REHAB CONNECTION | 2025

Montefiore Einstein Rehabilitation Medicine

Volume 1, Issue 1
Montefiore Einstein
Department of Rehabilitation Medicine
Bronx, New York

Dear Alumni and Friends,

It is a pleasure to share with you the progress that our department has made in patient care, research and academic curriculum in this latest edition of Rehab Connection.

Our Rehabilitation Medicine residents have achieved growth that you will read about below. I want to briefly mention one. In the last edition, I shared that our inpatient unit at Weiskotten had grown from 16 to 20 beds. We have now added 4 more beds, for a total of 24 inpatient rehabilitation beds. Our outpatient rehabilitation clinic at Weiskotten has grown from 2 to 3 PM&R providers and we are in the process of adding a fourth provider, bringing our total to 4. Our PM&R residency program has grown from 6 to 8 residents per year, with the addition of a fourth year of training. We have also added a fourth PM&R faculty member, Dr. Lisa Wirz, DO, our inpatient medical director, and with the help of the Weiskotten administration.

Alongside our outstanding care, we continue to advance our research and educational programs. We have ongoing research projects, and are pushing the boundaries with better management of spine and musculoskeletal pain. In the classroom, we have implemented a new curriculum for our residents, and we are proud to have our residents teach medical students. We are also part of a New Curriculum Committee at our institution, and we are the only department with a PM&R representative.

In the realm of international medicine, we will return with a smaller team in January, to take a fully rehabilitation patient to Gaibiang Hospital and the Uganda Cancer Institute in Kampala. Learn to learn all aspects of patient care, including the Kampala Pain & Disease Residency Training Program and our international programs. Without your kind contributions, this research would not be possible. We thank you for your support, and hope you enjoy this edition.

Finally, I encourage our alumni and friends to reach out to me directly at mherskowitz@montefiore.org or (718)320-2135 if would like to discuss our program, or if you would like to visit our program, or if you would like to discuss a donation to our program. Our Fellowship is starting a fund, in honor of our late colleague, our beloved Director of Future Advancement and Montefiore Rehabilitation Medicine.

Warm regards,

Matthew N. Herskowitz, MD, MPH
Professor and Chairman
Montefiore Einstein Department of Rehabilitation Medicine
Albert Einstein College of Medicine
Montefiore Medical Center

DONATE HERE

Please consider supporting the Department of Rehabilitation Medicine in its important work.

AT A GLANCE
Advances in patient care, research, and outreach

Expanding Our Care Affordances

- The outpatient **pediatric therapy gym** on the Moses Campus has been expanded to accommodate more patients. In September 2024, Rehab Medicine began treatment in the Bronx for impacted pediatric rehabilitation and.
- We have established **pediatric ambulatory** rehab offerings, now available at our Weiskotten Outpatient Clinic.
- Our expansion of rehabilitation services at Montefiore Mount Vernon Hospital continues with **expansion of the space for inpatient PT, OT, and speech services**, as well as **a new outpatient physiatrist** and **PM&R resident**.
- We are partnering in a new outpatient rehabilitation center in Westchester with **new sites opening in the coming months**. Here are that in the near-term.

Conducting and Publishing Innovative Research

- With continued growth and enthusiasm participation in our research program, our PM&R Residency Research Program remains a **active partner of the Institute for Ethical Clinical Research (IECR)**, as well as local colleges, high schools, and school leagues in the Bronx. Fall 2024.
- Our Sports Medicine Program is now the official healthcare provider for the **Bronx Bombers Pickleball Club**, a professional pickle, the team from Tuckahoe Pickleball Club **the New York Dolls Olympic Regional Development Authority**, which manages the Bronx Bombers Pickleball Club.
- A team is currently in Uganda to **help train medical students, patients at Gaibiang Hospital** and in the Kingdom community. They will be there for a month, and will be performing research, teaching and educational, they will also open and conduct educational sessions with the medical team in Jamaica.
- Along with the mission, we are continuing **tele-medical and tele-educational opportunities** with our colleagues in the Caribbean and Central America. Our Rehabilitation Medicine Department with the CU Fusion System of Sports Science and the University of Technology in Jamaica.

Updates from Montefiore Adaptive Sports

MONTEFIORE
Adaptive Sports Festival
Saturday, May 24, 12:00pm, Gillies Whitehalling Park Field

Our Program in Adaptive Sports is Growing!

