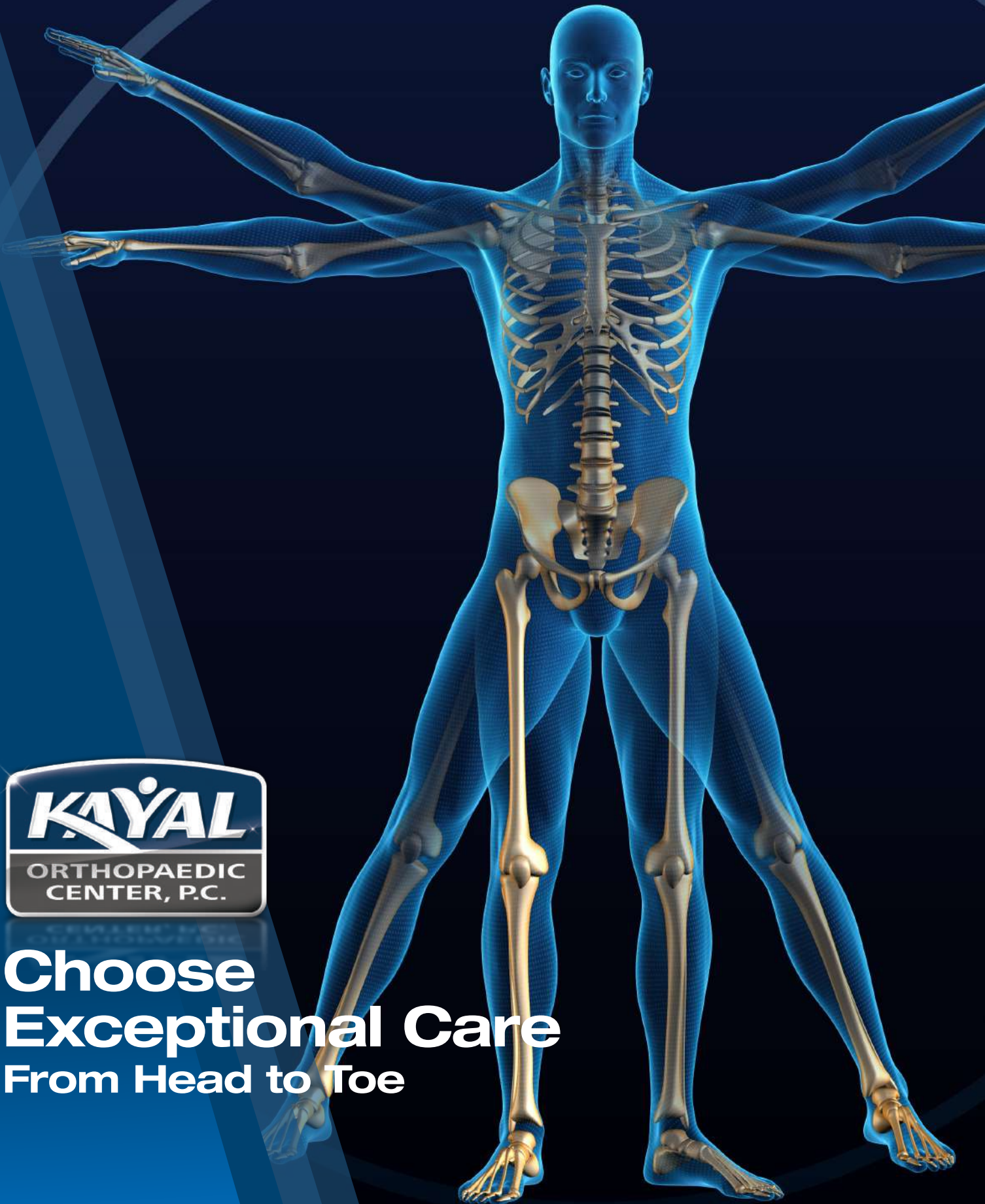




**Choose
Exceptional Care
From Head to Toe**





Insist on Excellence. Insist on Kayal Orthopaedic Center.



Kayal Orthopaedic Center, P.C., is the trusted health care provider you want on your side when you are facing any orthopaedic challenge.

Robert A. Kayal, MD, FAAOS, FAAHKS, has assembled a team of elite surgeons and specialists who are skilled in the diagnosis and treatment of conditions and injuries related to the joints, bones, ligaments, tendons and nerves.

At Kayal Orthopaedic Center, we put your needs first. From high-tech computer imaging to sophisticated robotic hip and knee replacement surgery, our expert clinicians lead the industry with a customized, progressive approach to your health.

About Kayal Orthopaedic Center, P.C.

Our team is passionate about helping you get the most out of life. Delivering exceptional care to everyone who walks through our doors, our surgeons, specialists, physician assistants and office personnel ensure a positive, health-enhancing experience for patients of all ages.



