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NORTHWELL HEALTH REHABILITATION
WINTER 2016-2017



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Physicians in the News



Adrian Cristian, MD, has been appointed Associate Professor, Hofstra Northwell School of Medicine, department of Physical Medicine and Rehabilitation.

NORTHWELL HEALTH WELCOMES NEW PHYSIATRISTS!



Eric Leung, MD, specializes in physical medicine and rehabilitation and pain medicine, with a clinical interest in spine and nerve disorders, as well as cancer

management and rehabilitation. His primary hospital affiliations are Southside Hospital, Long Island Jewish Medical Center and North Shore University Hospital. Dr. Leung will treat patients at his Bay Shore and Manhasset locations. He is an active member of the American Academy of Pain Medicine, American Academy of Physical Medicine and Rehabilitation, American Institute of Ultrasound in Medicine and Association of American Physiatrists. Dr. Leung earned his medical degree at the State University of New York Health Science Center at Brooklyn and completed his residency in physical medicine and rehabilitation at the Ichan School of Medicine at Mount Sinai. He completed his fellowship in pain medicine from University of California, Los Angeles/Veterans Affairs Hospital, Greater Los Angeles Healthcare System. He is devoted to expert diagnosis and treatment for improved patient outcomes and is committed to delivering state-of-the-art care with compassion and sensitivity to the needs of patients and their families.



Eduardo Chen, MD, specializes in physical medicine and rehabilitation. His primary hospital affiliation is Glen Cove Hospital where he will be treating

patients on both the acute inpatient unit as well as in the outpatient setting. Dr. Chen earned his medical degree at the Medical University of the Americas and completed his residency in physical and rehabilitation medicine at Hofstra Northwell School of Medicine. He is a member of the American Academy of Physical Medicine and Rehabilitation, New York Society of Physical Medicine and Rehabilitation, American Society of Interventional Pain Physicians and the American Pain Society.

Message from the Chairman

by ADAM STEIN, MD, CHAIRMAN

Physiatrists have always understood and utilized the power of multidisciplinary, team-based care. By combining with physical, occupational, speech, recreational and vocational therapists as well as psychologists and social workers, team-based care is at the core of how physiatrists treat persons with complex, disabling conditions. At Northwell Health, physiatrists lead important programs that combine the talents of a variety of clinical departments.

The Northwell Spine Center, under the leadership of Jason Lipetz, MD, is a combined effort of physicians from the Departments of Physical Medicine and Rehabilitation, Orthopedic Surgery and Neurosurgery, and is supported by key consultants from other departments, including Radiology, Neurology, Rheumatology and Physical Therapy. This strong collaboration allows for seamless and coordinated care for persons with all varieties of spine problems. The success of the Spine Center in Northwell's Central Region has paved the way for its expansion to the Bay Shore and Babylon region to serve the needs of those troubled by spine pain.

Buoyed by the success of the Spine Center, Northwell Health now unveils its Concussion Program. Utilizing the concept of team-based care, the Concussion Program also harnesses the power of experts from many clinical departments. Led by Rosanna Sabini, DO, the program's medical director, physiatrists, neurologists, neurosurgeons, orthopedists, trauma surgeons, pediatricians, otolaryngologists, family medicine physicians and emergency medicine physicians are providing outstanding integrated care to persons sustaining mild traumatic brain injuries. The program is further supported by exceptionally skilled and experienced neuropsychologists and physical therapists. The Northwell Concussion Program is described in more detail on the back page of this issue.



New Director of Rehabilitation Service Line



Thomas Philip, DPT, is now serving as director of rehabilitation for the Northwell Health Rehabilitation Service Line. Tom began his career as a physical therapist in 1998 and has been a part of Northwell Health for 10 years, first as a physical therapist and later progressing to director of rehabilitation at LIJ Valley Stream in 2008. While serving as director, Tom led the rehabilitation team to eight annual presidential award nominations, and his department

achieved a high-level rating for staff engagement. Tom currently holds advanced certifications in wound care and ergonomics and has worked on systemwide initiatives to reduce falls, improve safe patient handling and implement the early mobilization of patients in critical care and other units. In his new role, Tom will provide operational support for many clinical initiatives related to quality and program building, support clinician advancement throughout the health system, and be an important member of the planning team for all aspects of the Rehabilitation Service Line.

