



PRINCETON

BRAIN, SPINE & ORTHOPEDICS

NEWS

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Princeton Brain, Spine & Sports Medicine is now **PRINCETON BRAIN, SPINE & ORTHOPEDICS**. Patients will have access to expert orthopedic care alongside our trusted brain and spine specialists.

We offer comprehensive orthopedic care with a focus on restoring function and preventing re-injury. Our team develops individualized treatment plans for athletes, active adults, and patients with acute or chronic musculoskeletal conditions.

Our team emphasizes conservative management, patient education, and collaborative care for shoulder, elbow, wrist, hip, knee, foot, and ankle injuries.

Why the New Orthopedic Division Matters

For years, many patients required care from both neurosurgeons and orthopedic surgeons—especially those experiencing back, neck, joint, or sports-related injuries. Traditionally, this meant visiting several locations, navigating different referral systems, and coordinating treatment plans across multiple providers. The launch of the Orthopedic Division eliminates those barriers.

Patients can now receive:

- Neurological evaluation
- Orthopedic assessment
- Diagnostic imaging
- Targeted non-surgical treatments (injections, therapy, pain management)
- Surgical planning all within the Princeton Brain & Spine network.

This integrated model ensures faster diagnoses, more cohesive care, and treatment plans grounded in shared expertise.

WELCOME, DR. PAUL CODJOE!

We are thrilled to welcome orthopedic surgeon Paul W. Codjoe, MD, to our team! Dr. Codjoe has nearly two decades of experience, specializing in advanced shoulder and knee care. A graduate of Robert Wood Johnson Medical School, he completed his residency at Temple University Hospital and pursued fellowship training in Sports Medicine at The Hughston Clinic.

Dr. Codjoe is recognized for his commitment to surgical innovation and global collaboration. He has pioneered techniques such as 3D-printed custom shoulder implants and was among the first to perform Bridge-Enhanced ACL Repair (BEAR). His minimally invasive quadriceps-sparing knee replacement approach offers select patients faster recovery and improved outcomes.

His clinical expertise includes:

- Total and partial knee replacement
- Shoulder arthroplasty and rotator cuff repair
- ACL and multi-ligament knee reconstruction
- Cartilage restoration and orthobiologics (e.g., PRP)
- Arthroscopic and minimally invasive joint preservation, including robotic-assisted techniques

Dr. Codjoe fosters a patient-centered philosophy, emphasizing decision-making and individualized care strategies. He welcomes referrals for most shoulder and knee disorders and accepts Medicare and most insurance plans.

JIFFY KNEE QUICKER RECOVERY FOR TOTAL KNEE PATIENTS

Jiffy Knee™ (subvastus or quad-sparing) is a total knee replacement that preserves the quadriceps by lifting the muscle aside instead of cutting the quadriceps tendon. The surgeon works through a skin and capsule incision, reducing soft-tissue trauma and helping patients keep strength and heal faster.

Patients benefit from:

- Less postoperative pain
- Reduced reliance on opioids
- Faster recovery and earlier mobility
- Less swelling and blood loss
- Better preservation of muscle strength

Ideal candidates are:

- Patients with osteoarthritis or degenerative joint disease who have not improved with non-surgical care
- Active adults who want a faster return to daily life or recreation
- Patients seeking an alternative



"I routinely see patients walk and climb stairs much sooner, need far fewer opioids, and return to driving and light activity earlier than with traditional knee replacement."

— PAUL CODJOE, MD

MEET NEUROSURGEON DR. R.J. MEAGHER

Now seeing patients in Galloway, NJ

R.J. Meagher, MD, FAANS, FACS, is a board-certified neurosurgeon with nearly two decades of experience in spinal surgery, including extensive expertise in minimally invasive techniques. A graduate of Robert Wood Johnson Medical School, he completed his internship and residency at Temple University, with additional fellowship training at Swarthmore College, Robert Wood Johnson, and Temple.



Dr. Meagher has performed the full spectrum of spinal procedures, using both conventional and minimally invasive approaches, consistently favoring the latter for superior outcomes and shorter recovery time. Despite its proven benefits, he remains among a minority of neurosurgeons with advanced training in these techniques—an expertise he cultivated through years of dedicated coursework and hands-on refinement. His

practice welcomes referrals for a broad range of brain and spine disorders and accepts most major insurance plans, including Medicare.

Treatment of the Month

Minimally Invasive Lumbar Decompression

Specialty of Dr. R.J. Meagher, MD, FAANS, FACS

Lower-back pain caused by spinal stenosis or nerve compression is one of the most common reasons patients seek help—yet many people aren't aware that surgery doesn't always mean large incisions, long recoveries, or extended downtime.

At Princeton Brain, Spine & Orthopedics, Dr. R.J. Meagher specializes in minimally invasive lumbar decompression, a precise technique used to relieve nerve pressure while preserving muscle and stabilizing structures.

Why It Works:

Lumbar decompression removes the small areas of bone or ligament pressing on nerves, restoring space and reducing inflammation.

Key Benefits:

- Smaller incisions
- Less muscle disruption

Welcome Dr. David E. Smith, MD to Princeton Brain & Spine & Orthopedics

Now seeing patients in Marlton, Lawrenceville, & Freehold



Princeton Brain, Spine & Orthopedics is pleased to welcome Dr. David E. Smith, MD, a board-certified physiatrist specializing in Physical Medicine & Rehabilitation, to our growing multidisciplinary team. Dr. Smith brings advanced expertise in diagnosing and treating musculoskeletal, nerve, and spine-related conditions through non-surgical and minimally invasive methods.

His clinical skill set includes:

- Ultrasound-guided joint and soft-tissue injections
- Trigger-point injections and pain-management therapies
- EMG/Nerve Conduction Studies for precise diagnosis of nerve disorders
- Personalized rehabilitation plans for injury recovery and chronic pain

With training from Rutgers New Jersey Medical School and residency at the JFK Johnson Rehabilitation Institute, Dr. Smith combines evidence-based care with a patient-centered approach rooted in compassion and clear communication. Dr. Smith will see patients across several PBSO locations, expanding access to high-quality non-surgical care and strengthening the collaboration between orthopedics, neurosurgery, and rehabilitation. We are excited to welcome Dr. Smith and look forward to the exceptional care he will provide to our community.