Robert A. Kayal, MD, FAAOS, FAAHKS

*Board-Certified Orthopaedic Surgeon; Founder, President & CEO;
Chairman, Department of Orthopaedic Surgery*

DR. ROBERT A. KAYAL IS THE FOUNDER OF KAYAL ORTHOPAEDIC CENTER

He was raised in Bergen County, NJ, and is a regional authority of Patient Specific Instrumentation for customized knee replacement, minimally invasive surgery, gender-specific knee replacement implants, partial knee replacements, hip arthroscopy, robotic surgery and more. In addition to introducing the concept of outpatient joint replacement surgery to the local community, Dr. Kayal specializes in cartilage transplantation that allows patients to delay—or avoid—total joint replacement surgery.



ROBOTIC JOINT REPLACEMENT CENTER

HIP & KNEE CENTER

SPORTS MEDICINE

HIP PRESERVATION

SHOULDER & ELBOW CENTER

HAND & WRIST CENTER

FOOT & ANKLE CENTER

OSTEOARTHRITIS & ORTHOBIOLOGICS CENTER

PAIN & SPINE CENTER

RHEUMATOLOGY CENTER

OSTEOPOROSIS CENTER

PHYSICAL THERAPY & CHIROPRACTIC

OCCUPATIONAL THERAPY & ACUPUNCTURE

MEDICAL IMAGING

KAYAL BEAUTY

MASSAGE

PATIENT REVIEWS

PATIENT PROMISE & LOCATIONS



Robotic Surgery Offers Precision, Speedy Recoveries

Robotic-assisted surgery is a state-of-the-art technique used for greater precision and control during surgical procedures.

At Kayal Orthopaedic Center, Dr. Robert A. Kayal and his team are specially trained to use the robotic arm during total hip replacement, total knee replacement, partial knee replacement and patellofemoral replacement surgeries. Paired with your surgeon's skill and judgment, the robot's accuracy eases pain, speeds recovery times and achieves outstanding results. Many of these surgeries can be performed as outpatient procedures so you get to go home and sleep in your own bed the very same day.

When a robot is in the operating room, you can rest assured that your surgeon is in charge of your procedure, using the robot as a guide. The robot also helps your surgeon prepare for surgery. Using CT-scan images, the system's software produces 3D images of your joint before surgery. The 3D model is used to pre-plan and assist with surgery, allowing for greater precision when removing the diseased bone. The robot also helps accurately position your implant during surgery. This improved process results in reduced trauma, less pain and quicker recoveries.

We also offer state-of-the-art robotically navigated spine surgery, including lower cervical, thoracic, lumbar and iliac cases.

In addition, Dr. Kayal and his team combine the robot with the direct anterior approach for total hip replacements when that is the best course of treatment for patients. DAA is a minimally invasive technique that helps speed recovery. When this approach is combined with the robotic-arm assisted surgery, patients experience the benefits for both.





Patient-Specific Instrumentation (PSI) Customized Knee Replacements

Dr. Kayal specializes in cutting-edge Patient Specific Instrumented (PSI) computer-assisted navigation technology for knee implants. PSI allows the joint to be custom-fitted to each patient's anatomy.

PSI begins with painless magnetic resonance imaging (MRI) and preoperative planning tools that result in a three-dimensional model of the knee joint. Accurately depicting the unique properties of your knee, the model becomes a precise surgical tool that guides bone cutting, joint alignment, pin insertion and custom instrumentation. PSI technology allows surgeons to perform a virtual knee replacement in advance of your surgery—and replace your damaged joint with a new knee designed specifically for your body and lifestyle!

CUSTOMIZED KNEE REPLACEMENT ADVANTAGES INCLUDE:

Alignment accuracy: PSI improves knee implant fit and maximizes joint stability.

Minimal invasiveness: PSI knee replacement involves less bone cutting than traditional knee replacement.

Expedited surgery: Preplanning helps to reduce surgery time and hasten recovery.

True customization: Just like your favorite suit, your knee joint is tailor-made for you!

Why PSI?

No two knees are the same.

PSI technology allows surgeons to predesign the ideal knee—from joint shape to incision points. Your new knee will fit your body perfectly. In addition, PSI knee replacement utilizes high-flex implants that are gender-specific, since there are anatomical differences between the knees of men and women.





A Winning Combination: Robotic Arm & DAA for Total Hip Replacement

During total hip replacements, we combine the robot with the direct anterior surgical approach, allowing patients to experience the full benefits of both procedures.

DAA is a minimally invasive technique that speeds rehabilitation. Your muscles and tendons are not detached, so muscle damage is reduced. Other advantages of this procedure include: shorter (or no) overnight hospital stay, less pain, smaller incisions, speedier recovery and the possibility of greater return of function. Our combined approach adds the benefits of robotic surgery—more precise alignment and exact positioning of your new hip.