Staff and Departmental Highlights



Merav deGuzman, CBIS, supervisor of recreational therapy at Glen Cove Hospital, was honored by the Brain Injury Association of New York State with the Frank Pierce Chapter Champion Award for her “exemplary service to the association’s local chapters and support group.” She also founded a support group that benefits the brain injury inpatient population as well as people who have returned from the community seeking services.



Kathryn Mirra, PhD, neuropsychologist at Transitions of Long Island, is now board-certified in clinical neuropsychology by the American Board of Professional Psychologists.

New Therapy Gym Supports Orthopaedic Patients’ “Road to Recovery”

Total hip and knee replacements are among the most common inpatient surgeries for older adults. Due to the high volume and cost associated with these surgeries, the Center for Medicare & Medicaid Services (CMS) sought to support better and more efficient care for beneficiaries undergoing joint replacements.

CMS has promoted a new health care model for the acute care setting — one that aims to decrease the length of hospital stay for joint replacement patients and allow for earlier discharge home.

In compliance with CMS guidelines, North Shore University Hospital’s Rehab Department proposed creating a therapy gym on the Orthopaedic Unit to help patients progress with their therapy after surgery. With the goal of progressing patients toward discharge home instead of a rehab facility, physical therapists are incorporating more challenging therapeutic exercise and practice of functional, real-world tasks into their treatments. Not only does the addition of the therapy gym result in reduced hospital costs through promoting earlier discharge home, but it also allows for joint replacement patients to feel confident about their postoperative mobility and be ready to return to their home environment.

Huntington Hospital Scores High for Employee Engagement

The Physical Therapy Department at Huntington Hospital was ranked in the 99th percentile nationally for employee engagement in 2016 by Press Ganey. The Press Ganey survey results categorize work units into 3 Tier levels (1 indicates high employee engagement and 3 is lowest) by using the average score of specific survey questions, which prove to be the strongest predictors of engagement across the health care industry in the United States. “There has been a real culture change in the Physical Therapy Department, which improved from a Tier 3 designation in 2014 to a Tier 1 in 2016,” stated **Kevin M. Cerrone, DPT, MHA, MS, CSCS**, administrative director, Physical Therapy and Orthopaedics at Huntington Hospital.



A Shining STAR Wins Employee of the Quarter!

Julianne Janas, a rehabilitation coordinator for Sports Therapy and Rehabilitation Services (STARS), was one of four employees to receive The Quarterly Employee Recognition Award for the second quarter of 2016. This award recognizes Northwell Health Physician Partners employees who exemplify the Northwell Health Core Values and Core Behaviors and consistently render service that is above and beyond what is normally expected.

Safe Sports Award

North Shore High School was recently named a First Team Safe Sports School by the National Athletic Trainers’ Association (NATA) through their partnership with Northwell Health Sports Therapy and Rehabilitation Services (STARS) and the Orthopaedic Institute. The Safe Sports School program promotes sports safety and injury prevention for youth athletes, as well as athlete and parent education at the secondary school level. North Shore was the only high school in New York State to receive first-team recognition in 2016, and it became the 14th school in New York and the first in Nassau County to achieve that status.



ON THE COVER:
Donna Bainton was motivated to train for a half marathon after recovering from a brain injury last year.

Racing Toward Recovery

Determination and supportive rehabilitation helped Donna Bainton achieve a medal for her first half marathon — the United Airlines Half Marathon in New York City — this past May as part of the National Stroke Association team.

