

**HSS**

# **HSS** Physiatry **Spine and Sports Medicine Fellowship**

Academic Training Department at HSS







## Institutional and Program History

Founded in 1863, Hospital for Special Surgery (HSS) is the oldest orthopaedic hospital in the country. Since its inception, HSS has been recognized as the world's leading institution and center of excellence on musculoskeletal medicine including orthopedic surgery, rheumatology, and rehabilitation. This academic medical center on the Upper East Side of New York City is affiliate of the New York Presbyterian Healthcare System and an affiliate of Weill Cornell Medical College.

The Physiatry Department was founded in 1997 and has grown to 33 physicians whose primary focus is the outpatient non-surgical management of patients with musculoskeletal disorders. The department performed over 50,000 patient evaluations, more than 5000 interventional procedures, and close to 1500 electrodiagnostic studies. The Physiatry Department interacts closely with the members of the Orthopaedic Sports and Spine Services to provide Physiatry fellows an unparalleled learning experience.

The Fellowship Program was also founded in 1997, and as of today the program has trained 77 Fellows with broad-based training that includes all areas of Physical Medicine & Rehabilitation including interventional spine procedures, electrodiagnostic testing, ultrasound guided injections and orthobiologics. The Physiatry fellowship offers a comprehensive non-surgical approach to conditions and diseases that affect the musculoskeletal system. The primary educational goal of the Fellowship is to develop academic thought leaders in the field of musculoskeletal Physiatry, through strong clinical and didactic experiences, mentorship and research.



# PHYSIATRY SPINE AND SPORTS MEDICINE FELLOWSHIP

**Physiatrist-in-Chief:** Joel Press, MD

**Fellowship Director:** Jonathan Kirschner, MD

**Associate Fellowship Director:** Dena Barsoum, MD

**Duration:** 1 year (August 1 – July 31)

**Stipend:** \$99,585.34 (subsidized housing also available)

**Location:** Hospital for Special Surgery, New York, NY

**Number of positions:** 4-2 ACGME-Accredited Sports Medicine and 2 NASS Recognized Interventional Spine and Musculoskeletal Medicine (ISMM)

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## CLINICAL TRAINING COMPONENTS

Our goal is to provide a broad yet comprehensive experience in outpatient Spine and Sports Medicine, tailored to each fellow's individual needs and objectives. A strong emphasis is placed on integrating the history, physical exam, kinetic chain evaluation, radiographic findings and selective diagnostic and therapeutic injections to formulate a comprehensive rehabilitation program. Treatment will be tailored to each individual patient and involve all facets of physical medicine, reflecting the department's philosophy of aggressive diagnosis and conservative treatment. A thorough understanding of surgical options and indications will be covered as well. The Fellow will obtain a comprehensive understanding of the pathoanatomic and pathophysiologic bases for common musculoskeletal diseases, osteoarthritis, peripheral nerve injuries, concussions and their evidenced based treatment. Practice management, systems based practice including billing and coding, administration, education and leadership skills will be developed.

The Fellowship year consists of two month rotations followed by repeat one month rotations. Fellows are assigned to ten fellowship trained attendings with backgrounds in interventional spine, ultrasound, and electrodiagnostics. Each rotation involves outpatient musculoskeletal clinics, and an interventional spine and ultrasound component. Fellows will be exposed to different styles and techniques in order to formulate their own best practices. Each rotation has at least one half day for research or supplemental clinical experiences, like urgent care, orthopedic surgery observation or travel to offsite community practice locations.

Fellows will perform fluoroscopic and ultrasound guided spine and peripheral joint, nerve, and soft tissue injections, PRP, and Electrodiagnostic tests. They will learn to provide comprehensive care during supervised office hours and a Fellows continuity clinic. Expert functional rehabilitation prescriptions will be incorporated. Fellows will be exposed to diagnostic ultrasound, advanced brachial plexus electrodiagnostics, concussion evaluations, spasticity management and adaptive sports coverage. They will develop expertise in radiology interpretation of spine and peripheral structures. They will be expected to teach New York Presbyterian and Rutgers/Kessler Residents, work in interdisciplinary teams, provide game and mass participation event coverage, but will have no inpatient or "call" responsibilities beyond game coverage.

The ACGME Sports Medicine Fellows meet all requirements to sit for the Primary Care Sports Medicine Board exam. They serve as Associate Team Physicians for the Long Island Nets "G" League team where they perform pre-participation physicals, "training room" and game coverage. They also provide game coverage for the New York Red Bulls MLS soccer team. The non-accredited Spine/Sports fellows also assist with sports coverage and have ample sports exposure if desired.



## RESEARCH

In addition to a strong clinical experience, Fellows are expected to engage in and produce high quality research. They will be expected to build upon their existing research skills with extensive exposure to research methodology, study design and critical data review. All fellows are expected to initiate their own IRB study and work on one existing department study, with the goal of publication and oral presentation. The department research goals include value based physiatric care, outcomes based research, regenerative medicine, hip preservation, concussion, and maintaining an interventional spine registry. We strive to evaluate how various non-surgical treatment techniques can affect functional outcomes in patients with disabling musculoskeletal conditions and to develop best treatment practices. Non-surgical treatment techniques include cell-based therapies (e.g., platelet-rich plasma and bone marrow aspirate), pharmacological interventions (e.g., steroids), and rehabilitation programs. Our faculty publishes regularly and presents at national and international conferences in a variety of disciplines including regenerative medicine, electrodiagnostics, interventional spine techniques and sports medicine.



