



OUR DOCTORS

Our double-board-certified interventional pain management specialists use progressive diagnostic techniques to assess your pain and create a customized treatment plan that supports your individual goals and lifestyle. Take a deep dive to learn more about our doctors and our unique practice.



Sekhar Upadhyayula, M.D.
CEO



Mikhail Kogan, M.D.
COO



Dr. Yining Shao, MD, PharmD
ANESTHESIOLOGIST & PAIN MEDICINE
SPECIALIST

OUR AREAS OF EXPERTISE

Lower Back Pain

Click below to see what type of back pain we specialize in

Neck Pain

Click below to see what type of neck pain we specialize in

Shoulder Pain

Click below to see what type of shoulder pain we specialize in

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Hip Pain

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Hand and Wrist Pain

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Knee Pain

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Abdominal pain

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Pelvic pain

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Sympathetic pain

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NEWS IN PAIN MANAGEMENT



PAIN SOLUTIONS GALLERY



[VIEW FULL GALLERY](#)

Testimonials

WHAT OUR CLIENTS SAY



Placeholder

Tajuana



Placeholder

SJ



patients in the main area. The family is expected to sit in another area. The wait time is so long for injections. Be prepared to spend most of your day there on an empty stomach. Dr Sekhar is the best. He consults you and answers any concerns you may have. After the procedure, they give you little juices. After sitting for awhile the doctor comes and evaluates your pain to see if the injection worked. You make your follow up appointment and you're done.

to work on that which meant I had 2 md's billing. enough, when I received the same epidural from at his other location (NYU Langone - Forest Hills). Sekhar did not practice, Dr. Kogan administered epidural by himself without the use of anesthesia. were no problem, and since there was no anesthetic recover from, I was free to leave right away. I submitted insurance information but they did not bother to get clearance. It turns out my insurance was only accepted at the NYU-Langone location. But I never received

Let's Talk

SUBMIT →



Pain Solutions PC offers a comprehensive, compassionate and patient-centered approach to caring for people suffering from pain. Our team of pain management specialists work with you to understand the cause of your pain and determine the most effective treatment and rehabilitation plan to enhance your quality of life.

Get in Touch

☎ (718) 544-1171
☎ (718) 487-4171
✉ info@nypainsolutions.com

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