



 CONCORD ORTHOPAEDICS

Spring 2026

Patient Newsletter

Specializing in Your Orthopaedic and Musculoskeletal Care

Welcome Message: Janice J. He, MD

Dear Patients,

It is my privilege to care for patients as part of Concord Orthopaedics, a practice built on generations of trust from communities across New Hampshire. Over the years, we have had the honor of caring not just for individuals, but for entire families who continue to rely on us for their orthopaedic and musculoskeletal health care.

This long-standing relationship is something we deeply value. It reflects a shared commitment to compassionate care, clinical excellence, and personalized treatment. Whether addressing an acute injury or managing complex conditions, we understand that each patient's needs are unique, and we strive to provide thoughtful, tailored solutions at every stage of life.

As we move into the spring season - a time of renewal and increased activity - I encourage you to take steps to protect your joints and muscles as you return to outdoor work, sports, and recreation. Gradually easing back into activity and addressing discomfort early can help prevent injury and keep you moving comfortably all season long.

As a hand and upper extremity surgeon, I am especially passionate about helping patients regain function, reduce pain, and return to the activities that matter most to them. From complex surgical care to non-operative treatment, our goal is always to support your recovery with the highest level of expertise and attention.

I am available to treat patients at our Concord, Derry, and Londonderry office locations, making it easier for you and your family to access the services you need close to home.

Thank you for placing your trust in Concord Orthopaedics. We are proud to be part of your family's healthcare journey and look forward to continuing to serve New Hampshire communities for generations to come.

Janice J. He, MD
Specialty: Hand and Upper Extremity Surgery



603.224.3368

Self-Schedule
Appointment

Fellowship-Trained Total Joint Surgeons



Total Joint
Info

Considering a Hip or Knee Replacement?

Decisions led by clinical experts

Fellowship-Trained Surgeons offering individualized treatment plans with the latest technologies, including robotics.

Your Choice

COPA has been trusted by the Granite State community since 1974.

Did You Know

Our focus is to provide patients with the best possible experience, recovery, and outcome. We perform more than 1,700 Hip & Knee replacement surgeries per year.

Jeffrey W. Wiley, MD



Neil T. Dion, MD



Jason M. Desmarais, MD



Andrew D. Hagar, MD



TOTAL JOINT CARE TEAM AT COPA

- Fellowship-Trained Total Joint Replacement Surgeons
- Total Joint Trained Physician Associates (PA)
- Dedicated Anesthesia Team
- In Office RN Who Personalizes Your Care Plan
- Orthopaedic Surgery Center Care Team



Many patients are able to enjoy the benefits of surgery at our AAAHC accredited outpatient surgery center.

Call Us Anytime - 24/7/365

Virtual Booking Agent - Cheryl

Cheryl

No more waiting on hold:
Calls are answered immediately

**Schedule, reschedule, confirm,
or cancel appointments**

**Managing your appointments is now easier
and more convenient - all over the phone.**

Secure & Private:
Your personal information is
protected with top-level security

Convenient, immediate response:
Our team can focus on providing
the best patient care

Managing appointments made easy. Now call us anytime, anywhere.

Sports Injury Spotlight:

Knee Health: Sports Medicine

Spring is a time when many of us feel motivated to get back outside - whether it's hitting the trails, logging miles on the road, or simply enjoying more time on our feet. With that renewed activity comes an increased importance on keeping your body strong, balanced, and ready for movement.

At Concord Orthopaedics, we are proud to support a community that values staying active. We have long cared for generations of families, helping patients of all ages maintain mobility and return to the activities they enjoy most. That trust is something we work hard to earn every day through attentive, personalized care close to home.



For joggers, runners, and hikers especially, knee health plays a critical role in performance and injury prevention. Strong, well-conditioned knees provide the stability and support needed to handle increased activity levels. Taking time to build strength, improve flexibility, and address minor issues early can help you stay active and avoid more serious injuries down the road.



As a sports medicine surgeon, I focus on helping patients recover from injuries and return safely to their active lifestyles. Whether through surgical or non-operative treatment, my goal is to provide the care and guidance to keep you moving with confidence.

I am pleased to treat patients in our Bedford, Concord, Derry, and Londonderry office locations, making it convenient to access care when you need it most.

Thank you for choosing Concord Orthopaedics. I look forward to helping you stay active and healthy throughout the seasons ahead.