Ms. Bainton sustained a traumatic brain injury after accidentally falling down a flight of stairs in her home last year. As a result of this injury, she was paralyzed on the right side of her body. Following surgery, Ms. Bainton received three weeks of speech, occupational and physical therapy at Glen Cove Hospital followed by six months of outpatient therapy with those same services.

“The staff in the Glen Cove Hospital Rehabilitation Program were always positive and encouraging throughout my recovery,” Ms. Bainton said. “The comfort and treatment I received made me feel not like a patient but like family.”

After Ms. Bainton became more independent, she became determined to get her life back. She previously was a runner just for the fun of it and as a way to relax, but she decided that she would like to participate in a half marathon. She trained for three months with the help of her son.

“The feeling after crossing the finish line was indescribable,” Ms. Bainton said. “It was not only my first race, but it was also a huge accomplishment in my recovery.”

Ms. Bainton raised more than \$2,000 for the National Stroke Association through her half-marathon race.

“The brain is a magnificent instrument. Donna Bainton is proof that with comprehensive neurological care and rehabilitative therapy coupled with a patient’s motivation and determination, amazing things can happen,” said Daniel Rubin, MD, a Northwell Health Physician Partners neurologist who cared for Ms. Bainton. “Donna is a remarkable inspiration for her accomplishments as she regained her function to achieve her goals.”

Since the half marathon, Ms. Bainton has also done a 10K race in Queens and will be running a 10-mile race in the Bronx in September and another half marathon in Staten Island in October. She is also hoping to complete the New York City Marathon next year.

In addition, Ms. Bainton is attending Nassau Community College to become a physical therapy assistant and eventually a physical therapist. Ms. Bainton was inspired by her experience at Glen Cove and felt that she has found her calling, putting a positive outcome on her injury.

For more information about the rehabilitation services at Glen Cove, call **516-674-7500**.

Northwell Health Sponsors Disability Pride Parade



The Northwell Health Rehabilitation Network was a proud sponsor at the 2016 NYC Disability Pride Parade. The parade’s mission is to promote inclusion, awareness and visibility of people with disabilities, and redefine public perception of disability. The Rehabilitation Network hosted a table in Madison Square Park, at the parade’s finish line and celebration site, where they provided education and support to attendees.

LYMPHEDEMA THERAPY HELPS STARS PATIENTS

by Soyouen Ahn, PT, DPT, CLT, WCC, and Rebecca Miller, PTA, CLT

When Ninette Polansky first came to Sports Therapy and Rehabilitation Services (STARS) in Manhasset, she was in tears. Ms. Polansky had been suffering from a chronic lymphedema condition for over seven years. Before coming to STARS, she sought medical treatment from several doctors but had not received the correct diagnosis and proper treatment for her condition. As the swelling in Ms. Polansky's legs progressed, she was in extreme pain, which limited her ability to perform even routine daily tasks, such as walking from her house to her car. She had reached a point of depression and desperation. Finally, Ms. Polansky was recommended to the lymphedema therapy program at STARS by a vascular physician.

For three months, she received intensive therapy, including complete decongestive therapy, comprised of manual lymphatic drainage and multilayer compression bandages. Ms. Polansky also received kinesio taping treatments three times a week, greatly increasing lymphatic flow and mobility, as well as supplemental laser therapy. After three months of lymph-