## DIDACTIC COMPONENTS

Didactic programs are comprehensive and interdisciplinary. Monday mornings are hands-on ultrasound teaching sessions with the Radiology department. Tuesday mornings is Physiatry Fellowship Core Curriculum series and Physiatry Grand Rounds, Wednesday mornings is Hip Conference, where some of the world's leading experts in the hip preservation surgery present cases, Thursday morning is the Sports Medicine Core Lecture Series, covering surgical and nonsurgical management of key sports conditions. Attendees typically include team physicians from the New York Football Giants, New York Mets, New York Rangers, Brooklyn Nets, NY/NJ Red Bulls, UFC and New York Cosmos. MRI case conferences occur once per month with some of the top radiologists in their field. Fellows are expected to participate in the Core academic conferences, lead journal clubs, prepare powerpoint presentations and present cases during interdisciplinary rounds. Due to the rich clinical and didactic opportunities that HSS offers, the Fellows can tailor their year to meet specific personal academic and professional goals, such as increased exposure to sports medicine, electrodiagnostics, hip preservation. radiology, performing arts medicine, trauma, metabolic bone disease or foot & ankle.

## FACILITIES

Hospital for Special Surgery is currently undergoing an exciting period of growth and physical expansion. In order to enhance the Fellow's clinical, educational, and research experience, the Fellow will have access to the Hospital's state-of-the-art facilities, including the following:



### **Leon Root, MD Motion Analysis Laboratory:**

This laboratory incorporates force sensors for gait evaluation, as well as multiple high-speed video cameras, to conduct formal video analysis of human motion. In addition, the laboratory also allows telemetered electromyographic evaluation of muscle function.



### **Bioskills Education Laboratory (BSEL):**

Established in 2000, the BSEL simulates surgical procedures with equipment that is, in many instances, identical to that in the HSS operating rooms, allowing Fellows to become more familiar with the myriad devices currently used in surgery. The procedures in the lab can be performed on cadaver specimens or sawbones - plastic models of bones and joints.



### **Computer Assisted Surgery (CAS) Center:**

The CAS Center was created to investigate innovative methods of utilizing computer technology to assist orthopedic surgery. HSS is uniquely positioned to pioneer CAS technologies with the integration of important assets which are exclusive to the hospital.



### **Biomechanics Laboratory:**

The mission of the Department of Biomechanics at HSS is to apply the principles of engineering and material science to solve orthopedic problems by conducting basic and applied research that translates to the development of orthopedic devices and instrumentation aimed at improved patient care. The Biomechanics Laboratory houses a robotics system that allows sophisticated testing of joint mechanics.



### **Core Research Facilities:**

The HSS Core Research Facilities include Epidemiology and Biostatistics, Flow Cytometry, Musculoskeletal Repair and Regeneration, Analytical Microscopy, Imaging, and Mechanical and Material assessment.

## OUR TEACHING STAFF

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**Joel Press, MD** is the Chairman of the Department of Physiatry and **Physiatrist-in-Chief** at Hospital for Special Surgery as of September 2016. He is the Joel and Anne Ehrenkranz Chair in Physiatry. Dr. Press comes to HSS from the Rehabilitation Institute of Chicago (RIC), where he has served as the Founder and Medical Director of its Spine & Sports Rehabilitation Center since 1988. He is a past President of the American Academy of Physical Medicine and Rehabilitation and the North American Spine Society. Dr. Press specializes in and frequently lectures internationally on the rehabilitation of spine and sports-related injuries and conditions.

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**Jonathan Kirschner, MD, RMSK** is the **Fellowship Director** and is board-certified in PMR, Sports Medicine and Electrodiagnostic Medicine. He is a registered musculoskeletal sonographer and has written and edited textbooks on interventional procedures and musculoskeletal ultrasound. Dr. Kirschner received the Earl C. Elkins award for achieving the highest score in the nation on the PMR board examination. His practice is a mix of sports, spine, and general musculoskeletal rehabilitation. He is involved in several national organizations and is chair of the IPSIS Ultrasound Committee where he also serves as an instructor. Dr. Kirschner performs cervical, lumbar and thoracic spine procedures including epidural injections, medial branch blocks, and radio frequency denervation and numerous ultrasound guided procedures including joint, tendon, bursa, perineural, hydrodissection, percutaneous needle tenotomy and PRP injections. His research focuses on procedural outcomes with a special interest in orthobiologic treatments.

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**Dena Barsoum, MD** is a board-certified specialist in Physical Medicine and Rehabilitation (PM&R). She serves as the Co-Director of Education for the Physiatry Department, the Site Director for physiatry residents at HSS, and the **Associate Fellowship Director**. She completed residency at Rutgers - New Jersey Medical School/Kessler Institute for Rehabilitation, where she served as academic chief resident and was awarded the Resident Teacher of the Year Award and the Areti Award (awarded to the resident who demonstrates a consistent willingness to go above and beyond for the good of their co-residents). She completed subspecialty fellowship training in Spine and Sports Medicine at the Hospital for Special Surgery. Dr. Barsoum has been recognized as a Castle Connolly Rising Star and New York Magazine Top Doctor.

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**Ellen Casey, MD** is an Associate Attending Physiatrist at the Hospital for Special Surgery in the Department of Physiatry and the Women's Sports Medicine Center. Dr. Casey's clinical practice focuses on acute sports medicine injuries and spine disorders. She has particular expertise in the female athlete, including the female athlete triad and peripartum musculoskeletal issues. She also specializes in the care of gymnasts and dancers and has been serving as the USA Women's Gymnastics National Team Physician since 2019. Dr. Casey serves as the Director of Research for the Department of Physiatry. Her research domains include sports injury reduction, sex disparity in musculoskeletal medicine and the modulatory role of sex hormones in ligament and tendon injuries.

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## OUR TEACHING STAFF

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**Jesse Charnoff, MD** is an Assistant Attending Physiatrist at HSS. He is also an Assistant Professor of Clinical Rehabilitation Medicine at Weill Cornell Medical College. Dr. Charnoff is a board-certified specialist in Physical Medicine and Rehabilitation and completed a subspecialty fellowship in Spine and Sports Medicine at HSS. He specializes in the care of acute and chronic musculoskeletal sports and spine conditions. As an avid tennis player, Dr. Charnoff has a particular interest in the diagnosis and treatment of tennis injuries.



