

Daniel J. Kaplan, MD: Leading Orthopedic Surgeon at NYU Langone Helps Patients Return to Their Active Lives

Combining Advanced Techniques and Personal Care to Treat Everyday Athletes



New York City, New York Jan 20, 2025 ([IssueWire.com](https://www.issuewire.com)) - A fellowship-trained orthopedic surgeon specializing in sports medicine and shoulder surgery at NYU Langone in Manhattan and Brooklyn, Dr. Kaplan is passionate about helping patients reclaim their active lifestyles. With a background as a team physician for the Chicago Bulls, Chicago White Sox, and Chicago Fire, he now dedicates his expertise to everyday athletes facing sports-related injuries.

Every day, he encounters a diverse range of patients, from weekend warriors suffering meniscus tears to retirees experiencing rotator cuff tendinopathy. His practice emphasizes the treatment, rehabilitation, and prevention of injuries that arise from everyday activities, not just competitive sports.

While Dr. Kaplan excels in performing minimally invasive arthroscopic surgeries on the shoulder, hip, elbow, and knee, he believes that surgery should be a last resort. "Most of my patients benefit from nonsurgical interventions," he explains. "We focus on medication, physical therapy, ultrasound-guided injections, and innovative biologic treatments, such as platelet-rich plasma (PRP) and bone marrow concentrate injections."

When surgery is necessary, he employs meticulous, evidence-based techniques to ensure state-of-the-art care. He specializes in advanced open reconstruction and orthoscopic procedures, addressing shoulder conditions like instability and arthritis, as well as hip and knee issues ranging from impingement to ligament tears.

In addition to his clinical practice, Dr. Kaplan is deeply involved in orthopedic research, having published over 150 papers and chapters in leading journals. His research informs his patient care, ensuring that he remains at the forefront of advancements in both nonoperative and operative management.

At NYU Langone, he collaborates closely with a team of physical therapists, nutritionists, and support specialists. "We understand that each patient is more than just an injury," he emphasizes. "We take the time to comprehend how pain affects their lives and work together to achieve their goals."

Patients can expect personalized care, clear communication about their treatment journey, and a commitment to enhancing their quality of life. With Dr. Kaplan and his team, every step toward recovery is a step back to doing what they love.

Learn More about Dr. Daniel J. Kaplan:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/84860548-Daniel-J-Kaplan-MD-Orthopedist>, through NYU Langone, <https://nyulangone.org/doctors/1992239941/daniel-j-kaplan> or through his website, <https://www.orthopedicsurgerybrooklyn.com/about/orthopedic-surgeon-dr-daniel-kaplan-brooklyn/>

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