

NORTHWELL HEALTH REHABILITATION NETWORK

ALWAYS IN MOTION

VOLUME 1, 2022

The
space
to heal

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NORTHWELL HEALTH WELCOMES NEW PHYSICIANS



N.M. Nuala Crotty, MB BCH BAO, MSc, is board certified in Physical Medicine and Rehabilitation. Her clinical specialties include spine pain,

joint, nerve and soft tissue injuries, sports injuries, and mind-body medicine. She earned her medical degree from University College Cork in Cork, Ireland. She earned her master's degree in sports-exercise medicine at Trinity College in Dublin, Ireland. She completed her residency in Physical Medicine and Rehabilitation at the University of Texas Health Science Center at San Antonio. She then completed her fellowship in Musculoskeletal Rehabilitation at the Mayo Clinic in Rochester, Minnesota.



Yuriy Ivanov, DO, is board certified in Physical Medicine and Rehabilitation. Dr. Ivanov's clinical specialties include pain medicine,

spine, joint, and musculoskeletal injuries and cancer pain. He received his medical degree from The New York College of Osteopathic Medicine. Dr. Ivanov then completed his residency in

Physical Medicine and Rehabilitation at Montefiore Medical Center, and his fellowship in pain medicine and the Rutgers Robert Wood Johnson Medical School.



Peter C. Lascarides, DO, is a dual board-certified physician. He attended the New York College of Osteopathic Medicine and completed his

residency training in physical medicine and rehabilitation at Stony Brook University Hospital, where he served as the chief resident. During residency, he proudly cared for military veterans at the Northport Veteran Affairs (VA) Medical Center. Dr. Lascarides furthered his training at the Albert Einstein-Montefiore Multidisciplinary Pain Medicine Fellowship Program. Dr. Lascarides maintains involvement in academia, and engages regularly with local pain medicine societies, collaborating with his peers in the field. He serves as president elect on the executive board for the Eastern Pain Association, an organization focused on furthering professional knowledge and innovation in the field of pain medicine. Dr. Lascarides is known for his

comprehensive, multimodal approach to treating patients. Along with targeted therapies, he often encourages lifestyle modifications and home exercise regimens to promote healing. His clinical interests are in spine, joint and peripheral nerve conditions.



Perry Zelinger, MD, is board certified in Physical Medicine and Rehabilitation with a fellowship in interventional spine and musculoskeletal

medicine. His clinical focuses are non-surgical management of spine and joint disorders, musculoskeletal ultrasound, fluoroscopic and ultrasound-guided injections, minimally invasive pain procedures, and electrodiagnostics. He attended the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. He completed his residency at NYU Langone's Rusk Rehabilitation, and his fellowship at OSS Health in York, PA. Dr. Zelinger uses his expertise to create a multimodal treatment plan to help patients achieve their most optimal quality of life.

A MESSAGE FROM THE CHAIR



Adam Stein, MD
Chair

Earlier this year, Northwell Health's Glen Cove Hospital received the exciting news that its rehabilitation program had been recognized as a top rehabilitation hospital by both *U.S. News & World Report* and *Newsweek* magazines for the first time. This wonderful accomplishment is the culmination of many years of dedication and progress. The program has evolved from one focused on orthopedic rehabilitation to one that treats all varieties of disabling conditions, including those with the greatest complexity. We do this while providing truly patient-centered care, as demonstrated by the program's outstanding patient experience scores, and we discharge our patients to their homes and families. We view our recent accolades, though, not as an arrival, but as an indication that we are on the right track to becoming a top ten

rehabilitation program. Some of the key ingredients that enable our success include a superb and experienced medical and administrative leadership team, a focus on innovative programming, such as our Parkinson's Rehabilitation Program, and a growing, dedicated and compassionate rehabilitation team. Being able to grow our program during the Covid-19 pandemic, and caring for people affected by the virus while other rehabilitation programs downsized, empowered us. Upgrades to the physical plant have been numerous and are ongoing. Our research and our focus on medical student and resident education create a dynamic and vibrant environment. An inspiring patient story is included in this issue (see "The space to heal," page 6).

DEPARTMENTAL HIGHLIGHTS



Stephanie Hardesty, PT, DPT, NCS, has been hired as the Clinical Program Manager for Rehab Services at Glen Cove Hospital.



Todd Lefkowitz, DO, has been promoted to Associate Program Director for our residency program.



Bradford Landry, DO, started a program for academic leadership at the Association of Academic Physiatrists.



Adam Stein, MD, was inducted to the Alpha Omega Honor Society in May.

Congratulations to **Adam Stein, MD, Sylvia Menezes, MD, Shaheda Quraishi, MD, Jeffry Beer, MD, and Jason Lipetz, MD**, on being named to Long Island's Best Doctors.

Glen Cove Hospital's rehabilitation program was ranked 47th nationally by *U.S. News & World Report's* Best Hospital rankings.

Staten Island University Hospital received recertification from the Commission on Accreditation of Rehabilitation Facilities (CARF) in comprehensive inpatient rehabilitation.

Congratulations to **Adam Stein, MD**, on his appointment as Interim Chair of the New York State Spinal Cord Injury Research Board.



