



CAPITAL REGION ORTHOPAEDICS

1367 Washington Ave, Suite 300 | Albany, NY 12206 | Main Office: 518.489.2666

www.CapitalRegionOrthopaedics.com

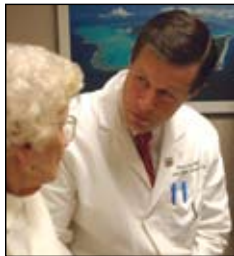
www.CapitalRegionSpine.com

www.CRASOnline.com

www.TheBoneandJointCenter.com

A Center of Excellence for orthopaedics & spine, with specialists, diagnostics & surgery under one roof

At Capital Region Orthopaedics, we combine all the specialists and diagnostics under one roof to address sports medicine problems, joint pain and spine problems. Here, you will find the full spectrum of surgeons, physicians, therapists, and more, all playing key roles in your return to activity.



are trained in minimally invasive surgery techniques, many patients are able to have their surgery in the morning in Capital Region Ambulatory Surgery Center and be back in the comfort of their own home the same day. We also have online encyclopedias that enable patients to learn more about pain symptoms and treatment options.

For example, in 2005, recognizing that the national trend in spine is to assemble a multidisciplinary team of spine surgeons, nonsurgical physical medicine MDs and spine therapists, Capital Region Orthopaedics launched Capital Region Spine under the same roof.

We also combine experts from Albany Medical College to ensure that patients have access to the most advanced care. This includes complex spine surgery and total hip and knee replacement.

Because our orthopaedic surgeons



Capital Region Orthopaedics, as one of the largest orthopaedic groups in Upstate New York, puts everything under one roof in The Bone & Joint Center near Interstate 90. The Center combines specialists in orthopaedics and spine, diagnostics, physical therapy, and an Ambulatory Surgery Center for the convenience of the patient.



Through customized Home Exercise Programs, our patients get moving with special exercises and stretches that relieve pain and speed the rehabilitation and return to activity.

All these resources — orthopedic specialists, a comprehensive spine center, diagnostics, therapy and an Ambulatory Surgery Center — are all housed under one roof in the Bone & Joint Center Building so you don't have to drive around town anymore. Now isn't that a welcome change.



CAPITAL REGION ORTHOPAEDICS

Richard Alfred, M.D.
Maxwell Alley, M.D.
Kaushik Bagchi, M.D.
Kristine Campagna, D.O.
John Czajka, M.D.
Shankar Das, M.D.
John DiPreta, M.D.
Marc Fuchs, M.D.
Robert Hedderman, M.D.

Paul Hospodar, M.D.
Jordan Lisella, M.D.
Jeffrey Lozman, M.D.
Daniel Phelan, M.D.
Brian Quinn, M.D.
David Quinn, M.D.
James Schneider, M.D.
Todd Shatynski, M.D.
Jon Toussaint, M.D.

Richard Uhl, M.D.
Richard Whipple, M.D.
George Zanos, M.D.



www.CapitalRegionOrthopaedics.com

Orthopaedic Surgery | Pediatric Orthopaedics | Sports Medicine | Arthroscopy
Trauma & Fractures | Knee Replacement | Hip Replacement | Hand Surgery
Foot & Ankle Surgery | Arm & Shoulder Surgery | Reconstructive Surgery

FOR REFERRALS & APPOINTMENTS: 518-489-2666



CAPITAL REGION SPINE

SPINE SURGEONS:
Robert A. Cheney, M.D.
James P. Lawrence, M.D.

NONSURGICAL SPINE CARE:
Andrew H. Dubin, M.D.
Anjum Iqbal, M.D.
Todd Shatynski, M.D.



www.CapitalRegionSpine.com



Capital Region Spine has an on-line spine encyclopedia on the web, and sends out a free 36-page Home Remedy Book to help prevent back pain.

FOR REFERRALS & APPOINTMENTS: 518-618-1111

The history of Capital Region Orthopaedics

Dr. James Dougherty came to Albany, NY after completing residency at the University of Chicago in 1956. He joined the practice of Drs. Campbell, Clark, and Kamen. Dr. Campbell, at the time, was first Chairman of the Division of Orthopaedics at Albany Medical Center (AMC).

In early 1959 Dr. Dougherty became Chairman of Orthopaedics at SUNY-Upstate (Syracuse). In later 1959, he returned to Albany for personal reasons to begin a solo orthopaedic practice. Dr. Brian Quinn, also from the University of Chicago, joined Dr. Dougherty in 1963 as an associate. The two independent orthopaedic practices operated out of a single house on West Lawrence Street for the next 20 years.

The "modern era" of the group began in 1979. Over the next 10 years, Drs. Jeffrey Lozman (1979), John Czajka (1982), Richard Alfred (1988), and Robert Hedderman (1990) joined Dr. Dougherty. By 1983, more space was required, and the two practices moved to larger, more commercial quarters (Executive Park/

Stuyvesant Plaza).

In 1991, Drs. David Quinn and Brian Quinn both joined Dr. Dougherty's group, which became Capital Region Orthopaedic Associates (CROA). With the addition of Dr. Max Alley (1994), space needs for the surgeons resulted in our building a 17,000 square foot facility for orthopaedics in 1994 (Western Ave.). That same year, Clinical Professor Dr. Dougherty retired from active practice.

Between 1994 and 1999, CROA grew steadily with the accrual of Drs. Marc Fuchs (1996), Robert Cheney (1996), James Schneider (1997), and Richard Whipple (1998).

In 1999, two years of discussions with AMC culminated in an affiliation of the Center with CROA. The arrangement essentially out-sourced the management of clinical orthopaedics to CROA, melding the practices of full-time AMC orthopaedic faculty with those of the CROA physicians to create The Orthopaedic Group of 18 orthopaedic surgeons.

Our ASC enables patients to recover at home

As recent as 30 years ago, all surgery was performed in hospitals. While a hospital is ideal for complex cases requiring intensive care units, many orthopaedic surgeries can be performed in day surgery. For example, this year alone, 8 million Americans will have their surgery in an ASC rather than a hospital. Because a hospital will naturally focus its resources and attention on the complex case, the patient with a simple surgery can be forced to endure long waits for access to an operating room, extensive red tape related to admitting procedures and have an expensive overnight stay when

they could be sleeping more comfortably in their own bed at home.

The surgeons at Capital Region Orthopaedics, desiring a separate high quality environment that caters to these such patients, created Capital Region Ambulatory Surgery Center. Through training in minimally invasive surgical techniques, the surgeons at Capital Region Orthopaedics are able to perform many simple surgeries in the morning, enabling patients to recover more comfortably at home rather than in a hospital.



THE BONE & JOINT CENTER
www.TheBoneandJointCenter.com

**CAPITAL REGION
AMBULATORY SURGERY CENTER**
518-438-7638
www.CRASOnline.com

Educational Resources



We provide an online encyclopedia on orthopaedics and spine. We have an exercise library, anatomy library, and a medical animations program to explain symptoms and treatment options.

Our Locations

Albany

The Bone and Joint Center
1367 Washington Ave, Suite 300
Albany, NY 12206
Phone: 518.489.2666

Guilderland

Prime Care Physicians Group
1444 Western Ave, Suite C
Guilderland, NY 12203
Phone: 518.533.6680

Catskill

Greene Medical Arts Building
159 Jefferson Heights
Catskill, NY 12414
Phone: 518.943.0667

Clifton Park

989 Route 146, Building 300
Clifton Park, NY 12065
Phone: 518.383.0617

Latham

Capital Region Health Park
713 Troy-Schenectady Road, Suite 127
Latham, NY 12110
Phone: 518.608.8876