**Paul M. Cooke, MD** is the Quality and Special Procedure Unit Director for Department of Physiatry. He is a board-certified physiatrist and has been on the attending staff at HSS since completing his Physiatry Spine and Sports Medicine fellowship in 2000. He is former Director of Education for the department and enjoys teaching fellows and residents during clinic and in the procedure room. He is on the Board of Trustees at FOCOS orthopedic hospital in Ghana and had made several medical volunteer trips to provide physiatric care and education. He has a research interest in spine clinical outcomes, and as a former collegiate baseball player, in management and prevention of baseball related injuries.



**Andrew Creighton, DO** is the Director of the Physiatry Ambulatory Care Clinic and is an Assistant Attending Physiatrist at Hospital for Special Surgery. He is also an Assistant Professor of Clinical Rehabilitation Medicine at Weill Cornell Medical College. He specializes in the care of acute and chronic musculoskeletal, sports and spine conditions. A former collegiate golfer and current competitive amateur golfer. Dr. Creighton's research interests involve studying the highly competitive golfer and golfing activity in patients that have had surgery



**George Cyril, MD** is an Assistant Attending Physiatrist at Hospital for Special Surgery in the Department of Physiatry. He is fellowship trained in Interventional Spine and Sports Medicine and is also an Assistant Professor of Clinical Rehabilitation Medicine at Weill Cornell Medical College. Dr. Cyril focuses his expertise on neck and back pain, sports medicine, tendinopathy, and osteoarthritis.



## OUR TEACHING STAFF

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**Peter Moley, MD** is board certified in both Physiatry and Sports Medicine and the past Fellowship Program Director at Hospital for Special Surgery. Dr. Moley specializes in the non-operative treatment of hips, low backs, and general joint injuries through the use of selective injections and advanced physical therapy programs, which he designs for his patients. To better direct his injections, he performs fluoroscopic-guided and ultrasound guided injections of the spine, hip, and shoulder.



**Carlo Milani, MD, MBA** is an Assistant Attending Physiatrist at Hospital for Special Surgery in the Department of Physiatry. His clinical practice focuses on non-operative treatment of acute sports injuries, musculoskeletal conditions, and spine disorders. Dr. Milani's approach as a physiatrist is to work with patients to optimize function, return to an active lifestyle, help prevent future injury, and improve quality of life.

The fundamentals of Dr. Milani's care include individualized education and guidance for his patients with a personalized physical therapy prescription and/or exercise plan. He is skilled in fluoroscopically guided injections (spine, hip, shoulder) and ultrasound guided injections (joint, tendon, bursa, nerve, muscle), including platelet rich plasma and hyaluronic acid, which may be appropriate for certain patients. Additionally, his practice focuses on electrodiagnostic testing and he specializes in the evaluation of brachial plexus injuries, peripheral nerve injuries/entrapments, and spine disorders.



**Heidi Prather, DO** is an Attending Physiatrist at the Hospital for Special Surgery and Professor at Weill Cornell Medicine. She specializes in sports medicine, the diagnosis and nonsurgical treatment of spine and hip disorders and conditions. In addition, she is a Diplomat of the Board of American College of Lifestyle Medicine and is the founder and serves as the Medical Director of the HSS Lifestyle Medicine Program for Health Optimization. Dr. Prather's clinical and research interests include the lifestyle medicine approach to care for musculoskeletal conditions with a special interest in gender differences, pre-arthritic hip disorders and their relationship to pelvic girdle and lumbar spine disorders.

Prior to joining HSS, Dr. Prather served as Professor, Vice Chair of the Department of Orthopaedic Surgery and Founder and Division Chief of Physical Medicine and Rehabilitation in the departments of Orthopaedic Surgery and Neurology at Washington University School of Medicine in St Louis, Missouri from 1998-2020. She also served as the Outpatient Medical Director of the Joint and Spine Center at Barnes-Jewish West County Hospital, and Founder of the Living Well Center. Dr. Prather co-founded the Sports Medicine Fellowship in Physical Medicine and Rehabilitation and served as Co-Director of the NASS recognized Spine and Intervention Fellowship.

## OTHER FACULTY MEMBERS (continued)

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**James Wyss, MD, PT** is the Co-Director of the HSS Athletes Spine Injury Program and Chair of the Physiatry Department Education Advisory Board. He is board-certified in both PM&R and Sports Medicine. He currently maintains a busy clinical practice in NYC and Long Island. Academics are very important to him and he spends time on a daily basis teaching and conducting research. He is very passionate about sports medicine and has served as a team physician for St. John's University athletics from 2010-2016 and currently serves as the Chief Medical Officer (CMO) for the Brooklyn Nets G-League team, the Long Island Nets. He is also an Assistant Team Physician with the New York Red Bulls' reserve team, the Red Bulls II.

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## OTHER FACULTY MEMBERS

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**Naimish Baxi, MD** is an Assistant Attending Physiatrist at the Hospital for Special Surgery and is fellowship trained in Interventional Spine and Sports Medicine. Dr. Baxi focuses his expertise in the subspecialty of sports medicine, spine care, pain management, and musculoskeletal medicine. He has been published many times in the field of Physical Medicine & Rehabilitation.

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**Nicholas R. Beatty, DO, CAQSM, RMSK** is a double board-certified physiatrist at HSS specializing in physiatric sports medicine, interventional spine care, and musculoskeletal conditions. His medical practice focuses on evidence-based treatments for muscle, tendon, joint, and spine conditions. As a sports medicine physiatrist and certified musculoskeletal sonographer, Dr. Beatty performs ultrasound and advanced imaging techniques as well as utilizes targeted spinal injections to treat nerve, disc, and joint dysfunction, including epidural injections, facet joint injections, radiofrequency denervation, and other disc-related treatments. Dr. Beatty collaborates with the HSS Center for Regenerative Medicine in optimizing orthobiologic treatments to promote healing, reduce pain, and improve function in conjunction with other non-operative and surgical care.

