



NYSPMR.ORG

NEWSLETTER

THE OFFICIAL NEWSLETTER OF NYSPMR

SUMMER
2026

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Dr. Emerald Lin Service & Leadership Award
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CELEBRATING OUR COMMUNITY

As we begin a new academic year, we reflect on the milestones that have brought our NYSPMR community together.

This past year was marked by meaningful educational programs, research, advocacy, and opportunities to connect.

From the Career & Fellowship Fair and Research Night to the Rehab Bowl and the presentation of the Dr. Emerald Lin Memorial Community Service & Leadership Award, each event highlighted the dedication, collaboration, and excellence of our members.

These accomplishments remind us that NYSPMR is more than a professional society. It is a community committed to learning, mentorship, service, and advancing the future of Physical Medicine and Rehabilitation.

Thank you to our members, volunteers, faculty, sponsors, and partners for making this year a success. We look forward to another year of growth, collaboration, and shared achievement.



COMING UP NEXT

- **Sideline Emergency Workshop - 08/21/2025**
- Dr. Monica Verduzco-Gutierrez Lecture - 9/2/26 (Topic TBD)

NYSPMR Reception at AAPM&R Annual Assembly

Join NYSPMR members for an evening celebrating the Society and its members.



Date: Thursday, November 12, 2026
Time: 7:00 PM-10:00 PM
Location: Hyatt Regency Orlando — 9801 International Dr, Orlando, FL 32819

WORKSHOP SPOTLIGHT

- 9/19/26 (Saturday) – Intro and knee joint
- 10/17/26 (Saturday) – Hip joint
- 11/21/26 (Saturday) – Ankle/Foot joint
- 1/23/27 (Saturday) – Shoulder joint
- 2/27/27 (Saturday) – Elbow joint
- 3/20/27 (Saturday) – Hand/Wrist joint

CAREER & FELLOWSHIP FAIR

Held March 11, the Career & Fellowship Fair connected trainees with programs, employers, and mentors from across the region. We greatly appreciate our sponsors and attendees who made the event happen.



OUR VENDORS



RAFFLE WINNERS

Veronika Voroshilova

Nate Michalak

Pushti Shah

Siam Ayon

IN MEMORIAM

Honoring the Legacy of Dr. Emerald Lin

Past President, NYSPMR • 2015–2017



NYSPMR honored the memory of Dr. Emerald Lin, a past Society President (2015–2017), dedicated physiatrist, and educator whose legacy of service, leadership, and mentorship continues to inspire the rehabilitation community. In her honor, the Society presents the Dr. Emerald Lin Service & Leadership Award to individuals who exemplify these enduring values.

DR. EMERALD LIN SERVICE & LEADERSHIP AWARD • MARCH 11

Dr. Naheed Van De Walle

Clinical Assistant Professor, NYU Langone Health | Past President, NYSPMR (2007–2009)



NYSPMR proudly recognised Dr. Naheed Van de Walle with the Dr. Emerald Lin Service & Leadership Award, honouring her exceptional commitment to service, leadership, and mentorship in the field of physical medicine and rehabilitation. A Past President of NYSPMR (2007–2009) and current Chair of the Society's Legislative Committee, Dr. Van de Walle has dedicated more than five decades to advancing patient care, advocating for the specialty, and mentoring future physiatrists. Her distinguished career at NYU Grossman School of Medicine and Rusk Rehabilitation at Bellevue Hospital, combined with her unwavering commitment to improving the lives of patients and strengthening the rehabilitation community, exemplifies the enduring values that this award celebrates.

REHAB BOWL 2026

The Annual Rehab Bowl brought together residency programs from across the tri-state for a spirited evening of friendly competition, testing teams on their PM&R knowledge across specialties.

CHAMPION

Burke Rehabilitation Hospital

Sophia Antimisiaris
(Captain), Siam Ayon &
Thomas Pasquale



2ND

Montefiore Einstein

3RD

New York
Medical College



Congratulations

DON'T MISS OUT ON THESE UPCOMING WORKSHOPS!

- Intro and knee joint - 9/19/26 (Sun)
- Hip joint - 10/17/26 (Sat)
- Ankle/Foot joint - 11/21/26 (Sat)
- Shoulder joint - 1/23/27 (Sat)
- Elbow joint - 2/27/27 (Sat)
- Hand/Wrist joint - 3/20/27 (Sat)

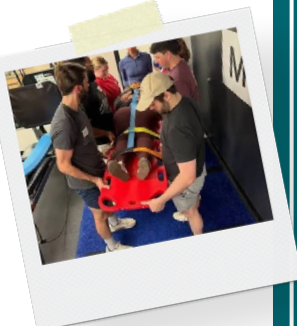


UP NEXT!