Adaptive tennis remains a cornerstone of our work. This year's fall, we hosted our annual tennis tournament, with over 100 participants from across Montefiore. Our tennis program is connected to the non-athletic world whenever tennis at the CU Open, where they met a Montefiore Einstein Rehabilitation Medicine team. In the winter, our tennis team received even more popular than ever, hitting record attendance.

We continue to offer wheelchair basketball events (our team recently competed in a tournament with local teams) along with adaptive rock climbing, and we are proud to have our athletes work with the USA Hockey Adaptive Sports Federation New York Sled Rangers to support disabled youth in their competitive sled hockey program. Our goal is to offer a wide range of adaptive sports to promote accessibility and an inclusive environment, ensuring no one is left behind.

Some of the world-but possible without our incredible volunteers—fellows, residents, medical students, and undergraduates—who have become participants, coaches, and program success.

We're now gearing up for our biggest event of the year—the annual Adaptive Sports Festival. This year, we expect to host over 150 people, available resources, and participants on to carry varietty of adaptive sports, including tennis, basketball, hand cycling, bowling, and more.

Thank you for supporting adaptive sports and community building in the Bronx!

With best wishes,
Jessica Rosenberg, PMD | Julia Bitz, OD | Marjorie Morales, MD
Anthony Ivey, DO | Adam Nazario, MD | Yolanda Pham, MD

Join us at our upcoming events:

- **Indoor Adaptive Tennis** (April 26)
- **Montefiore Adaptive Sports Festival**
  Saturday, May 24, 12:00pm, Gillies Whitehalling Park Field
  Visit Montefiorehealthsystem.org and follow us on Instagram @MontefioreAdaptiveSports.

RESEARCH HIGHLIGHTS

Our faculty members have conducted high-impact research on pain management, musculoskeletal care, and patient safety. Their work spans from non-invasive treatment methods, including lifestyle approaches such as yoga and aerobic exercise.

As director of our Pain Fellowship Program, Dr. Mathew has been part of a team of researchers—including Dr. Herskowitz—who have published a study on the impact of Medicaid expansion on opioid prescribing practices. The program leader has also published research on the effectiveness of interventional pain management methods, in the Association of Pain Fellowship Directors and current trainees. Dr. Mathew's team has published fascinating research on the use of ultrasound-guided injections for treating chronic pain, and has published a study on the use of neuromodulation techniques in prestigious medical journals, such as the Journal of Pain Research and Pain Physician.

Dr. Nazario and Mathew have also co-authored articles on percutaneous tenotomy (the surgical removal of damaged tissue within a tendon) as compared to conservative management methods for chronic pain, as well as on the use of the ultrasound-guided injection technique for treating chronic pain.

Along with Drs. Nazario and Mathew, our PD-11 Gordana Ferry, MD is part of a team that has published their research on the use of ultrasound-guided injections for treating chronic pain in prestigious medical journals.

Targeting chronic low back pain, a team of researchers—Dr. Bartels, Dr. Ferry, as well as Andrew Gritsick, MD, and Derek Ho, DO—conducted a randomized controlled trial, which determined that a new, from-home, fitness program, called Pain Management Yoga, is a safe, effective, and cost-effective treatment option for patients with physical therapy. The implications of this study are tremendous, as it suggests more accessible and less invasive treatment methods for a widespread condition.

Stephanie Ward, DO, and Eric Bartels and Gilmar are also exploring the use of new technologies for effective treatment. They recently co-authored a paper discussing the use of 3D printing for prosthetic limb restoration in resource-constrained environments.

Our department's approach to pain management extends to holistic lifestyle strategies as well. For example, Dr. Herskowitz and Dr. Ward have published research on the benefits of yoga for chronic pain and opioid use disorder in an opioid treatment program. In addition, Dr. Bartels was involved in a study comparing telehealth based and in-person aerobic exercise for individuals with schizophrenia.

RESIDENCY MATCH 2025

Let's give a warm welcome to our new PGY-1 residency matches and future physicians—PM&R Class of 2029!

Aleesha Chaudhry, MD*
Albert Einstein College of Medicine

Ojas Ma, MD*
Albert Einstein College of Medicine

Sneeha Mamidi, MD*
Albert Einstein College of Medicine

Elijah Wallace, MD*
Albert Einstein College of Medicine

Christopher Murtagh, DO*
Lake Erie College of Osteopathic Medicine

Alaba Oenagogo, MD
Ross University School of Medicine, Caribbean

Goldie Eichorn, MD
Ross University

Rachel Singel, MD
Ross University

Victoria Polak, MD
Ross University School of Medicine, Caribbean

*Categorical

AN AMAZING AAPM ANNUAL MEETING—AGAIN!