Best wishes,
R. Timothy Kreulen, MD
Specialty: Sports Medicine



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Self-Schedule
Appointment

New MRI Coming Summer 2026

MRI APPOINTMENTS AVAILABLE 7 DAYS A WEEK (Concord Office ONLY)



Faster Scan Times - Our advanced technology gets you in and out quickly without sacrificing detail.

Wide Bore Enhancement - Breathable, open space. Designed with a wider opening to eliminate that "closed-in" feeling to provide a more relaxed experience.

Flexible Coils Advancement - A custom, contoured fit. Next generation coil technology for support image precision and versatile positioning.



Patient Spotlight: Spine Success Story

Patient Spotlight: Matt F.

With the arrival of spring, many of us naturally begin to move more - whether it's returning to yard work, getting back into outdoor exercise, or simply enjoying longer, more active days. These seasonal changes are a great opportunity to reset and refocus on your overall health, including the health of your spine.

At Concord Orthopaedics, we are proud of the exceptional care offered across the Granite State. Generations of families have trusted us with their orthopaedic needs, and that continuity speaks to the relationship we build and the commitment we bring to every patient encounter.

As activity levels increase, the spine often bears the brunt of new repetitive strain. Paying attention to posture, maintaining core strength, and using proper lifting techniques can go a long way in preventing back and neck pain. If discomfort does arise, early evaluation and treatment can help you stay ahead of more serious and complicated issues.

"I couldn't have asked for a better doctor to help me with my spine problems. Dr. Levy has been awesome throughout the whole process. I wouldn't hesitate to recommend him".

As a spine surgeon, I am committed to helping patients reduce pain, restore function, and return to the activities they value most. Whether care involves conservative treatment or complex surgical intervention, my focus is always on developing a plan tailored to patients individual needs and goals.

I am pleased to treat patients at our Concord and New London office locations, providing accessible spine care close to home.

Thank you for choosing Concord Orthopaedics. I look forward to working with you to keep your spine healthy and you moving comfortably throughout the year.

Warm regards,
Clifford M. Levy, MD
Spine Surgeon



Interventional Spine Care

Interventional Spine Care: Dr. Jessica L. Mack

Jessica L. Mack, MD is a fellowship-trained specialist in Interventional spine care at Concord Orthopaedics, where she focuses on diagnosing and treating a wide range of spine-related conditions using minimally invasive techniques.

Her work centers on helping patients manage chronic neck and back pain, spinal injuries, arthritis, pinched nerves, and other degenerative spine conditions. She utilizes targeted, non-surgical interventions such as image-guided injections and other advanced pain management procedures. Her practice has a growing concentration in the Intracept Procedure, which precisely targets the basivertebral nerve, to address vertebrogenic low back pain at its source. (Click lower QR code for additional information).

Patients who see Dr. Mack often include individuals experiencing persistent back or neck pain, sciatica, herniated discs, spinal stenosis, and other musculoskeletal conditions that impact mobility and quality of life. She works closely with each patient to develop personalized treatment plans, emphasizing both pain relief and functional improvement. Many patients are referred by primary care providers, orthopaedic surgeons, or physical therapists when conservative treatments alone have not provided sufficient relief.

In addition to performing procedures, Dr. Mack plays an important role in patient education - helping individuals better understand the source of their pain and full range of treatment options available to them. Her approach is collaborative and patient-centered, often incorporating physical therapy, lifestyle modifications, and other supportive therapies alongside interventional care.

Intracapt Procedure



At Concord Orthopaedics, Dr. Mack is part of a multidisciplinary team dedicated to delivering comprehensive musculoskeletal care. Her expertise in interventional spine medicine allows her to provide effective alternatives to surgery, helping many patients return to their daily activities with reduced pain, and improved function.

Self-Schedule
Appointment



Physician Associate: *Spine Health Tips*

Spine Safety Tip - Stay Active and Safe:

As we welcome Spring 2026, many people naturally increase their activity levels. Warmer weather brings yard work, gardening, home projects, travel, and outdoor exercise. While this seasonal shift is beneficial for overall health, a sudden increase in physical demands can place added stress on the body, and even more specifically the spine. Taking preventive steps now can significantly reduce the risk of back pain or injury.

After a less active winter season, it is important to ease back into activity gradually. Muscles that support the spine may be deconditioned, making them more vulnerable to strain. Avoid the "weekend warrior" mindset of doing too much too quickly. Instead, increase intensity and duration of physical tasks over several weeks to allow your body time to adjust safely.