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**Daniel Blatz, MD** is a board certified physician in Physiatry and Sports Medicine. He specializes in the field of orthopedics and treats all musculoskeletal conditions, which include muscle, tendon, ligament, joint, and spine issues. He is Head Team Physician coordinating care for the United States Soccer Federation's Extended National Teams, which includes the US Soccer's men's and women's National Beach teams, National Futsal teams, National Paralympic Soccer teams, and the co-ed National Power Soccer team. He works with athletes on a daily basis, including those in the typical sports realms, such as soccer, lacrosse, running and swimming, as well as athletes in the realm of the performing arts, such as ballet dancers, musicians, acrobats, among others.

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## OTHER FACULTY MEMBERS

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**Vincenzo Castellano, MD** is a board certified Hospital for Special Surgery physician specializing in Interventional Spine and Sports Medicine. Dr. Castellano treats disorders of the lower back, thoracic spine, neck, various joints and muscles. In addition, he performs minimally invasive procedures including fluoroscopically-guided radiofrequency ablations and epidural steroid injections.



**Alice Chen, MD** is dually board certified in physical medicine and rehabilitation as well as pain medicine. She is a fellowship-trained physiatrist and interventional specialist in the non-operative management of spine and sports disorders. She treats disorders and injuries of the neck, back, muscles, and joints in a minimally invasively manner using techniques including epidural injections, blocks, radiofrequency ablation, joint injections, and medical acupuncture.



**Jennifer Cheng, PhD** is the Research Manager in the Department of Physiatry at Hospital for Special Surgery. She received her doctoral degree from New York Medical College and completed a postdoctoral fellowship at the National Institute of Environmental Health Sciences. She has experience with both clinical and translational research and has been involved with different types of research in the musculoskeletal field.



**Nnaemeka Echebiri, MD** is a physiatrist at HSS specializing in spine and musculoskeletal medicine. In particular, he treats chronic and acute ailments affecting the neck, back, joints, and extremities. He also has a special interest in sports medicine and evaluation of neurological disorders through electrodiagnostics. Dr. Echebiri has an extensive sports background, having competed in football, wrestling, and track and field. Of these, he is most passionate about track and field, which he participated in and coached at the club level.



## OTHER FACULTY MEMBERS

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**Joseph Feinberg, MD** is the Medical Director of Center for Brachial Plexus and Traumatic Nerve Injury. and Traumatic Nerve Injury. In 2012, Dr. Feinberg became Physiatrist-in-Chief where he grew the department to seventeen physicians who cared for over 70,000 patients. He is also the Physiatrist-in-Chief Emeritus. Dr. Feinberg treats injuries sustained in athletes of all ages from the professional level to amateur. He has previously served in the past as a team physician for many colleges including St Peters College and Seton Hall. He specializes in electrodiagnostic testing for brachial plexopathies, Parsonage Turner Syndrome, and peripheral nerve injuries and disorders.

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**Stephen Geiger, MD** is a Board-Certified Physiatrist at Hospital for Special Surgery with comprehensive spine and sports medicine practice locations in both the Long Island & Queens communities.

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**Dara Jones, MD** is an Assistant Attending Physiatrist at HSS and Assistant Professor of Clinical Rehabilitation Medicine at Weill Cornell Medical College. She specializes in rehabilitating pediatric patients with acute and chronic physical impairments. Her areas of interest include cerebral palsy (pediatric and adult), developmental disorders, neuromuscular conditions, muscular dystrophy, acquired and congenital brain disorders, spinal cord injury, spina bifida, and acute musculoskeletal injuries. Dr. Jones has expertise in personalized rehabilitation programs, orthotics prescriptions, equipment recommendations, and spasticity and dystonia management including oral medications, ultrasound guided botulinum toxin injections, and intrathecal baclofen pump management.

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**Christopher Lutz, MD** is a board certified and fellowship trained physical medicine and rehabilitation specialist. He received his undergraduate degree from Princeton University and then went on to earn his medical degree from Princeton University School of Medicine in Washington, D.C. Dr. Lutz specializes in spine and joint injections, regenerative orthopedic medicine, platelet-rich-plasma and stem cell treatments, radiofrequency facet denervation, and more.

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## OTHER FACULTY MEMBERS

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**Gregory E. Lutz, MD** is a board-certified specialist in Physical Medicine and Rehabilitation. He has been in practice at the Hospital for Special Surgery since 1993. In 1997, Dr. Lutz established the Physiatry Department at HSS and became Physiatrist-in-Chief. With the support of the hospital administration and his colleagues, he grew the Physiatry Department to thirteen physicians who provided care for over 50,000 patient visits in 2012.

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**Stephen Massimi, MD** is a board-certified physiatrist who is fellowship trained in Interventional Spine and Sports Medicine. He specializes in the non-surgical treatment of spine, hip, and general musculoskeletal conditions. Dr. Massimi has subspecialty training in the use of minimally invasive procedures performed under fluoroscopic and ultrasound guidance, including special procedures for the spine as well as the hip, knee, and shoulder areas.

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**Elizabeth T. Nguyen, MD** is board certified physiatrist and fellowship trained in Interventional Spine and Sports Medicine. She specializes in the nonoperative care of spine conditions, sports injuries, and general musculoskeletal disorders. Dr. Nguyen has authored numerous scientific research articles and book chapters in the field of musculoskeletal and rehabilitation medicine and has presented her research at both regional and national academic conferences.

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**Jennifer O'Connell, MD** is a board certified, fellowship-trained physiatrist at HSS specializing in the nonoperative treatment of spinal and musculoskeletal disorders. She utilizes minimally invasive interventional techniques including fluoroscopically-guided spinal injections and peripheral joint injections alongside exercise and physical therapy. She did her interventional fellowship under Frank Falco and comes to HSS following a 15 year career at Cleveland Clinic Florida where she was instrumental in building the Spine Center. With over 20 years of experience in her field, Dr. O'Connell's goal is to guide her patients to an active lifestyle by helping them make the most of their mobility.