Montefiore Einstein Rehabilitation Medicine residents, led by Dr. Mathew, traveled to Vancouver, British Columbia, to share their research, and represent our institution at the AAPM Annual Meeting. The conference is a great opportunity to meet and network with an amazing community of physicians. It was also a great opportunity for our residents to see how their research projects have gone from successes since embarking on their research projects.

Some conference program activities included a resident/junior fellow Teaching Innovations Consortium by Stewart Hawn, where Dr. Rand, our residency program director, and Marshall Urisman, our residency training coordinator, led a discussion on how to improve future clinic, along with some practical advice and power navigation.

OUR PGY-4 FELLOWSHIP MATCHES

We are thrilled to announce the successful fellowship match for our PGY-4 class of 2025! Our graduates are accepted into top programs across the country. We couldn't be prouder of their achievements and look forward to watching them excel in their respective specialties. Congratulations to all!

PAIN FELLOWSHIP

Ember Bell, DO
Albert Einstein College of Medicine
Hospital

Mihir Jain, MD
Albert Einstein College of Medicine

Mario Lawandy, DO
Lake Erie College of Osteopathic Medicine
Hospital

Joshua Lewis, MD,PhD
Albert Einstein College of Medicine

Fernando Martinez, MD
Albert Einstein College of Medicine

Gandeep Tarna, MD
Albert Einstein College of Medicine

SPORTS MEDICINE FELLOWSHIP

Maryjane Morales, MD
Hospital

TRAUMATIC BRAIN INJURY FELLOWSHIP

Daniella Lipnick, MD
Hospital

PERFORMING ARTS MEDICINE FELLOWSHIP

Ricardo Fuentes, MD
Hospital

MONTEFIORE CLASS OF 2055

The future of rehab continues to look amazing!

Parker Stewart Lewis
Ross University School of Medicine, Caribbean

Henry Jerome Moreno
Ross University School of Medicine, Caribbean

Rosalia (Rosie) Bell
Ross University School of Medicine, Caribbean

RESIDENT ACHIEVEMENTS

Congratulations to Rosalia Fuentes Saavedra, MD, on receiving the Montefiore Medical Center Resident Excellence Award. Dr. Fuentes Saavedra was nominated by her colleagues and received the most number of nominations from her colleagues. Several clinical excellence, for chronic in research, education, and patient care. Dr. Fuentes Saavedra is a dedicated clinician, a compassionate medical graduate, and leading performing arts medicine physician. She has played a key role in revising Montefiore Metabolic, our community, our nutrition program for patients with obesity.

We have no doubt that her will continue making a lasting impact in Montefiore's community, the performing arts community and look forward to calling him an attending colleague soon!

FACULTY ACHIEVEMENTS

We are thrilled to share that Bryan Lin, MD has successfully passed the STEP Specialty Program through AAPM&R, scoring an impressive 99 percent on the first attempt.

This achievement reflects Dr. Lin's dedication to advancing and refining his expertise in pain medicine. We extend our warm congratulations to him and wish him continued success with such deserving recognition.

THANK GOODNESS FOR TEAM WELLNESS!

Every January, our residents undergo a thorough medical evaluation, including blood work, chest X-rays, and tuberculosis (TB) testing, as required by law. While this is essential to organizing the learning objectives for our residents, it can be time-consuming. We thank our staff for our efforts to address this issue with bending activities!

Our great Staff wellness program is just one of many initiatives that were made possible by the The Mark A. Thomas Fund, which we gratefully contribute to:

- **Wellness events**
- **Resident Appreciation Day lunch**
- **Resident Appreciation Day gifts (sweatshirts)**
- **Montefiore Health Plan Gym for two PGY-2 days**
- **Orange Link Lake Awareness Health clinic**
- **Mark A. Thomas Service to the Program Award**
- **Graduation gifts**

The Mark A. Thomas Fund

To donate please visit
montefiore.org/mark-thomas-per-residency-fund
Thank you for your support

Want to know more about how you can support the Department of Physical Medicine and Rehabilitation?

Contact:
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Albert Einstein College of Medicine
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