Kayal Orthopaedic Center also offers traditional total hip replacement surgery when it is the best course of treatment. Your surgeon makes relatively small cuts to the side of the joint to remove damaged or diseased cartilage and bone, which are replaced with implants or artificial materials.

Total Hip Replacement Isn't Always the Answer

If only one part of the hip joint is damaged, a partial hip replacement may be the best treatment. This involves leaving the pelvic socket (acetabulum) intact, replacing only the femur head and affixing a prosthetic device over the femur head to allow the joint to function smoothly.

ADVANTAGES OF TOTAL AND PARTIAL HIP REPLACEMENTS INCLUDE:

Reduced post-operative pain & trauma

Improved joint stability & range of motion

Pain-free movement

Expedited return to work & activity

Hip Arthroscopy

Dr. Kayal and his team regularly perform hip arthroscopy—a minimally invasive, cutting-edge procedure that treats hip conditions through small puncture sites around the joint.

Treatable conditions include, but are not limited to: loose bodies, osteoarthritis, hip labral tears and femoroacetabular impingement (FAI). Hip arthroscopy is typically performed as an outpatient surgery and is used to relieve hip joint pain, motion loss, joint clicking and hip buckling.





Sports Medicine for Every Athlete

Focused on the prevention, diagnosis, treatment and rehabilitation of sports-related injuries, Kayal Orthopaedic Center takes a team approach to minimizing downtime, expediting healing and elevating athletic performance.

Viewing sports medicine as a synchronized effort, we coordinate with physicians, rehabilitation specialists and physical therapists to ensure world-class care for athletes of all levels.

DR. ROBERT A. KAYAL AND HIS TEAM OF SURGEONS UTILIZE PROGRESSIVE TREATMENT AND SURGICAL TECHNIQUES TO TREAT A WIDE RANGE OF ATHLETIC INJURIES AND CONDITIONS, INCLUDING:

Rotator cuff & labral shoulder tears

Tennis & golfer's elbow

Bursitis & tendinitis

Ligament sprains & muscle strains

ACL & meniscal knee tears

Many of these disorders are treated with arthroscopic surgery: a minimally invasive method that utilizes a camera to look inside a joint and employs specialized instruments to carry out the surgery.

Dr. Kayal is highly trained in sports medicine and arthroscopy and routinely performs "all-arthroscopic" repairs of injuries sustained by professional, college, high school and recreational athletes. These procedures are performed with tiny incisions rather than traditional open incisions, helping to speed recovery times. We specialize in shoulder, elbow, hip, knee and ankle procedures.





Hip Preservation: Protect Your Hips Now to Avoid Serious Problems Later

If you ignore hip pain or mobility issues in your younger years, it can eventually lead to crippling arthritis that might require hip replacement surgery.

Fortunately, Kayal Orthopaedic Center is at the forefront of effective minimally invasive treatments now available to correct minor hip problems in younger patients.

Hip preservation is a pro-active course of treatment that can delay (and sometimes even eliminate) the need for hip replacement surgery in the future. It can be particularly helpful for young athletes who are plagued with potentially career-ending hip problems as well as others suffering from hip problems. This specialization is so rare that many doctors do not know the options that are available. However, the surgeons at Kayal Orthopaedic Center are masters in these innovative treatments and therapies.

HIP PRESERVATION EFFORTS CAN BE HIGHLY SUCCESSFUL FOR THE FOLLOWING CONDITIONS:

Combined impingement

Femoral head fractures

Femoroacetabular impingement (FAI)

Hip dysplasia, labral tears & impingement

Osteonecrosis & osteoporosis

Numerous sports injuries





Patient Specific Instrumented (PSI) Customized Shoulder Replacements

Like PSI knee surgery, PSI shoulder surgery begins with magnetic resonance imaging (MRI) and the creation of a unique preoperative plan tailored to your anatomy and function.

This plan results in a three-dimensional model of the shoulder joint, which becomes a surgical tool to guide incisions, joint alignment and pin insertion. Your new shoulder joint is designed specifically for your body and lifestyle, and the process is safer and more precise than ever before.

KAYAL ORTHOPAEDIC CENTER'S MRI-BASED SHOULDER REPLACEMENT ADVANTAGES INCLUDE:

Alignment accuracy: PSI improves shoulder implant fit & maximizes joint stability.

Minimal invasiveness: PSI shoulder replacement involves less bone cutting than traditional shoulder replacement surgery.

Expedited surgery: Preplanning helps to reduce operating time & hasten postsurgical recovery.

True customization: Just like your favorite suit, your new shoulder is tailor-made for you!

Reverse Total Shoulder Arthroplasty (RTSA)

For patients dealing with arthritis and rotator cuff pain, traditional shoulder replacement may reduce range of motion and can even exacerbate pain. During a reverse TSA procedure, we replace damaged tissue with a prosthetic joint—just like conventional joint replacement. The difference is that the positions of the socket and ball are switched, allowing healthy muscles and tendons to do the work of the irreparable rotator cuff.