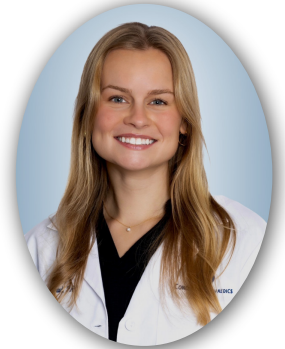
Proper body mechanics remain one of the most important ways to protect your spine. When lifting, focus on keeping your back straight and bending at your knees rather than at your waist. Keep your chest upright, maintain a neutral spine, and hold objects close to your body. Use the strength of your legs to power the movement and avoid twisting while carrying or lifting. If an object feels too heavy or awkward, ask for assistance.

Core strength plays a crucial role in spinal stability. The abdominal, back, and pelvic muscles function as a natural brace that supports the spine during movement. Incorporating strengthening exercises such as planks, bridges, bird-dog movements, and pelvic tilts can improve support and reduce strain.

Hydration and proper nutrition also contribute to spinal health. Intervertebral discs rely on adequate hydration to maintain their cushioning properties, and maintaining sufficient intake of calcium and vitamin D supports bone strength. This spring, remember that movement is medicine for the spine - but preparation and proper technique are even more essential. By increasing activity gradually, strengthening core support, practicing safe lifting mechanics, and maintaining good posture, you can enjoy the season safely while protecting your back.

Happy Spring,

Julie M. Michaud PA-C
Specialty: Spine Surgery



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Self-Schedule
Appointment

Acute Injury Clinic (AIC): No Appointments Needed



Acute Injury Clinic - Concord

North Entrance
264 Pleasant Street, Concord, NH

M-F: 9:00am - 6:00pm

Sat: 8:00am - 5:00pm **EXTENDED HOURS**

* Last patient accepted weekdays at 5:45pm

** Last patient accepted Saturday at 4:30pm



Acute Injury Clinic - Londonderry

50 Michels Way, Suite 206
Londonderry, NH

M-F: 8:00am - 5:00pm

* Last patient accepted at 4:45pm

Why visit the AIC?

- Walk-Ins Welcome
- Cost Effective Treatments
- X-Ray, Bracing, & Casting
- Shorter Wait Times

603.224.3368

AIC Info



Office Locations

Office Locations: All sites offer X-Ray services

166 South River Road, Suite 125
Bedford, NH 03110

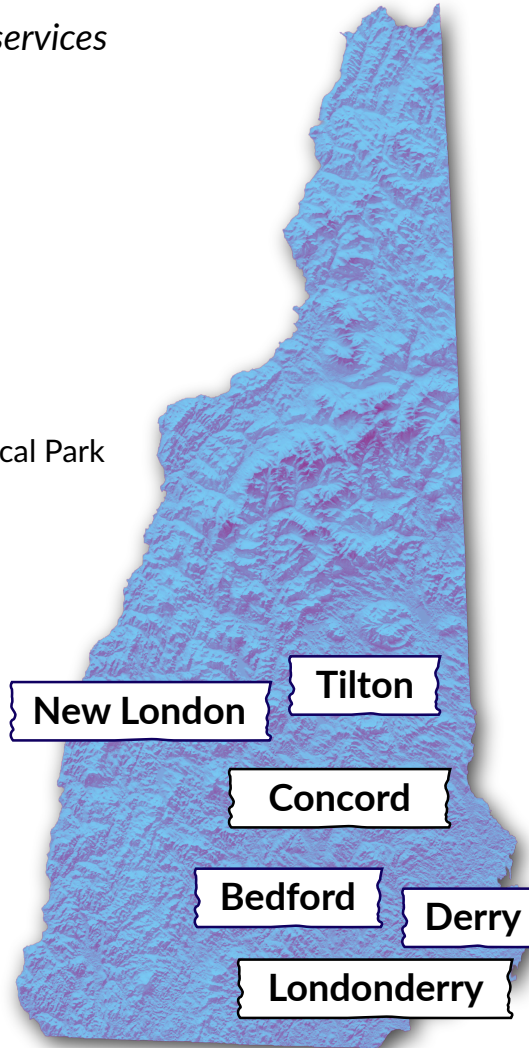
264 Pleasant Street
Concord, NH 03301

6 Tsienneto Road, Suite 200 Overlook Medical Park
Derry, NH 03038

50 Michels Way, Suite 206
Londonderry, NH 03053

247 Newport Road, Suite 101
New London, NH 03257

614 Laconia Road
Tilton, NH 03276



Best Surgeons in New Hampshire



- 29 Physicians
- 24 Physician Associates/Nurse Practitioners
- MRI at Concord location

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Self-Schedule
Appointment