



NEWSLETTER

THE OFFICIAL NEWSLETTER OF NYSPMR

**EXCITING EVENTS
AHEAD!**

MONTHLY HIGHLIGHTS

- Sideline Emergency Workshop
- Business of Medicine - Financial Considerations When Recruiting a Physiatrist



UPCOMING EVENTS

- 6/13/26 - Injury Prevention PT practice
- TBA - Spasticity Workshop
- TBA - EMG workshop
- TBA - Tenex Workshop

ULTRASOUND WORKSHOPS

- 11/16/25 (Sun) - Intro and knee
- 12/20/25 (Sat) - Hip
- 1/24/26 (Sat) - Foot and ankle
- 2/8/26 (Sun) - Shoulder
- 3/22/26 (Sun) - Elbow
- 4/18/26 (Sat) - Wrist/Hand

LECTURE/EDUCATION EVENTS

9/3/25	Dr. Steven Flanagan (Chair, Department of Rehabilitation Medicine at NYU)	Concussion
10/8/25	Dr. Haris Choudry (PM&R Residency Program Director – Burke Rehabilitation Hospital)	Upper Extremity Amputation and Prosthesis
11/5/25	Dr. Yuriy O Ivanov (RWJ Barnabas Health and affiliated with Long Island Jewish Medical Center at Northwell Health)	Minimal surgical techniques and therapies for spine disorder
12/3/25	Dr. Karen Kowalske (Charles and Peggy Galvin Professor in Physical Medicine in the Department of PM&R at UT Southwestern)	Burn rehab
1/7/26	Dr. Preeti Raghavan (Associate Professor at Johns Hopkins and a Vice Chair for research)	Stroke
2/4/26	Dr. Vincent Huang (Associate Clinical Professor at Mt Sinai)	Transforming Episode Accountability Model
3/11/26	Career & Fellowship Fair	N/A
4/1/26	Dr. Jaspal Ricky Singh (Vice-Chair of Strategy and Clinical Operations & Associate Professor within the Department of Rehabilitation Medicine at NYP)	Finances and efficiencies of building a practice
5/6/26	Research Night	N/A
6/3/26	Rehab Bowl	N/A

RECENT PROJECTS

ADAPTIVE SPORTS

Our Adaptive Sports Program, sponsored by Montefiore Einstein, builds inclusive, active communities for individuals of all ages and abilities through free monthly events, including adaptive tennis, basketball, softball, boxing, yoga, and fitness. We offer hands-on instruction, adaptive equipment, and a welcoming environment for participants and families, with support from PM&R and Sports Medicine physicians, residents, and medical student volunteers to ensure safety and accessibility.

This winter, we are hosting biweekly indoor adaptive tennis in collaboration with the Junior Tennis Foundation and USTA Eastern. We also recently held a successful wheelchair basketball event with Patrick Anderson, six-time Canadian Paralympian and three-time gold medalist, with another event planned for February. Additional collaborations include Team USA Sitting Volleyball, Special Olympics, and the Wheelchair Sports Federation Sled Rangers, expanding access to adaptive sports across NYC. We are also planning a 3v3 wheelchair basketball tournament for able-bodied athletes as a fundraiser with Burke in support of adaptive sports communities.



NYSPMR launches exciting student and resident activities, including adaptive sports, VSLO, and journal club!

VSLO EVENT

The outreach committee hosted its annual VSLO webinar to help support junior medical students interested in pursuing PM&R rotations. This event was extremely highly-attended, with over 60 student participants engaging with and asking questions to PM&R Program Directors and Associate Program Directors from PM&R programs all across New York State. The session concluded with informational Q&A breakout rooms moderated by MS4s and residents, helping students navigate what can often be a confusing and overwhelming process.

OUR ROTATIONAL PANELISTS



BUSINESS OF MEDICINE - FINANCIAL CONSIDERATIONS WHEN RECRUITING A PHYSIATRIST

As part of the Business of Medicine lecture series, a continuing webinar lecture series that demystifies this non-clinical side of PM&R for medical students, residents, fellows, and early career attendings, the outreach committee helped facilitate a session with guest speaker Dr. Joseph Seldin. This session aimed to equip trainees with essential financial literacy skills applicable as they shape their PM&R careers.