Benefits of Reverse TSA

Reverse shoulder replacement has a very high success rate when performed by Kayal Orthopaedic Center's award-winning surgeons.

ADVANTAGES OF THE PROCEDURE INCLUDE:

Alleviation of pain

Improved overhead motion

Restored physical function





The Healing Touch for Hands & Upper Extremities

The team at Kayal Orthopaedic Center has the expertise, experience, tools and techniques to diagnose and treat any problem from shoulder to fingertip —no matter how complicated.

Our expansive training offers unique insights into the inner workings of the hands and upper extremities, allowing us to restore your pain-free, active lifestyle as quickly as possible.

Patients who come to Kayal Orthopaedic Center with upper extremity issues are in expert hands— literally. When it comes to managing conditions of the fingers, hands, wrists, elbows and shoulders, we are an authority. We specialize in hand and upper extremity surgery and use the depth and breadth of our knowledge to explore surgical and nonsurgical solutions to our patients' problems.

OUR STATE-OF-THE-ART SERVICES INCLUDE:

Anti-inflammatory medications

Noninvasive pain relief

Cortisone injections

Physical therapy

Laser therapy

Orthobiologics

Viscosupplements

Platelet-rich plasma

Arthroscopy

Total shoulder replacement surgery

Reverse total shoulder replacement surgery

Rotator cuff surgery

Minimally invasive surgery



KAYAL ORTHOPAEDIC CENTER HAS THE ANSWERS TO ALL OF YOUR HAND & UPPER EXTREMITY ISSUES, INCLUDING:

Fractures & dislocations

Tennis elbow

Rotator cuff tears

Carpal tunnel syndrome

Arthritis

Trigger finger

Nerve compression

Infections

Ligament, tendon, cartilage & nerve injuries

Dupuytren's contracture

Circulation problems

Finger injuries/ deformities

Stiffness

Biceps tendonitis/ ruptures

Fingernail & toenail problems

Cysts

Impaction syndrome

Kienbock's disease

Impingement/bursitis

Labral tears

Brachial plexus injuries





Sophisticated Care of the Foot & Ankle

The surgeons at Kayal Orthopaedic Center are uniquely trained to treat the intricacies of the foot and ankle, expediting your return to productive, pain-free activity.

Kayal Orthopaedic Center is an industry leader that uses the latest tools and technologies to diagnose, treat and rehabilitate all types of podiatric injuries and conditions.

CUTTING-EDGE ORTHOPAEDIC SERVICES INCLUDE:

Radiofrequency coblation for chronic tendon & ligament problems

Dehydrated sclerosing alcohol therapy for neuromas

Ankle arthroscopy with viscosupplementation for arthritis

Prolotherapy for chronic Achilles tendinosis

Platelet-rich plasma therapy for pain relief

KAYAL ORTHOPAEDIC CENTER SURGEONS, PHYSICIANS AND SPORTS MEDICINE DOCTORS CARE FOR THE FOLLOWING FOOT AND ANKLE CONDITIONS IN PATIENTS OF ALL AGES, STAGES AND ATHLETIC LEVELS:

Total ankle replacement

Sprains, strains & fractures

Ankle fusions

Achilles tendon injuries

Ankle-foot orthosis

Diabetic foot

Arthritis

Morton's neuroma

Adult-acquired flatfoot

Plantar fasciitis

Clubfoot

Bowed legs

Intoeing (pigeon toe)

Posterior tibial tendon dysfunction

Corns & ingrown toenails

Sesamoiditis





Advanced Foot & Ankle Care for Dancers

The board-certified podiatrists at Kayal Orthopaedic Center specialize in the prevention, diagnosis, care and rehabilitation of dance injuries, helping dancers return to the stage quickly and with minimal pain.

Proper treatment begins with prevention, including early detection of lower extremity imbalances and problem areas. The Kayal Orthopaedic Center team provides interdisciplinary treatment for professional and amateur dancers, working with physical therapists, massage therapists and other providers to expedite return-to-dance time and facilitate long-term wellness.

KAYAL ORTHOPAEDIC CENTER OFFERS CARE FOR ALL TYPES OF ACUTE AND OVERUSE DANCE INJURIES, INCLUDING:

Sprains & strains

Dancer's fracture

Stress fractures

Sesamoiditis

Bunions & hammertoes

Plantar fasciitis

Metatarsalgia

Achilles tendinitis

Trigger toe

Articular cartilage injury

Bursitis & tendinitis impingement syndrome

Shin splints

Toenail bruising

Blisters & callouses

Warts





Orthobiologics for Non-Invasive Pain Relief

At Kayal Orthopaedic Center, we use specialized cells to stimulate the tissue healing process. These advanced biomaterials relieve pain, reduce inflammation and restore joint mobility in osteoarthritis and other orthopaedic conditions.

