

What is a Physiatrist?

The word physiatry comes from the two Greek words:

Physikos - meaning physical

Iatreia - meaning the art of healing

A physiatrist pronounced (f i z' e-a t' r i s t) is a physician who specializes in physical medicine and rehabilitation and treats patients of all ages. As rehabilitation physicians, physiatrists are nerve, muscle, and bone experts who treat injuries or illnesses that affect how you move. At Manhattan Physical Medicine and Rehabilitation, we primarily specialize in:

1. Musculoskeletal injuries - focusing on non-surgical care of injuries related to exercise and sport such as:

- Ankle, Foot
- Achilles Tendon
- Hand, Wrist, Elbow
- Hip
- Piriformis syndrome
- Hamstring tear, pull
- Knee
- Muscle tears, strains
- Plantar fasciitis
- Running/Repetitive Injury
- Shoulder
- Stress fractures
- Sports injuries

2. Acute and chronic pain syndromes, which include the diagnosis and treatment of sports and work injuries, back and neck pain disorders, and degenerative conditions such as arthritis.

3. Electrodiagnostic medicine, which involves special training in electromyography (EMG) and nerve conduction studies

- Electrodiagnostic/nerve conduction velocity are performed for diagnostic purposes (nerve and muscle diseases)
- Electromyography guided nerve and motor point blocks as well as therapeutic purposes (pain relief/relief of spasticity)

As physiatrists, we will diagnose, evaluate, and plan the comprehensive treatment and pain management. Our goal is to get a patient's function and daily living back to normal, or as normal as possible, using a holistic approach. Our goal is to decrease pain and enhance performance without surgery. As rehabilitation physicians, we take the time needed to accurately pinpoint the source of an ailment. We then design a treatment plan that can be carried out by the patients themselves and with the help of our rehabilitation team. Our team might include other physicians and health professionals, such as physical therapists. By providing an appropriate treatment plan, we help patients stay as active as possible at any age. At Manhattan Physical Medicine and Rehabilitation, our expertise allows us to treat disabling conditions throughout a person's lifetime.