



ONE OAK MEDICAL

BY CHRISTINE CHRISTOPOUL

Dr. Faisal Mahmood has an impressive list of qualifications having attended college at Johns Hopkins University and medical school at the University of Medicine and Dentistry of New Jersey. He also completed orthopedic research at both Johns Hopkins Medical School and the Hospital for Special Surgery, and a fellowship at the internationally acclaimed Twin Cities Spine Center in Minneapolis. But once he started practicing medicine, Dr. Mahmood realized that many large medical groups were losing the ability to treat patients as human beings. He felt a strong desire to be more hands on with his patients and to be able to take the time to meet and know each one of them individually, and truly understand their particular medical issues. In 2016, he took a leap of faith and founded One Oak Medical. As fate would have it, the practice opened its doors on the very same day his first child was born and Dr. Mahmood says, "We are a family-oriented practice that prides itself on treating everyone like family including our patients, staff, and co-workers."

One Oak Medical has a team of physicians who are trained in multiple fields of medicine including orthopedics, spine, sports medicine, foot and ankle, physical medicine and rehabilitation, obstetrics and gynecology, and venous disease. They provide a full range of care designed to treat and heal the whole person and Dr. Mahmood says, "Having a multispecialty practice fosters a multidisciplinary approach to treating our patients. This not only allows for an accurate

diagnosis but also improves patient outcomes and satisfaction. One Oak Medical has specialties that work in harmony with each other. We understand that patients are often afraid surgery will be presented as the only viable option. We are proud to say this is not the case at One Oak Medical as we offer many non-surgical treatment options and consider surgery a last resort."

One Oak Medical has offices in Wayne, Paramus, Clifton, Princeton, Mt. Laurel, Middletown, Jersey City, Randolph, and Point Pleasant, as well as in Staten Island, New York and Dr. Mahmood says, "Our offices are equipped with digital imaging, including X-Ray and ultrasound, and large flat panel displays in our exam rooms so that we can review images with our patients." The practice includes fifteen health care providers who have graduated from top medical schools and are consistently ranked among the best in their field by their peers in New Jersey Top Doctors and by Castle Connolly. One Oak Medical offers the latest advancements in both non-operative and operative procedures. If surgical intervention is required, Dr. Mahmood explains, "Our specialists are trained in the latest minimally invasive and robotic assisted procedures. We are able to offer our patients robotic knee and hip replacement, minimally invasive same day spine surgery, arthroscopic shoulder, knee, and hip joint preservation surgery, minimally invasive bunionsectomies, in office vein ablations, and robotic assisted obstetric surgery to name just a few."

Of course, in recent months COVID-19 has affected all of us, and medical offices were no exception. As an essential service, One Oak Medical remained open but limited the number of patients seen at any given time. At the peak of the crisis, when hospitals were being overwhelmed with patients, One Oak Medical established Orthopedic Urgent Care centers in Wayne and Clifton to help reduce the number of people that needed to go to an emergency room for injuries. Dr. Mahmood says, "Those injuries and conditions which required urgent surgical intervention were taken to our surgical centers to minimize risk of exposure to COVID and we were able to safely treat many fractures, spine injuries, and lacerations this way." The group also established a program to offer free COVID-19 antibody tests to first responders, including doctors, nurses, EMT's, firefighters and police officers. "The response was overwhelming and we ended up seeing over 400 first responders," says Dr. Mahmood, adding, "It was great that we could help provide those people and their families some much needed piece of mind."

Aside from providing top notch medical care, the physicians at One Oak Medical also believe that giving back to the community is very important. Dr. Mahmood says, "As health care providers we believe it to be our moral duty to give back and many of our doctors and staff participate in food drives, support women's and children's shelters and help raise money for cancer and animal welfare organizations. Often our physicians donate their time to provide free services to local hospitals through their clinics that serve the uninsured and underinsured. Additionally, several of our doctors have been privileged to serve in medical missions, both domestic and foreign."

When Dr. Mahmood is not working, he enjoys sharing

outdoor activities with his wife, Maneeha, and their young children, Zain and Sophia. The family loves nature, gardening and walking on our local trails, and Faisal and Maneeha appreciate the vibrant community, excellent school system and picturesque neighborhoods our town has to offer. Dr. Mahmood says, "We recently planted a vegetable garden which hopefully our local wildlife does not consider their own personal buffet."

For more information about One Oak Medical Group, visit their website at www.oneoakmedical.com. You will find it is a place where you are treated like a person and not a number. As Dr. Mahmood says, "It is a privilege and honor to serve those in need, an honor which we do not take lightly."



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