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## OTHER FACULTY MEMBERS

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**Faye Rim, MD** is a board certified physiatrist and pain management specialist within the Department of Anesthesiology, Critical Care & Pain Management. Dr. Rim received her medical degree from New York Medical College and completed her residency in physical medicine and rehabilitation at Mount Sinai Medical Center. She also completed a fellowship focused on pain medicine and palliative care at Memorial Sloan Kettering Cancer Center. Prior to joining Hospital for Special Surgery (HSS), Dr. Rim served as Chief of Pain and Palliative Medicine at Metropolitan Hospital.

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**Alexander C. Simotas, MD** is a Board-Certified physiatrist and has fellowship training in spine and sports medicine. He has been a full time Assistant Attending Physician at Hospital for Special Surgery since 1992. His practice is devoted to using non-operative and minimally invasive treatment strategies of spine and sports medicine problems. Most treatments involve a focused effort to combine multiple therapies (including exercise, medication, or injection therapies) to provide maximum effectiveness and success.

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**Vijay Vad, MD** is the former physician for the professional men's tennis circuit. He is board certified in PM&R as well as subspecialty of Sports Medicine. Dr. Vad is the author of Wall Street Journal's favorite health book of the year in 2005 titled Back Rx as well as of two PBS national television specials titled "Stop Back Pain" and "Active with Arthritis". He focuses on minimally-invasive integrative treatments for sports injuries, knee arthritis and back pain.

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**Krina Vyas, MD** is an Assistant Attending Physiatrist at HSS specializing in the care of acute and chronic musculoskeletal, sports and spine conditions. She treats patients with spine (i.e. neck, back, buttock) pain as well as shoulder, elbow, wrist, hip, knee, and foot/ankle pain and injuries. Dr. Vyas is a former tennis player and dancer and has an interest in the diagnosis and treatment of dancing injuries. Dr. Vyas' research interests include evidence-based spine care, regenerative medicine techniques, injury prevention in athletes, and extracorporeal shockwave therapy for tendon pathology.

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## LOCATIONS

People travel to HSS from 100 countries and all 50 states in the US to receive the best care from our world class specialists. We are expanding our footprint to make our care as convenient as possible so that patients can get back to doing what they love. Fellows typically see patients at the main campus and ICC locations, but opportunities are available to work with doctors at other sites.

### Main Campus

#### \*Hospital for Special Surgery

535 East 70<sup>th</sup> Street,  
New York, NY 10021

#### \*Ambulatory Care Center

475 East 72<sup>nd</sup> Street,  
New York, NY 10021

#### \*HSS Midtown

770 Lexington Ave.,  
New York, NY 10065

#### Sports Medicine Institute West Side/ HSS West Side ASC

610 West 58<sup>th</sup> Street,  
New York, NY 10019

#### \*HSS Hudson Yards

31 Hudson Yards,  
New York, NY 10001

#### Kellen Tower (Opening 2025)

541 East 71<sup>st</sup> Street,  
New York, NY 10021

#### \*The Pavilion

541 East 71<sup>st</sup> Street,  
New York, NY 10021

#### Belaire Building

525 East 71<sup>st</sup> Street,  
New York, NY 10021

#### East River Professional Building

475 East 72<sup>nd</sup> Street,  
New York, NY 10021

#### River Terrace

519 East 72<sup>nd</sup> Street  
New York, NY 10021

#### \*75th Street Campus

429 East 75<sup>th</sup> Street  
New York, NY 10021

#### HSS ASC of Manhattan

1233 2<sup>nd</sup> Ave. at 65<sup>th</sup> Street  
New York, NY 10065

#### HSS Ortho Injury Care

770 Lexington Ave.  
New York, NY 10065

### New York – Queens

#### HSS Queens

176- 60 Union Turnpike Suite 190  
Fresh Meadows, NY 11366

### New York – Brooklyn

#### HSS Brooklyn

148 39<sup>th</sup> Street  
Brooklyn, NY 11232

### New York – Long Island

#### HSS Long Island

333 Earle Ovington Blvd  
Suite 101 & 106  
Uniondale, NY 11553

#### HSS Southampton

56 Flying Point Road  
Water Mill, NY 11976

### New York – Westchester

#### HSS Westchester

1133 Westchester Ave.,  
White Plains, NY 10605

### Connecticut

#### HSS Stamford

1 Blachley Road,  
Stamford, CT 06902

#### HSS Orthopedics at Stamford Health Tully Health Center

32 Strawberry Hill Ct.  
Stamford, CT 06902

#### HSS Orthopedics at Stamford Health

One Hospital Plaza,  
Stamford, CT 06904

#### HSS Hamden

2080 Whitney Avenue, Suite 280,  
Hamden, CT 06518

### New Jersey

#### HSS Paramus

140 East Ridgewood Ave. Suite 175 S,  
Paramus, NJ 07652

#### HSS Saddle River

82 East Allendale Road, Suite 1A  
Saddle River, NJ 07458

### Florida

#### HSS Florida

300 Palm Beach Lakes Blvd.  
West Palm Beach, FL 33401

#### HSS Florida – Wellington

1395 South State Road 7,  
Suite 410 Wellington, FL 33414

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*\*Fellows typically work at these locations.*

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## HSS REHABILITATION LOCATIONS NEW YORK

### HSS Rehabilitation Network

The HSS Rehabilitation Network comprises over 150 independently owned physical and occupational therapy practices throughout New York, New Jersey, Connecticut and Florida. These facilities successfully completed an evaluation and inspection process to be part of our recommended therapy provider network. Also included in the network are HSS Physical Therapy Centers of Excellence, practices that meet rigorous clinical training standards.