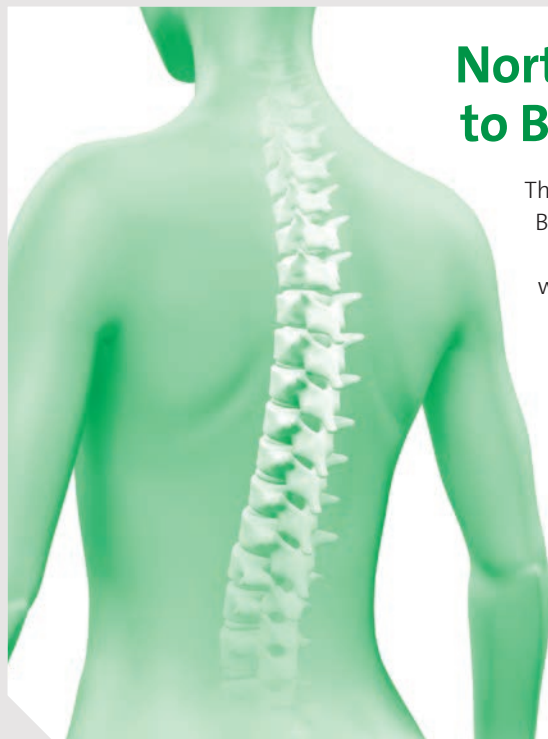
Ninette Polansky's life has dramatically improved after receiving care at the lymphedema therapy program at STARS.

edema treatment, Ms. Polansky was finally able to be fitted for a compression stocking, a treatment option not previously available due to her advanced symptoms.

Since beginning treatment, Ms. Polansky's quality of life has dramatically improved. With a weight loss of over 30 pounds, the freedom to walk without

pain or shortness of breath and the ability to wear regular shoes without any discomfort, Ms. Polansky finally has her big smile back.

For more information about STARS Manhasset, call **516-627-8470**.



Northwell Health Spine Center Expands to Bay Shore/Babylon Region

This fall, the Northwell Health Spine Center expanded to the Bay Shore and Babylon regions.

The Spine Center offers state-of-the-art, comprehensive care for patients with back and neck pain, as well as evidence-based treatments for the full spectrum of spinal disorders. The team is comprised of dedicated physicians from the departments of Physical Medicine and Rehabilitation (Physiatry), Neurosurgery and Orthopaedic Surgery. Also regularly participating in patients' care are specialists in the fields of physical therapy, radiology, neurology, rheumatology and complementary medicine.

Upon introduction to the Spine Center, patients receive a thorough evaluation and commence an evidence-based, diagnosis-specific plan of care. The Spine Center physicians work collaboratively with patients throughout the treatment process — from diagnosis to recovery.

For more information about the Spine Center or to learn more about our locations in Nassau, Queens and Suffolk counties, please call our dedicated patient care coordinator at **844-88-SPINE**. You may also visit us online at northwell.edu/spine.



RESIDENCY UPDATE

BY MATTHEW SHATZER, DO
RESIDENCY PROGRAM DIRECTOR

Congratulations to recent graduates Nancy Yeh, MD, and Jennifer Schoenfeld, DO, on successfully completing the board certification process by passing Part 2 of the American Board of Physical Medicine and Rehabilitation examination. Our program currently has an 88 percent pass rate on Part 2 of the Board examination, which is above the national average.

I would like to extend my congratulations to recent graduates Allyn Behling, MD, Eduardo Chen, MD, Madouna Hanna, DO, Eddie Papa, DO, and Kevin Trinh, MD, for passing Part 1 of the American Board of Physical Medicine and Rehabilitation examination. Our program currently has a 91 percent pass rate on Part 1 of the Board examination, which is above the national average.

Welcome to our incoming PGY-2 residents:



Tracy Chang, MD
New York Medical
College



Veronica Chehata, MD
Penn State University
School of Medicine



Naomi Kaplan, MD
University College
London Medical
School



Nadia Zaman, DO
New York Institute
of Technology College
of Osteopathic
Medicine

ACTIVE RESEARCH

➔ “Biomarkers of Recovery from Traumatic Spinal Cord Injury.”

O. Bloom (PI) et al. IRB#:14-612.

➔ “Robots Paired with tDCS in Stroke Recovery.” **B. Volpe** (PI) et al. IRB#:12-102B.

➔ “Systemic Biomarkers in Patients Undergoing Epidural Steroid Injection (a Pilot Study).” **S. Quraishi** (PI) et al. IRB#:12-163B.

➔ “The General Use of Robots in Stroke Recovery: The Anklebot.”