For more than 20 years, Dr. Robert A. Kayal has been using these nonoperative injection treatments with great success. Patients typically require a series of injections and pain should improve as treatment progresses. During each brief appointment, a Kayal Orthopaedic Center surgeon will inject medication directly into the painful joint. Unlike medications that are distributed throughout the body, injections offer localized joint relief. Your doctor will recommend the viscosupplement that is best for your symptoms.

What Are Viscosupplements?

Viscosupplements are made from hyaluronan, a natural chemical found in healthy human tissue and joint fluid.

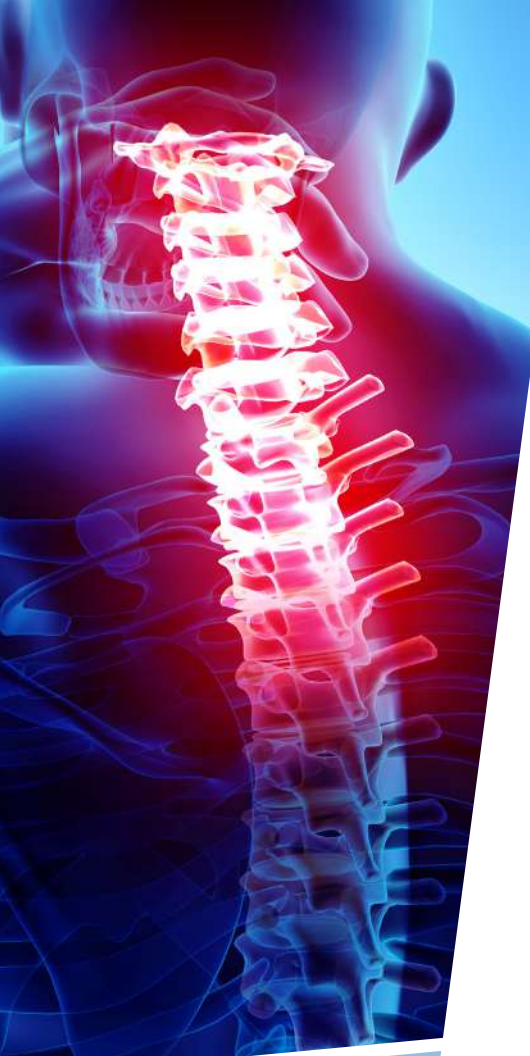
Patients suffering from osteoarthritis do not produce high-quality hyaluronan and viscoelastic supplementation replaces the joint's diseased synovial fluid.

Platelet-Rich Plasma (PRP)

PRP speeds recovery from orthopaedic injuries.

Using a centrifuge system to separate the patient's red blood cells, white blood cells and platelets, our team conditions the blood's plasma with newly activated growth factors and proteins. When sterilely injected into the injury site, the enriched plasma promotes the healing of soft tissue and—in some cases—reverses disease.





Kayal Pain & Spine Center

A Comprehensive Approach to Spinal Problems

The severity and cause of back and neck pain vary, but they nearly always have a serious—sometimes crippling—impact on your life.

The experts at Kayal Pain & Spine Center will properly diagnose, treat and manage any spine-related problem you experience. Our team is well versed in nonsurgical approaches to pain management and will explore every viable option, trying to avoid surgery whenever possible.

One of our goals is to maximize our patients' independence and quality of life without surgery whenever possible. We focus on how the nerves, muscles and bones are interconnected and how an injury in one part of the body can affect other parts of the body. With this broader understanding, we can best develop nonsurgical strategies—including nerve blocks and joint injections—to help control your pain and restore normal function.

OUR SPECIALTIES INCLUDE:

Kyphoplasty

Physical medicine & rehabilitation

Interventional pain management

Regenerative medicine

Electrodiagnostic/nerve conduction studies

Nonoperative orthopaedics

Physical therapy & chiropractic



When Surgery Is the Answer

Sometimes chronic pain or other spinal issues can only be repaired through surgery. When that happens, you are in the very best hands. Our orthopaedic spine surgeons have the expertise to treat disorders of the spine: cervical, thoracic and lumbar. We use the latest techniques, including minimally invasive spine surgery and motion-sparing technology, to provide the highest level of care.

OUR SPECIALTIES INCLUDE:

Minimally invasive spine surgery

Cervical disc replacement

Laminoplasty

Microdiscectomy

Spinal decompression

ACDF: Anterior cervical discectomy & fusion

XLIF: eXtreme lateral interbody fusion

TLIF: Transforaminal lumbar interbody fusion

PLIF: Posterior lumbar interbody fusion

ALIF: Anterior lumbar interbody fusion





Rheumatology to Restore Function

At Kayal Rheumatology Center, we are committed to diagnosing and treating the crippling pain that occurs when you suffer from arthritis, rheumatism, lupus and other conditions of the joints, bones, muscles and connective tissue.