#### Manhattan

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##### **Sports Rehabilitation and Performance Center**

525 East 71st Street  
New York, NY 10021

##### **HSS Sports Rehabilitation and Performance - West Side**

610 West 58th Street  
New York, NY 10019

##### **HSS Hudson Yards Rehabilitation**

31 Hudson Yards  
New York, NY 10001

##### **Orthopedic Physical Therapy Center**

535 East 70th Street  
New York, NY 10021

##### **HSS Rehabilitation 75th Street**

405 East 75th Street  
New York, NY 10021

##### **Hand and Upper Extremity Therapy Center**

535 East 70th Street  
New York, NY 10021

##### **Pediatric Rehabilitation**

535 East 70th Street  
New York, NY 10021

##### **Integrative Care Center**

635 Madison Avenue  
New York, NY 10021

#### Brooklyn

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##### **HSS Brooklyn Rehabilitation and Performance**

148 39th Street, 7th Floor  
Brooklyn, NY 11232

#### New York - Upstate

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##### **HSS Westchester**

1133 Westchester Avenue  
White Plains, NY 10605

#### Connecticut

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##### **HSS Sports Rehab at Chelsea Piers CT**

1 Blachley Road  
Stamford, CT 06902

##### **HSS Sports Rehab at New Canaan YMCA**

564 South Avenue  
Stamford, CT 06902

##### **HSS Sports Rehab at Greenwich**

75 Holly Hill  
Greenwich, CT 06830

##### **HSS Sports Rehab at Wilton**

372 Danbury Road  
Wilton, CT 06897

##### **HSS Sports Rehab at Tully Heath Center**

32 Strawberry Hill Court  
Stamford, CT 0690

#### New Jersey

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##### **HSS Paramus**

140 E Ridgewood Avenue  
Paramus, NJ 07652

#### Florida

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##### **HSS Florida Rehabilitation and Performance**

300 Palm Beach Lakes Blvd  
West Palm Beach, FL 333401

## Living in NYC

Our program is situated in New York City's Upper East Side, which consists of both commercial and residential areas, many of which are populated by families with school-aged children. The New York City setting is among one of the most economically and culturally diverse metropolitan areas in the world. The Fellow will not only have the opportunity to work with patients from a variety of religious, ethnic, and socio-economic backgrounds, but will also be able to take advantage of all of the recreational and cultural activities that New York City has to offer.

## Academic Training Department at HSS

The vision of HSS Academic Training is to educate innovative and outstanding physicians through graduate medical education training programs to be the academic leaders in musculoskeletal clinical care, research, and teaching. Overall support for the administrative and educational conduct of all of the clinical training programs is provided by the Academic Training Department, which is a part of the Education Division of Hospital for Special Surgery. The Academic Training Department works closely with the Fellowship Program Director to ensure that each program meets its mission, as well as maintains a periodic evaluation process that includes all of the program stakeholders. The Academic Training Department is also responsible for ensuring that each fellowship program is held to the universal policies and procedures established by the multidisciplinary Fellowship and Graduate Medical Education (GME) committees.

## Compensation (Stipend, Housing, etc.)

The Fellow is provided a stipend and benefits based on the cost of living in New York City, competitive with those of other institutions. In addition, the Fellow will be put in touch with a Housing and Parking Coordinator, who is available to assist Fellows who are interested in obtaining housing through the Hospital. HSS does not guarantee housing for Fellows; however, to date, all interested Fellows have been accommodated.

## Evaluations

The Fellow will receive regular and timely feedback on performance throughout and at the conclusion of each rotation that will include evaluation by faculty, peers, self, and other professional staff. The Program Director will meet with each fellow no fewer than two times per academic year, with a final evaluation by Program Director at conclusion of the program. In addition, both fellows and faculty members will evaluate the program at the end of the year.

## How to Apply

Applicants interested in the two ACGME accredited positions should apply through the ERAS system (deadline August 15th). Those interested in the two NASS ISMM positions should apply online through the NASS website (deadline May 1st). Applicants must include their photo, curriculum vitae, personal statement, MSPE, board scores, and three or more letters of recommendation.

**For additional information or questions visit our website:**

[hss.edu/physiatry-spine-and-sport-medicine-fellowship.asp](https://hss.edu/physiatry-spine-and-sport-medicine-fellowship.asp)



## WEEKLY CONFERENCE SCHEDULE

CONFERENCE	WEEKLY	TIME
Sports Medicine (Fellows' Lectures)	Monday	7:00AM - 8:00AM
Athletes Spine Multidisciplinary Journal Club	3rd Monday of the month	7:00AM - 8:00AM
Spine and Sports Fellowship Didactic Series	Tuesday	7:00AM - 7:30AM
Physiatry Grand Rounds	Tuesday	7:30AM - 8:30AM
Hip Preservation Meeting	Wednesday	7:00AM - 8:00AM
Shoulder Conference	Wednesday	7:00AM - 8:00AM
Sports Radiology/MRI	Thursday	7:00AM - 7:30AM
Sports CORE	Thursday	7:30AM - 8:30AM
Spine Service	Thursday	7:30AM - 8:30AM

## NOTES

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# FELLOWS ROTATION SCHEDULE (Example)

Each fellow will have the opportunity to spend select dates with the Spine, Sports, and Trauma Service Lines.