B. Volpe (PI) et al. IRB#:13-310A.

➔ “The Effect of Treatment with the PathMaker MyoRegulator™ Neuromodulation System Incorporating Trans-spinal Direct Current Stimulation in Patients with Severe Hand Spasticity After Stroke.”
B. Volpe. IRB#:15-110.

➔ “Valgus Carrying Angle at the Elbow in Professional Baseball Players: A Cross-Sectional Study.”

R. Gerland, S. Rokito, S. Shah, J. Goldstein, S. Stein. IRB#:HS16-0307.

presentations

→ On April 11, 2016, **Susan Maltser, DO**, presented “Lymphedema Evaluation and Management” at the Shining the Light on Wound Care Conference in Garden City, NY.

→ On April 13, 2016, **Ona Bloom, PhD**, presented “Identifying Pro- and Anti-Regenerative Molecular Responses to Spinal Cord Injury” at the Hofstra Northwell School of Medicine in Hempstead, NY.

→ On April 14, 2016, **Sam Lee, MS3; Angelo Papatheodorou; Katie Gibbs, DO; Adam Stein, MD; and Ona Bloom, PhD**, presented “Elevated Levels of IgA, IgM and IgG in Individuals with Chronic Spinal Cord Injury.” **Katie Gibbs, DO; Nawshin Kutub, PhD; Matthew Bank, MD; Cristina Sison, PhD; Angelo Papatheodorou; and Ona Bloom, PhD**, presented “Cervical Spine Fractures with and Without Spinal Cord Injury in the Elderly,” and **Adam Stein, MD**, course codirector, presented an instructional course titled “Advocacy 101” at the American Spinal Injury Association Annual Meeting in Philadelphia, PA.

→ From April 14–16, 2016, at the American Society of Interventional Pain Physicians in Dallas, TX, **Steve Aydin, DO**, and **P. Shupper, MD**, presented “Evaluation and Treatment of Sacroiliac Joint Pain in Patient with History of Vertebral Compressions Fractures: A Case Series” and **Steve Aydin, DO**, presented “Botulinum Toxin for Neck and Cervical Pain.”

→ From April 14–16, 2016, at the 6th Annual National Association of Neonatal Therapists Conference in Orlando, FL, **Thomas Basile, MS, PT**, presented “Effect of a Uniform Educational Feeding Program on Nurses’ Comfort Levels Feeding” and “An Examination of NICU Nurses’ Training with Regards to Feeding Infants.”

→ On April 15 and May 31, 2016, **Steve Aydin, DO**, presented “Vertebral Compression Fractures: Evaluation and Treatment, and a Look at Clinical Evidence for Treatment” at the Department of Endocrinology Grand Rounds and at the Department of Hematology/

Oncology Grand Rounds at Lenox Hill Hospital, NY, respectively.

→ On April 18, 2016, **Rosanna Sabini, DO**, presented “Concussion Guidelines” at the NYS Recreation and Park Society 76th Annual Conference in Hauppauge, NY.

→ On April 27, 2016, **Steve Aydin, DO**, presented “Clinical Evidence and Treatment of CRPS and RSD,” “Lumbar Fluoroscopic Anatomy Analysis” and “Cervical Fluoroscopic Anatomy Analysis” at Nassau University Medical Center, East Meadow, NY.

→ On May 11, 2016, **Susan Maltser, DO**, presented “Post Mastectomy Pain: Risk Factors and Risk Reduction” at the Hofstra Northwell School of Medicine in Hempstead, NY.

→ On June 1, 2016, **Edward Papa, DO; Thomas Lione, DO; and Steve Aydin, DO**, presented “Intra-Operative Complication of Lumbar Kyphoplasty Instrumentation in a Non-Osteoporotic Patient with L1

Compression Fracture” at the New York New Jersey Society of Interventional Pain Physicians in Jersey City, NJ.