**Sideline Emergency
Workshop 08/21/2025**



HSS



HOUSE OF DELEGATES

This year, NYSPMR took part in New York's Advocacy Day and was represented at the Annual Meeting of the MSSNY House of Delegates. Through this work, the Society continues to help shape health policy and advance the priorities of physiatrists and their patients across New York State.



RESEARCH NIGHT-WINNERS

The Annual Research Night showcased original scholarship from residents and students across the region. Congratulations to this year's award recipients:

1st Nathan Michalak

PLACE NEW YORK MEDICAL COLLEGE

Assessment of Common Serum Renal Function Tests in Elite Athletes: A Systematic Review and Meta-analysis



2nd Rebecca Takele

PLACE SUNY DOWNSTATE HEALTH SCIENCES UNIVERSITY

Mapping Interventions Targeting the Microbiome in Chronic Pelvic Pain: A Scoping Review

3rd Veronika Voroshilova

PLACE PAVLOV FIRST SAINT PETERSBURG STATE MEDICAL UNIVERSITY

Rehabilitation Strategies for Femoroacetabular Impingement Syndrome in Ballet Dancers: A Case-Inspired Literature Review



RESIDENT MEMBERS OF THE YEAR



Pham, Yolanda MD, MPH

ADAPTIVE SPORTS CHAIR

For co-founding NYSPMR's Adaptive Sports Committee and promoting inclusive opportunities for individuals with disabilities.



Iuso, Anthony DO

ADAPTIVE SPORTS CHAIR

For co-founding NYSPMR's Adaptive Sports Committee and promoting inclusive opportunities for individuals with disabilities.

MEDICAL STUDENTS OF THE YEAR



Anish Rana

OUTREACH COMMITTEE

For his excellent commitment to service, leadership, and professional growth within PM&R.

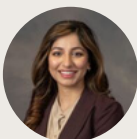


Milan Patel

OUTREACH COMMITTEE

For his excellent commitment to service, leadership, and professional growth within PM&R.

COMMITTEE MEMBER DISTINCTION



Verda Mirza
JOURNAL CLUB
CHAIR



Bruno Alonso
JOURNAL CLUB
CHAIR



Vasanth Selvam
QUESTION BANK
RESIDENT CHAIR



Brandon Amirian
RESIDENT
AMBASSADOR



Gabrielle Avancena
WORKSHOPS
COMMITTEE



Jessica Ye
WORKSHOPS
COMMITTEE



Manveer Sandhu
LEGISLATIVE AND
LEGAL COMMITTEE

WORKSHOP LEADERSHIP DISTINCTION



Joseph Seldin
WORKSHOPS CHAIR



Bram Newman
ULTRASOUND WORKSHOP
CO-DIRECTOR

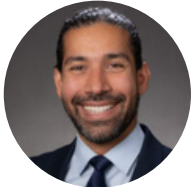


Haruki Ishii
PROGRAM DIRECTOR,
LECTURES AND
EDUCATION CHAIR

2026 Board & Committee Spotlight

Every lecture, workshop, and event NYSPMR hosts happens because of the volunteers who plan it. This year's Executive Board and committee members are physiatrists, residents, and students from across New York, all giving their time to keep the Society's tradition of education and community alive. Here's who's leading the way in 2026.