FELLOW	MON	TUES	WED	THUR	FRI
<b>FELLOW A</b> *Sports Rotation	Casey	Moley - Pav	Moley - Pav	Casey / SPU	Milani - SPU
					Milani - Midtown
<b>FELLOW B</b> *Spine OR Rotation	Press	Cyril - Pav	Press	Cyril - Pav	Cyril - SPU
	Charnoff - SPU & ACC - SPU		Cyril - SPU	Clinic - ACC	Research
<b>FELLOW C</b> *Trauma Rotation	Prather - Midtown (1st & 2nd full week of every month.)	Cooke	Cooke - Pav	Research	Prather - Pav (1st & 2nd full week of every month.)
	Creighton - HY (3rd & 4th week)		Cooke - SPU	Clinic - ACC	Creighton - HY (3rd & 4th week)
<b>FELLOW D</b>	Kirschner - SPU	Kirschner	Kirschner - SPU	Kirschner - HY	Wyss
	Kirschner		Kirschner		Research

## NOTES

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# 2024 RESEARCH INITIATIVES

PI	IRB#	IRB Initial Approval Date	Study Title	# Enrolled	Target to Enroll	Current Status
<b>SUBMITTED MANUSCRIPTS</b>						
Casey	2020-1060	9/1/2021	A longitudinal evaluation of lower limb health in women's collegiate gymnastics	44	130	Submitted to Sports Health.
Moley	Registry study		Short- and long-term outcomes following epidural steroid injections and exercise-based physical therapy in patients with lumbar radiculopathy: comparative analysis between baseline, 2 weeks, 3 months, and 1 year	105	105	Submitted to European Spine J.
Prather	2021-1736	10/18/2021	"Characterization and variability of PROMIS-10 scores in knee osteoarthritis based on severity and number of compartments involved"	3,136	4,000	Submitted to PM&R.
Prather	2021-1298	7/22/2021	Characterization of PROMIS-10 scores by spine physician specialty in patients presenting with low back pain	2,646	3,250	Submitted to PM&R.
<b>MANUSCRIPTS IN PREPARATION/DATA ANALYSIS</b>						
Creighton	2020-1060	2/10/2021	Characteristics of resistance training and lifestyle in high-level competitive golfers	101	450	Working on manuscript.
Cyril	2019-2035	12/12/2022	Characteristics of patients referred to personal trainers as part of the rehabilitation process	396	Up to 1,000	Working on manuscript.
Kirschner	2020-2114	5/31/2020	Correlation between physical exam findings and radiographic findings for ASIS-PSIS tilt	52	52	Working on manuscript.
Milani	2021-0623	11/4/2020	Patients' perception of telemedicine	339	480	Working on manuscript.
Moley	Registry study	5/18/2021	Rate of prevalence of lumbar segments in healthy spine patients	800	1000	PM to review 12th rib data.
Moley	Registry study	7/24/2020	Correlation of hip and shoulder measurements via telehealth vs. standard in-person visits	50	50	Working on manuscript. Requested additional data analyses.
Moley	2021-1298		"Conservative treatment outcomes for patients presenting with non-arthritic hip pain: comparative analysis between baseline, 3 months, and 1 year"	135	135	Analyzing data.
Prather	2021-1298	7/22/2021	Characterization of lifestyle-related chronic diseases in patients with low back pain	4,444	4,444	Working on manuscript.
Prather	2022-2237	11/10/2022	Relationship between patient baseline lifestyle-related comorbidities and lumbar spine surgery post-operative course	292	292	Working on manuscript. Plan to merge this into one paper with comorbidities study.
Prather	Registry study		Early outcomes of orthopedic pre-operative patients enrolled in an intensive, interprofessional lifestyle medicine program to optimize health	54	54	Working on manuscript.
Quiroigico/Vyas	2021-1779	10/19/2021	Treatment of insertional Achilles tendinopathy with extracorporeal shockwave therapy: a retrospective study	44	200	Working on manuscript.

# 2024 RESEARCH INITIATIVES

PI	IRB#	IRB Initial Approval Date	Study Title	# Enrolled	Target to Enroll	Current Status
Wyss	2020-2341	11/13/2020	Correlation between aspiration of calcific rotator cuff tendinopathy and its radiographic morphology	292	500	Searching for target journal.
Wyss	2021-0804	8/27/2021	"Effect of patients' pre-procedure confidence levels on symptom relief after interventional spine procedures"	54	60	Analyzing data.
Wyss	2023-1357	7/10/2023	Return to sport following spine surgery in older adults: a retrospective study	661	Up to 3,000	Analyzing data.
Felix (PI)/Charnoff (co-I)	2022-0010	1/30/2023	An exploratory analysis of tennis injuries and characteristics of training and tennis play: a cross-sectional survey study	100	150	Analyzing data.
<b>ACTIVE</b>						
Baxi	2023-2040	10/24/2023	Carotid artery calcifications on cervical spine x-rays	229	Up to 300	Data collection.
Casey	2022-0571	8/22/2022	Maturity status at time of pediatric ACL injury: a pilot study	21	45 (30 at HSS)	Enrolling.
Casey	2023-1977	1/23/2024	Analysis of wellness, jump height, and training workload in female gymnasts	0	100	Waiting for dataset.
Casey (interim)	2016-0772	2/12/2017	Annual post-hire health screen for professional dancers	65	Unlimited	Enrolling.
Casey (interim)	2022-0785	10/26/2022	Biomechanical analysis of the Core Boot in dancers	7	12	Recruiting dancers.
Gungor (PI)/Casey (co-PI)	2021-0076	9/27/2021	Outpatient spine pain registry	Ongoing	Unlimited	Enrolling.
Charnoff	2023-0436	8/24/2023	"Injuries and characteristics of training and play in pickleball: a cross-sectional survey study"	70	500	Enrolling.
Charnoff	2023-1979	10/10/2023	Extracorporeal shockwave therapy in the treatment of chronic posterior tibial and peroneal tendinopathy: a retrospective case series	22	Up to 25	Data collection.
Cooke	2023-2263	1/8/2024	Correlating patient reported outcome measures among patients with and without magnetic resonance imaging findings of peri-articular edema before and after medial branch block and radiofrequency ablation	21	120	Screening.
Creighton	2021-0437	10/13/2022	Golfing after orthopaedic surgery: a longitudinal follow-up (GOLF) project	49	432 (256 at HSS)	Enrolling
Cyril	2022-0431	1/30/2023	Presence of hip radiographic abnormalities in patients presenting with low back pain	12	70	Enrolling.
Cyril	2022-1638	4/25/2023	"Treatment of hip or shoulder osteoarthritis with cooled radiofrequency ablation: a prospective cohort study"	0	20	Preparing for study start.
Kirschner	2019-1113	10/17/2019	Treatment of knee osteoarthritis with cooled radiofrequency ablation: a prospective case series	7	20	Enrolling.
Kirschner	2019-1171	2/4/2020	Characterization of patients presenting to Physiatric practices with a cervical complaint	324	342	Enrolling.



