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Better Than Ever

The addition of orthopedic surgeon Dr. Paul Codjoe enables **Princeton Brain, Spine & Orthopedics** to expand its reach and extend life-changing relief to more patients in Pennsylvania and New Jersey.

A native of Ghana who moved to the United States at the age of 15, Paul W. Codjoe, M.D., was raised on African proverbs espousing the virtues of supporting community and helping others. Becoming a doctor was just a natural progression, considering his cultural background along with his fascination with and proficiency in the sciences.

Specializing in orthopedic surgery, however, was not such an easy decision. In fact, he did not become interested in the field until his final year of medical school. Now, two decades into his career, he could not imagine doing anything else.

"A few years ago, I realized that if I had gone in a different direction, it would have been the worst mistake of my life," Dr. Codjoe says. "Truly, I believe that I'm the luckiest man alive, and the reason I believe that is because I picked this as a career and this is my livelihood, but I also love what I do. When we're on vacation and my kids see me watching videos about new surgical techniques, they always say, 'Dad, don't you ever get tired of that?'"



“Some people want to go play golf, and believe me, I have hobbies, too,” he continues. “I love fast cars, I love flashy clothes, and I love sports, but nothing ever gives me the same high as when I feel like I’ve executed the perfect surgery and I’ve improved a patient’s outcome. That’s a high that I’m always looking forward to and it never gets old. Having the opportunity to make people’s lives better is second to none.”

Dr. Codjoe has found a professional home that fits seamlessly with that philosophy at Princeton Brain, Spine & Orthopedics, which has offices throughout southeast Pennsylvania and across the river in New Jersey. Long renowned in the region for its ability to diagnose and treat a variety of disorders affecting the brain and spine, the practice was looking to branch out into orthopedics.

The addition of Dr. Codjoe presented an opportunity to rebrand, according to Nirav K. Shah, M.D., a neurosurgeon and the practice’s medical director.

“With our reach, not only through local hospitals but also the various offices that we have, we have an influx of musculoskeletal cases that we felt would benefit from the quality of care that we’ve always given to our spine patients,” says Dr. Shah. “When we decided to embark on this, we wanted to align with an orthopedic surgeon who had the same values as we did in terms of patient first, quality first, and safety first. Dr. Codjoe embodies all of that.

“A lot of patients not only have spine issues but they also have hip issues, or they have neck issues along with shoulder issues,” he continues. “The fact that we can provide all of the services under one roof allows our patients to stay in one place where they’re comfortable.”

Dr. Codjoe was impressed with how Princeton Brain, Spine & Orthopedics prioritizes patient care, and backs up that mission with a focus on continuing medical education, a commitment to hiring the best doctors and staff, and an investment in state-of-the-art facilities. He also feels that, unlike some other practices, where patient relationships have taken a backseat to meeting certain quotas and the administrative side of medicine, he can still take the time to listen to each person’s story.

“When I have residents, students, or anyone shadowing me, I want them to understand the old-school style of medicine where you actually sit down and look the patient in the eye, you ask an open-ended question, and you sit and let them talk without interrupting,” he says. “That’s the kind of medicine



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—Dr. Nirav Shah, Princeton Brain, Spine & Orthopedics

I practice, and that’s the kind of medicine I hope to practice for the rest of my career.”

Educating patients at every step of the process is paramount at Princeton Brain, Spine & Orthopedics. When a patient presents with pinched nerves in the neck or back, sciatica, or tingling in their arms and legs, a plan is developed to alleviate their pain through the best means possible. If surgery is necessary, the practice offers various options—outpatient care, an ambulatory surgery center, and, for those with serious medical risks or more advanced needs, a hospital OR.

“We tailor each operation and treatment based on the patient’s characteristics and needs,” Dr. Shah says. “Not everyone can benefit from a less invasive approach, but we’re always looking at least invasive versus most invasive. It really is a case-by-case scenario, and our goal is to go over all of the options that are applicable. Because our interest is minimally invasive, outpatient spine surgery, that is our goal for all of our patients, but if they are not a candidate, we’ll explain why.”

Dr. Codjoe focuses on shoulder and knee disorders and treats everyone from serious athletes to weekend warriors and everyone in between. He has traveled across

the country and throughout the world to learn the latest surgical techniques. He has been at the forefront of several developments: 3D-printed customized implants for shoulder replacement; bridge-enhanced ACL repair (also known as BEAR) that leads to quicker recovery for knee reconstruction; and the Jiffy Knee technique, which is a muscle-sparing approach to knee replacement.

“I’ve continued to seek newer techniques and newer developments, but I think one of the most exciting things is how AI is going to help us advance from the great work we are already doing to make us even better technicians and surgeons,” he says. “I am excited about technology, and I continue to introduce technology into my practice.”

The blend of modern medicine with patient-first attentiveness has helped make Princeton Brain, Spine & Orthopedics the top choice for many patients across Pennsylvania and New Jersey. With Dr. Codjoe as part of the team, the practice is thrilled to be welcoming even more people in need to its collective embrace.

“One of our biggest marks of trust is the referrals we get from local, reputable medical sources like primary care, physical therapy, neurology, pain management, and orthopedic surgery,” Dr. Shah says. “But our best stamp of approval is our own patients sending their family members and their loved ones to us.” ■



Princeton Brain, Spine & Orthopedics

Multiple locations throughout Pennsylvania and New Jersey
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