



Michael E. Pollack, MD | SHOULDER SURGEON

(Arthroscopic, Minimally Invasive and Open Reconstruction & Replacement)

▶ Exclusive video at
njmonthly.com/bjs-pollack

As an orthopedic surgeon, I strive to exhaust conservative treatment measures, including injections, home exercises, physical therapy, rest and activity modification, for all my patients prior to recommending and pursuing surgical treatments. My approach to surgery is always as a last resort for my patients. When necessary, I employ the most current and minimally invasive techniques to minimize pain and accelerate recovery. I specialize in shoulder arthroscopy including rotator cuff repairs, labral repairs, biceps tenodesis, SLAP repairs and shoulder stabilizations. I also specialize in anterior cruciate ligament reconstruction surgery, total and reverse shoulder arthroplasty and knee arthroplasty.

I received my training in orthopedic surgery in New York City at St. Luke's-Roosevelt Hospital Center and pursued advanced fellowship training in shoulder and arthroscopic surgery at California Pacific Medical Center in San Francisco. I've been in practice for more than 18 years and am most proud of the thousands of successful surgeries I have performed and the tens of thousands of patients. I'm also proud to have been named a *New Jersey Monthly* Top Doctor 3 times and also a

New Jersey Monthly Bone and Joint Select Surgeon the last 3 years running. I am very clear, compassionate and direct with my patients and treat them as I'd treat a family member or friend. My favorite part of my job is restoring my patients to a high quality of life and helping them return to their desired recreational activities and passions. In my free time I enjoy spending as much time as possible with my wife, two teenage daughters and dogs Daisy and Perry. I also enjoy exercise and travel.

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