## 2024 RESEARCH INITIATIVES

PI	IRB#	IRB Initial Approval Date	Study Title	# Enrolled	Target to Enroll	Current Status
Kirschner	2017-1869	1/17/2018	Retrospective review of adults who've had radiofrequency ablation: correlation of outcomes with medial branch blocks	153	Up to 300	Resuming data collection, expanding chart review end date to Nov 2022.
Kirschner	2022-0720	10/21/2022	"Outcomes following a single intra-articular injection of low-dose platelet-rich plasma (PRP), high-dose PRP, or saline for glenohumeral osteoarthritis"	25	135	Enrolling.
Kirschner	2023-2255	11/29/2023	Effects of intra-articular corticosteroid injection on pain outcomes	25	Up to 500	Screening. Submitted IT request to get updated patient lists.
Milani	2023-0042	1/18/2023	"Treatment of trapeziometacarpal joint osteoarthritis with intra-articular injections of corticosteroid, hyaluronic acid, or platelet-rich plasma: a retrospective chart review"	Ongoing	Up to 500	Collecting data.
Moley	2019-2120	2/21/2020	Assessment of a categorized physical therapy protocol for non-arthritis hip and groin pain: a prospective cohort study	29	115	Enrolling.
Moley	2018-0360	6/11/2018	Assessment of a standardized physical therapy protocol for the treatment of greater trochanteric pain syndrome	9	12	Enrolling.
Moley	2015-214	12/4/2006	The Physiatry registry - Phase IV (Initial Interventional Spine Procedures Only)	345	Unlimited	Enrolling.
Moley	2019-0783	7/12/2019	Non-operative hip registry	384	Unlimited	Enrolling.
Moley	2020-1520	10/27/2020	Treatment of mild and moderate hip osteoarthritis with autologous conditioned plasma: a prospective cohort study	13	32	Enrolling.
Moley	2021-1939	12/12/2022	Assessment of hip outcomes with the addition of a foot home exercise program	0	25	Preparing for study start.
Prather	2021-0006	10/14/2021	The Healthy Hip Study: Assessment of conservative management as a treatment for pre-arthritis hip disorders (PAHD)	5	250 total (both WU and HSS)	Multicenter study from WashU. HSS acting as recruitment center.
Prather	2021-2040	2/11/2022	Lifestyle medicine data repository	491	Unlimited	"Standard-of-care registry/repository."
Prather	2022-2356	12/8/2022	Correlation of pre-surgical patient-reported outcomes with STaRT MSK in hip preservation patients	50	50	Data collection.
Prather	2023-0840	5/31/2023	Surgical outcomes prior to implementation of the HSS Lifestyle Medicine Program	Ongoing	Up to 20,000	Data collection.
Vyas	2019-1517	3/9/2020	Treatment of plantar fasciitis with radial shockwave therapy vs. focused shockwave therapy: a randomized controlled trial	114	114	Enrollment complete. Follow-ups are ongoing.
Wyss	2023-0185	2/24/2023	Prevalence of low back pain, sciatica, or proximal pain following knee ligament repair	Ongoing	Up to 1,500	Data collection.
Goolsby (PI)/ Wyss (co-PI)	2021-1924	4/1/2022	Retrospective study of sacral stress fractures	43	50	Submitted IT request to get updated patient lists.
Deland (PI)/ Charnoff (co-I)	2013-038	2/7/2021 (ESWT)	Foot and Ankle Registry - ESWT Outcomes Subset	203	Unlimited	Enrolling.
Nwawka (PI)/ Vyas (co-I)	2022-0243	5/10/2022	Evaluation of the Achilles tendon by shear wave elastography in healthy volunteer controls: pilot assessment of normative values	14	36	Enrolling.

## 2024 RESEARCH INITIATIVES

PI	IRB#	IRB Initial Approval Date	Study Title	# Enrolled	Target to Enroll	Current Status
Kim (PI)/Wyss (co-I)	2022-0035	5/23/2022	Assessing return to sporting activities after adult spine deformity correction	Ongoing	250	Enrolling.
Casey			Mouse study: OCPs, sex differences, and tendons and ligaments			Active.
Wyss			ESWT for hip/pelvis tendinopathies: a systematic review			Active.
<b>IN DEVELOPMENT</b>						
Nwachukwu (PI)/Wyss (co-I)	2022-1947		"Comparing satisfaction between patients engaged in physical therapy for acute low back pain using Figur8 motion sensors versus standard of care treatment"		120	Under IRB review.
Charnoff	2023-2229		Survey of charges and techniques for regenerative medicine procedures across Canada		1,000	Under CRM CRP review.
Creighton	2024-0111		Golf repository		Unlimited	Drafting protocol.
Creighton	2024-0112		PRP for gluteal tear: retrospective case series		TBD	Drafting protocol.
Kirschner	2023-2490		A randomized, multi-center, double blind, parallel study to examine the effect of Lipogems processed micro fragmented adipose tissue in comparison to saline for the treatment of knee osteoarthritis (FDA IDE study)		10	Multicenter FDA study, initiated by Lipogems.
Prather	TBD		Pilot implementation of ExerciseRx for Lifestyle Medicine Program patients		25	Collaboration with UW Medicine.
Wyss	TBD		Prevalence of rapidly progressive osteoarthritis of the hip following intra-articular injections of steroid into the hip: a prospective cohort study		TBD	Collaboration with Radiology and ARJR.
Prather	2023-0217		Wysa for chronic pain (FDA pivotal study)		TBD	Multicenter FDA study, initiated by Wysa.
Kramskiy (PI)/Kirschner (co-I)	TBD		Intradiscal PRP for discogenic pain		TBD	Drafting protocol.

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