NYSPMR Journal Club

Home-Based Exercise and Self-Management After Lung Cancer Resection
A Randomized Clinical Trial

Catherine L. Granger, Lara Edbrooke, Philip Anlippa, Gavin Wright, Christine F. McDonald, Diana Zamrino, Shaza Abo, Meen Kishnasamy, Louis Irving, MBBS, Karen E. Lamb, Georgina Whish-Wilson, Linda Donnelly, Selma M. Parry

Nick Daneshvar OMS3
Philadelphia College of Osteopathic
Medicine, South Georgia



January 21, 2025

Monthly journal club dates:

- September 17: General Rehab
- Oct 29: MSK/Sports
- November 19: Pain Medicine
- December 17: TBI
- Jan 21: Cancer Rehabilitation
- Feb 25: SCI
- **Mar 25: Performing Arts**
- Apr 22: Prosthetics
- May 20: Pediatrics
- June 17: Cardiac/Pulmonary Rehab



CV Review

The outreach committee supported the planning and execution of a CV review event designed to provide individualized and actionable feedback for medical students getting their resumes ready to go for VSLO and ERAS applications. This initiative aligns with our committee's commitment to mentorship and professional development and it was a pleasure seeing all the hard work that our members put into other organizations.



Ultrasound Courses

This year, NYSPMR partnered with Burke Rehabilitation to host monthly musculoskeletal ultrasound workshops designed for learners of all levels of training, ranging from medical students to attending physicians. To date, workshops have covered the knee, hip, and foot/ankle, with upper extremity joint workshops coming next, beginning with the shoulder on February 8th. NYSPMR members have worked diligently to design laminated, high-yield handouts for participants to use both during the workshops and as ongoing reference materials. We look forward to continuing to host these workshops to make high-quality musculoskeletal ultrasound education accessible for all. We thank the faculty and volunteers who dedicate their time to make these workshops possible.

UPCOMING WORKSHOPS

- 3/22/26 (Sun) - Elbow
- 4/18/26 (Sat) - Wrist/Hand



Message from the President

by Nima Yazdanpanah, D.O.

As we move through another busy and rewarding year at NYSPMR, I want to take a moment to thank everyone who has contributed their time, energy, and heart to our society. Everything we do is truly a team effort, and it shows in the strength of our programs and community.

"NYSPMR continues to grow because of the people behind it."

Over the past months, we've hosted a wide range of educational events—from hands-on workshops and ultrasound courses to lectures led by outstanding leaders in PM&R. These programs are designed to be practical, accessible, and relevant, and it's been encouraging to see such strong engagement from members at every career stage.

"Our educational programs are built to support physiatrists at every stage of their journey."

I'm especially proud of the continued success of our ultrasound workshop series in partnership with Burke Rehabilitation, as well as the meaningful work being done through our outreach efforts. From mentoring medical students through VSLO and CV review events to expanding adaptive sports opportunities across New York City, these initiatives reflect the values that define our specialty.

"Rehabilitation is about people—and our community brings that mission to life."

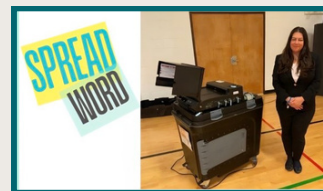
Thank you for being part of NYSPMR and for helping make our society a welcoming, supportive, and forward-thinking community. I'm excited for what's ahead and grateful to continue this work together.

Voting with Independence



The resolution introduced by Co-Chair of the Legislative Committee, Dr. Jennifer Cushman presented at the House of Delegates MSSNY 2025, seeks to enhance awareness among physicians regarding Ballot Marking Devices (BMDs).

These devices allow voters with visual impairments and other disabilities to cast their votes privately and independently.



Tune in for the latest updates on NYSPMR Ultrasound Workshops, CME & Non-CME Lectures, Career and Fellowship Fair, and so much more!

Scan the QR code to stay connected!