→ On June 7, 2016, **Erin Constantino, MA, CCC-SLP**, and **Scott Harris, MD**, presented “Dysphagia and Objective Assessment” at the PA/NP Lecture Series at North Shore University Hospital in Manhasset, NY.

→ On June 7, 2016, **Rosanna Sabini, DO**, presented “Prolonged Concussion Symptom Management” at the Neurotrauma/Critical Care Conference at North Shore University Hospital in Manhasset, NY.

→ On June 10, 2016, **Amy R. Morganstern, MS, PT**, and **Michael Turcinovic, PT, WCC**, presented “Early Mobilization in the Intensive Care Unit” at the 13th Annual Respiratory Therapy Conference in New Hyde Park, NY.



The following presentations were made on June 8, 2016, during Physical Medicine and Rehabilitation Academic Day at Hofstra Northwell School of Medicine:

→ **William Bockenek, MD**, Chairman, Department of Physical Medicine and Rehabilitation, Carolinas Medical Center, presented “Achieving the Triple AIM in Rehabilitation” and “Introduction to Leadership and Medical Directorship.”

Senior Resident Scholarly Presentations Included:

→ **Edward Papa, DO**, presented “Non-Traumatic Lateral Femoral Cutaneous Nerve Syndrome After an Anterior Total Hip Replacement.”

→ **Kevin Trinh, MD**, presented “Inadvertent Intra-Discal Injection with TFESI Utilizing Kambin’s Retrodiscal Approach in the Treatment of Acute Lumbar Radiculopathy.”

→ **Madouna Hanna, DO**, presented “Medial or Lateral Epicondylitis: Differential Diagnosis of Isolated Elbow Pain and Treatment.”

→ **Eduardo Chen, MD**, presented “Case Report: Referral for Interventional Procedure of Previously Undiagnosed Metastatic Hip Fracture.”

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Northwell Health Announces Concussion Program

The Northwell Health Concussion Management Program offers comprehensive and evidence-based treatment in Nassau and Suffolk counties, and it is designed for both athletes and nonathletes with the goal of speeding recovery and reintegrating patients back into their day-to-day routines after sustaining concussions. The program's patient-centered team approach includes the collaboration of many service lines throughout the health system including clinicians from physiatry (physical medicine and rehabilitation), neurology, trauma, neurosurgery, orthopaedics, neuropsychology, pediatrics, family medicine, emergency medicine and physical therapy.

Northwell Health's Concussion Program services individuals ages 7 and older. The public can call the program's hotline number and coordinators of the Concussion Program will connect individuals with a specialty physician at one of the health system's locations.



Physicians take a thorough history and perform a clinical examination, including a complete neurological exam, to evaluate for a concussion. If needed, patients will also undergo further evaluation, which may include a brain scan, neuropsychological evaluation and/or balance/vestibular evaluation. Factors contributing to symptoms will be addressed in the treatment plan. For instance, physical and balance therapy may be recommended to improve dizziness, agility and performance for return to participation.

"The public has been bombarded by a plethora of information about

concussion, some of which is inaccurate and/or confusing," said **Rosanna Sabini, DO**, the program's medical director and a physiatrist for Northwell Health. "We recognize the vital importance of providing up-to-date treatment and individualized concussion evaluation and management services to the community through a program staffed by physicians and multiple subspecialties with expertise in concussion and traumatic brain injury. We are committed to the highest standards of practice, with the goal of early reintegration into daily activities." For more information, please call **855-510-5110**.

Save the Date for Brain Injury Conference

The Northwell Health Rehabilitation Network is pleased to announce the 4th Annual Brain Injury Conference, titled "Questions Answered: Ongoing Controversies of Concussion" to be held at the Hofstra Northwell School of Medicine on Saturday, May 13, 2017. This conference will place special emphasis on emerging trends as well as clinical care techniques related to concussion guidelines, return to play, computerized testing and more. For registration information or additional details, please call **888-REHAB-03** or send an e-mail to rehabeducation@northwell.edu