



Justin Kubeck, MD, FAOS | SPINE SURGEON (*Minimally Invasive*)

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When people hear that I'm a spine surgeon, they automatically think I'm in the business of operating on people. That's just not accurate. I always tell new patients that we need to see what makes sense for their individual circumstances—whether it's medication, therapy, or, ultimately, surgery. There is a protocol that I follow: I don't ever just go in and do surgery. For me, developing the best treatment plan for an individual patient is very proceduralized. Once we determine the problem, then I say, "Here's what you can expect, here are your options, and here is what we will decide together."

An important part of my job is alleviating fear. I can see that in my patients' eyes when they walk in to my office. They're afraid of the pain; they're

afraid of the surgery; they're afraid they will never get back to normal. My job is to understand their fear and help them to trust that I have their best interests at heart. I'm also transparent with my patients and get them involved in the process from the start. If they know what is going on and remain engaged with their care, then their fears go down dramatically. My patients get to know me, and we build a relationship. That's how we build trust, and trust facilitates healing. What I want

all of my patients to take away from our first meeting is hope. I want my patients to know that they can get their lives back and live without pain.

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