Rheumatology care can help you control the painful inflammation that occurs during flare-ups. It also can help prevent permanent joint damage and deformities.

Our board-certified rheumatologists have more than six decades of experience helping patients just like you. Our specialists have completed fellowships at the finest medical centers and are repeatedly voted top doctors by Castle Connolly and other prestigious organizations in New Jersey and New York. We use the latest diagnostic tools to pinpoint the cause of your pain and get you on the road to the pain-free lifestyle you deserve.

OUR SPECIALTIES INCLUDE:

Autoimmune & rheumatological disorders

Ankylosing Spondylosis

Dermatomyositis

Rheumatoid arthritis

Gout

Immunoglobulin (IgG) disorders

Lumbar spondylosis

Osteoporosis

Polymyositis

Psoriatic arthritis

Rheumatoid arthritis

Systemic lupus erythematosus

If biologics are part of your treatment plan, you won't need to go to a hospital for treatment. Our state-of-the-art services include two IV infusion centers in Paramus and Franklin Lakes.

OUR THERAPIES AND TREATMENTS INCLUDE:

Steroid injections

Orthotic devices

Viscosupplementation

Infusion therapy

Musculoskeletal ultrasound

Platelet-rich plasma

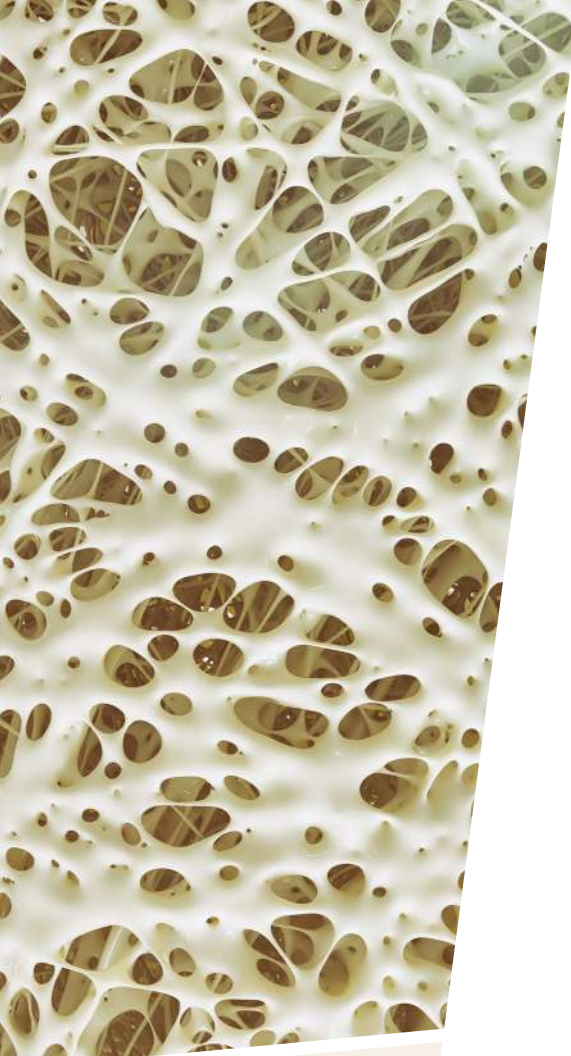
Disease modifying anti-rheumatic drugs

Biologic response modifiers

Co-stimulation modulators

Minimally invasive arthroscopy





Osteoporosis Prevention & Disease Management

Whether you are affected by osteoporosis on a daily basis or trying to prevent it from happening to you, the battle can seem overwhelming.

More than 54 million Americans suffer from osteoporosis or low bone density—and that number will only grow as we continue to live longer.

At Kayal Osteoporosis Center, we have the tools, training and expertise to evaluate your unique health challenges and provide you with treatments and strategies to live a full life and maximize your bone-building capacity. Our board-certified orthopaedic specialists are experts in the diagnosis, prevention and treatment of osteopenia and osteoporosis.

Because of its stealth nature, you could have osteoporosis and not even know it. Using bone density and laboratory testing, your doctor at Kayal Osteoporosis Center will get an accurate picture of your bone health and will be able to determine whether you need to take preventive measures or seek treatment to manage osteoporosis.

With skilled evaluation and innovative therapies, osteoporosis can be prevented or slowed. Dr. Robert A. Kayal and his team will recommend the bone density screenings, medications and lifestyle changes required to manage the disease—and relieve its symptoms.