Executive Board Members



Nima Yazdanpanah, DO
PRESIDENT



Haruki Ishii, MD
PROGRAM DIRECTOR,
LECTURES AND
EDUCATION CHAIR



Chun Maung, DO
SECRETARY, IT
RESIDENT CHAIR



Richard Chang, MD
TREASURER



Haris Choudry, MD
PRESIDENT-ELECT



Jennifer Gomez, MD
SOCIAL
COMMUNICATIONS CHAIR



Ruth Alejandro, MD
VICE-COUNSELOR



Michelle Stern, MD
EXECUTIVE BOARD
MEMBER



Susan Stickevers, MD
EDUCATION COUNCIL
CHAIR



Robert Goldberg, DO
EXECUTIVE BOARD
MEMBER

Committee Members

LECTURES AND EDUCATION

Haruki Ishii, MD
PROGRAM DIRECTOR, LECTURES
AND EDUCATION CHAIR

Haris Choudry, MD
PRESIDENT-ELECT

Susan Stickevers, MD
EDUCATION COUNCIL CHAIR

CLINICAL EDUCATION & WORKSHOPS

Gabrielle Avancena, MD
Jessica Ye, MD

Joseph Seldin, MD
WORKSHOPS CHAIR

Brandon Burg, DO
WORKSHOPS RESIDENT CHAIR

Elver Ho, MD

Chun Maung, DO
SECRETARY, IT RESIDENT CHAIR

JOURNAL CLUB

Verda Mirza, DO
CHAIR

Bruno Alonso, MD
CHAIR

Isabel Moghtaderi, MS-4
Devanshi Pandya, MS-4

QUESTION BANK

Vasanth Selvam, DO - RESIDENT CHAIR
Anusha Lekshminarayanan, MD - CHAIR

SOCIAL COMMUNICATIONS & NEWSLETTER

Jennifer M. Cushman, MD
LEGISLATIVE CO-CHAIR

Jennifer Gomez, MD
PRESIDENT-ELECT

LEGISLATIVE & LEGAL

Tommy Chen, DO
Manveer Sandhu, OMS-3

Naheed Asad Van de Walle, MD
LEGISLATIVE CO-CHAIR

Jennifer M. Cushman, MD
LEGISLATIVE CO-CHAIR
MICHELLE STERN, MD

IT / AV / IMAGE & WEBSITE DEVELOPMENT

Tamzid Hassan, DO
Nathan Nuengchana, MS-4

Dexter Chen, MS-4

Nima Yazdanpanah, DO
PRESIDENT

Chun Maung, DO
SECRETARY, IT RESIDENT CHAIR

ADAPTIVE SPORTS

Anthony Iuso, DO - CHAIR
Yolanda Pham, MD, MPH - CHAIR

SPECIAL EVENTS

Lawrence Chang, DO - CHAIR

RESIDENT AMBASSADORS

Gabrielle Avancena, MD
Jessica Ye, MD
Azadeh Fischer, MD
Taesong Kim, DO
Jenzel Espares, DO
Cherie Chen, DO
Brandon Amirian, MD
Tamzid Hassan, DO
Elver Ho, MD

MEDICAL STUDENT & COMMUNITY OUTREACH

Ammara Azam, DO
OUTREACH CHAIR
Dean Luis Cuadrado, DO
CO-CHAIR

Austin Manjila, MD
CO-CHAIR

Jennifer Orejuela, MD
Vivian Cao, DO
Rachel Siegel, MD
Vince Song, DO
Supriya Baskaran, MS-4
Erica Breyman, MS-4
Anish Rana, MS-4
Maria Lee, MS-3

Ashley Thornton, MS-4
Nuha Syed, MS-4
Milan Patel, MS-3
Gregory Chang, MS-2
Isabel Moghtaderi, MS-4



Message from the President

by Nima Yazdanpanah, D.O.

As we move deeper into the second half of the year, I want to take a moment to reflect on the momentum our Society continues to build and to thank each of you for the role you play in it.

This year has brought some wonderful milestones. We were proud to honor fourteen outstanding individuals through our awards program, recognizing excellence among our Resident Members, Medical Student Members, and colleagues who have gone above and beyond through committee service and workshop leadership. These awards are more than recognition — they reflect the depth of talent and dedication within our physiatry community here in New York. We also introduced several new educational offerings this year, including hands-on ultrasound workshops complete with prepared laminated reference handouts, an adaptive sports session, a sideline coverage workshop, and interview preparation workshops for medical students. These additions reflect our ongoing commitment to giving our members and trainees practical, high-value experiences beyond the traditional didactic format.

Looking ahead, I'm excited to invite all of you to our NYSPMR Reception at the AAPM&R Annual Assembly on November 12, 2026, at the Hyatt Regency Orlando. This gathering is a chance to reconnect with colleagues, welcome new faces into our community, and celebrate the work we do together outside the usual pace of clinical practice. I hope you'll join us. I'm also looking forward to the release of the NYSPMR question bank in the upcoming academic year, another resource we hope will support our trainees and members as they prepare for exams and advance in their careers.

As always, our Society thrives because of the members who show up — whether that's mentoring a resident, presenting research, volunteering for a committee, or simply staying engaged with what we're building together. Physical Medicine and Rehabilitation continues to evolve rapidly, and having a strong, connected Society matters more than ever as we advocate for our specialty and for our patients.

Thank you for being part of NYSPMR. I look forward to seeing many of you in Orlando this fall, and as always, my door is open if you have thoughts, questions, or ideas for where we take the Society next.

ULTRASOUND & HANDOUTS

In partnership with Burke Rehabilitation, NYSPMR's monthly musculoskeletal ultrasound workshops serve learners at every stage. Members have designed laminated, high-yield handouts for use during sessions and as ongoing reference materials.

COMPILED HANDOUT LIBRARY

- Intro & Knee
- Hip
- Foot & Ankle
- Shoulder
- Elbow
- Wrist / Hand



Missed the handouts? No worries!

The ultrasound workshop handouts are now available for purchase. Scan the QR code and get your copy.



Tune in for the latest updates on NYSPMR workshops, lectures, and events!



SCAN TO STAY CONNECTED
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