OUR COMPREHENSIVE OSTEOPOROSIS SERVICES INCLUDE:

Physical exams & screenings

Bone mineral density (BMD) testing

Advanced imaging & lab testing

Osteopenia & osteoporosis treatment

Osteoporosis management programs





Chiropractic Care to Conquer Pain

For many patients, chiropractic manipulations and adjustments are an effective way to alleviate back pain, neck pain, headaches and pain caused by injuries and conditions of the musculoskeletal system. At Kayal Orthopaedic Center, our superior trained chiropractors have the skill and experience to provide patients of all ages with safe, drug-free, noninvasive chiropractic therapies that can bring relief from chronic conditions, sports injuries, accidents, stress, muscle strains and more.

WE OFFER CARE FOR:

Joint dysfunction

Loss of motion

Muscle weakness

Neurological disorders

Piriformis syndrome

Neck & back pain

Shoulder, wrist & hand injuries

Bursitis

Tennis elbow & golfer's elbow

Bulging discs & herniated discs

Carpal tunnel syndrome

Ankle pain



The Healing Touch of Physical Therapy

Whether you are dealing with a chronic condition, recovering from surgery or healing from an injury, Kayal Physical Therapy offers innovative, effective physical therapy for every orthopaedic issue. You will work with our highly trained staff to achieve outstanding results.

WE SPECIALIZE IN SOLUTIONS FOR:

Sports injuries

Pre-operative & post-operative rehabilitation

Orthopaedic injuries

Neck & back pain

Sprains & strains

Arthritis

Numbness & tingling

Auto & work-related injuries

Headaches, sciatica or pinched nerves

Disorders of the hand, wrist & upper extremities

Custom orthotics for hand, wrist & upper extremities





Occupational Therapy

Our highly trained and experienced occupational therapists can help you to improve your ability to perform activities of daily living, such as dressing, bathing, preparing meals, avoiding falls and carrying out work duties. We can help train you to improve your motor skills, adapt your movements and complete tasks in new ways.

OCCUPATIONAL THERAPY CAN BE BENEFICIAL IF YOU'RE DEALING WITH ANY OF THE FOLLOWING CONDITIONS:

Arthritis

Chronic pain

Joint replacement

Spinal cord injury

Poor balance

Stroke

Broken bones

Juvenile rheumatoid arthritis

Post-surgical conditions

Severe hand injuries

Chronic illnesses

Other orthopaedic injuries

Acupuncture

Acupuncture is a complementary medical practice that entails stimulating certain points on the body, most often with a needle penetrating the skin, to alleviate pain or to help treat various health conditions.

ACUPUNCTURE CAN BE USED TO TREAT NUMEROUS CONDITIONS, INCLUDING:

Knee, back, shoulder,
spine & neck pain

Postoperative pain

Rheumatoid arthritis

Sciatica

Sprains

Tennis elbow

Fibromyalgia &
fasciitis

Ménière's disease

Neuralgia, post-herpetic

Osteoarthritis

Raynaud syndrome, primary

Sjögren syndrome





Kayal Medical Imaging

Helps Detect Problems, Save Lives

Medical imaging is an invaluable tool for your doctor and health care team.

In orthopaedics, imaging is used to examine bones, joints, cartilage, muscles and tendons for injuries, tumors, inflammatory diseases, deterioration, herniation and other issues. At Kayal Medical Imaging, our goal is to provide the highest quality service in a courteous and responsive manner with an unwavering focus on the needs of you and your referring physician.

OUR SOPHISTICATED IMAGING EQUIPMENT INCLUDES:

Digital X-ray	MRI Extremity Machine
Bone Density Dexa Scan	Ultrasound
1.5 Tesla MRI	CT Scan
Open 1.2 Tesla MRI	C-Arm Fluoroscopy



Our Infusion Center Offers You the Finest, Most Convenient Care

We offer the latest infusion therapies for patients with acute conditions or chronic diseases that require intravenous medications.

When you undergo treatment within the Kayal Orthopaedic Center system, you don't need to go elsewhere for your infusion therapy. Instead, your treatment is handled in-house and in coordination with your entire treatment team here.

Our infusion center is designed to provide you with the privacy you need in an environment that is as comfortable and relaxing as possible. We have the training and equipment to access ports and provide routine port flushing.

INNOVATIVE MEDICATIONS AND PROCEDURES WE PROVIDE INCLUDE:

Tocilizumab	Abatacept
Belimumab	Infliximad
Ibandronate	Rituximab
Intravenous immunoglobulin (IVIG)	Golimumab
Pegloticase	Methylprednisolone





Massage Therapy

Can Ease Pain, Improve Mobility

When you struggle with chronic pain, massage therapy can be a critical part of your treatment plan and recovery.

Orthopaedic massage focuses on the muscles and tissues that surround your joints, helping to relieve your pain and improve your range of motion.

At Kayal Orthopaedic Center, we specialize in various forms of orthopaedic massage. This type of massage requires an extensive knowledge of your musculoskeletal system, so it is important that you rely on trained, experienced experts like us. We will help to relieve pain in a relaxed environment that also will help melt away your tension and stress. We often recommend orthopaedic massage following surgical procedures, such as knee, hip or ACL replacements. When you suffer from soft tissues injuries, such as torn ligaments, pulled muscles, sprains and strains, massage therapy also can be beneficial.

OTHER CONDITIONS THAT CAN IMPROVE WITH MASSAGE THERAPY INCLUDE:

Carpal tunnel syndrome	Tennis elbow	Shoulder, wrist & hand injuries
Frozen shoulder	Bulging discs	Bursitis
Tendinitis	Sciatica	



THE THERAPEUTIC MASSAGE TECHNIQUES WE OFFER INCLUDE:

Therapeutic Massage: Our therapeutic massage eliminates pain, increases flexibility and restores balance through sensory and physical awareness. Your therapist will recommend a clinical style and pressure (light to deep) specific to your condition, focus area and preferences. Improve your overall health and well-being while experiencing the lasting effects of this therapeutic massage.

Total Relaxation Massage: Total relaxation massage is a light-to-medium pressure Swedish-style massage. This massage uses long gliding strokes and focuses on following the circulation patterns of the body. You will leave the massage room feeling relaxed and refreshed.

Customized Pre/Post-Natal Massage: This massage is a wonderful way to nurture the spirit and address physical concerns during pregnancy. It will aid in reducing stress, pain and swelling that you may be experiencing. Our therapists are certified in pre/post-natal techniques and will work with you to provide the pressure and touch you require.

Manual Lymph Drainage Massage: This is a full body massage that stimulates movement of the lymphatic fluids to assist the body's natural detoxification and drainage of waste products. A gentle, rhythmic technique that cleanses connective tissue of inflammatory material, reduces pain and calms the nervous system.

Manual Lymph Drainage Massage Head, Neck & Face: This focused massage targets the lymph system in the upper body. It addresses sinus conditions and helps decrease congestion and puffy eyes. Enjoy the benefits of a natural facelift without surgery.

Manual Lymph Drainage Massage Pre/Post Natal: A wonderful full body massage to assist during this special time. It can help Mom maintain optimal immune system function, reduce edema and level hormone fluctuations. It's a natural way to increase milk production and aids post-surgical outcomes from C-section births.





Testimonials

Our No. 1 priority is to provide our patients with the best, most comprehensive care possible in a setting that is safe, comfortable and convenient. We're very proud of the patient experience we offer, which is evident from our five-star reviews.

"Dr. Kayal changed my life with a double hip replacement. I had been in excruciating back pain and didn't realize it was my hips. Thank God for Dr. Kayal. Now I dance, hike, garden. I got my life back. Thank you doctor!"

LINDA C.

"All staff are very knowledgeable, professional and most importantly personal. Everyone made my daughter feel safe and at ease with her injury. I recommend Kayal Orthopaedic to EVERYONE!!! I will never go to another place again."

LINDA W.

"Absolutely spectacular, an amazing team and wide range of specialists working under one roof, with a great number of locations in NJ and NY state for your convenience. Pain relief and patient satisfaction is their number one priority. No other Orthopaedic business compares. I'll say this, the Kayal Orthopaedic office is not a business, they are family."

M. REY M.

"Excellent service. Their physical therapy is unmatched. Very knowledgeable staff that will attend to your injuries and get you back in the best shape."

SHARIFF P.

Our Patient Promise

At Kayal Orthopaedic Center, we believe in creating a foundation of trust between our patients, surgeons and staff—and that trust begins with education and understanding.

TO ENSURE THAT YOUR EXPERIENCE WITH KAYAL ORTHOPAEDIC CENTER IS NOTHING SHORT OF EXCEPTIONAL, WE PROMISE TO:

- 1 **Deliver compassionate, skillful care**
- 2 **Spend one-on-one time discussing your orthopaedic concerns**
- 3 **Identify progressive treatment options that eliminate pain, hasten recovery and improve your quality of life.**

Tired of Living in Pain?

Contact us today to schedule a consultation with one of our orthopaedic specialists.



Practice Locations

Kayal Orthopaedic Center serves patients in eleven locations offering: comprehensive orthopaedic care, advanced imaging services, physical therapy, chiropractic care, electromyogram and nerve conduction studies, physiatry, interventional pain management and more.

Call Today!
844.777.0910

Franklin Lakes

784 Franklin Ave #250

N. Bergen

9226 John F. Kennedy

Union City

543 45th St

Glen Rock

266 Harristown Rd #107

Wyckoff

529 Goffle Rd Blvd

Totowa

194 Union Blvd

Westwood

260 Old Hook Rd #401

Midland Park

12 Goffle Rd

Stony Point, NY

11 Holt Dr

Paramus

185 Route 17 South #101

Garfield

96 Manner Ave