Nationally certified rehab

The **Peconic Bay Medical Center Cardiac Rehabilitation Program** is a nationally certified program offering a multifaceted and highly individualized approach to optimize the overall physical, mental and social functioning of people with heart related disease. They are equipped with advanced exercise equipment and telemetry technologies in a large gym space that maintains enhanced safety and sanitization protocols for the safety of all patients. The program is staffed by RNs and physical therapists certified in ACLS and BLS and offers a multidisciplinary approach to care with services from registered dietitians and social workers. Several of our staff are Certified Cardiac Rehabilitation Professionals (CCRP). The program received initial certification from the American Association of Cardiovascular and Pulmonary Rehabilitation in 2019 and recertification in 2022. They also received the Northwell North Star 90 award for patient experience for 2021. The staff is dedicated to providing our patients with personalized care that addresses their specific needs.

Their aim is to create an engaging and fun atmosphere in cardiac rehab that fosters a sense of community and friendship among patients and staff.

The space to heal

When a Northwell physician needed rehab after a serious skiing accident, he knew exactly where he wanted to be cared for



David Langer, MD, knows a thing or two about skiing — he’s been hitting the slopes both home and abroad for many years. The chair of neurosurgery at Lenox Hill Hospital and vice president of neurosurgery for Northwell’s western region was a bit tired when he arrived for a ski vacation in Vail, Colorado last February, but he was eager to get on his skis and enjoy himself. Things did not go as planned.

While skiing down to a flat, he took his eyes off the snow for a second. The next thing he knew, he was lying face down on the snow. He could feel blood dripping from his nose and instinctively reached for his face. “I couldn’t move my arm,” he says. “And then I realized I couldn’t move my other arm — and then I couldn’t move my arms or my legs.”

In the moments before help arrived, his mind turned to his family, his career and what life would look like from there on out. Lately, he’d been reading philosophy books, including Marcus Aurelius’ *Meditations*, and

their messages offered some comfort in those harrowing early moments. “You only can control what you can control,” he recalls thinking. “That really calmed me down.”

FLYING HOME

Ski patrol arrived and Dr. Langer was transported by helicopter to a Denver hospital. It was during that ride that he began to move his fingers and toes, and once at the hospital, he could lift his arms off the table.

While that meant his situation was less dire than it first appeared, it still wasn’t great news: Dr. Langer had a cervical spinal fracture at C5 as well as spinal stenosis from C5 to C7 and an unstable cervical spine with cord compression. Along with that, he also had a right orbital fracture.

He would need surgery — and he knew exactly where he needed to be: Back on home turf at Lenox Hill. Cleared to travel, he returned to New York, where Mitchell Levine, MD, director of spine surgery at Lenox Hill, and Daniel Sciubba, MD, vice president of neurosurgery for Northwell, performed an anterior

cervical decompression and anterior/posterior cervical fusion. “I knew I was in the best hands,” Dr. Langer says, “but it was emotional, to be in my own hospital, surrounded with nurses and PAs I knew. A few tears were shed, for sure.”

HEALING BOTH BODY AND MIND

Inpatient rehabilitation was a must post-surgery. Here, too, Dr. Langer opted to stay within Northwell, and went to Glen Cove Hospital. There, he spent about nine days in inpatient rehab — not including a short overnight trip back to Lenox Hill to have his orbital fracture repaired. At Glen Cove, he underwent upwards of three hours a day of intense therapy focused on balance, hand-eye coordination and dexterity through a variety of exercises and activities.

But his time at Glen Cove gave him more than physical rehabilitation. After such a traumatic experience, he says, the inpatient stay provided him the opportunity, time and space to heal his mind as well. “Going through intensive physical therapy and occupational therapy and then having a few hours each day just to read or to think and relax was incredibly beneficial,” he says. “It was really life changing for me.”

Dr. Langer speaks in grateful tones for his rehabilitation experience. First, he acknowledges his good fortune in being physically fit before the accident, which made him more resilient. Second, he knows he got the best surgical care possible at his own hospital. But he’s also quick to note the important role of the therapeutic setting of rehab. The professionals at Glen Cove “not only pushed me to get better, they *allowed* me to get better,” he says. “They provided the people and the professionalism and the talent, but also the environment of healing. They gave me the chance to have time to really reflect on what happened to me, and I’m grateful for that.”

Dr. Langer has been back at work at Lenox Hill since last May. No surprise: He keeps his well-worn copy of *Meditations* on his desk.

IN THE COMMUNITY



Cancer Rehabilitation Medicine Fellowship

The Cancer Rehabilitation Medicine Fellowship at the Zucker School of Medicine at Hofstra/Northwell is now accepting applications. Led by program director, **Patrick Martone, MD**, the selected fellow will join a team of cancer rehabilitation physiatrists and therapists supporting cancer patients across Long Island.

Celebrating survivors

On June 4, members from our Cancer Rehabilitation team attended an event to celebrate the 35th annual Cancer Survivors Day.

More than 1,000 people were in attendance, including cancer survivors, their loved ones, and medical staff. Former News 12 anchor Carol Silva spoke about her diagnosis of stage 4 lung cancer back in 2019 and how through treatment she maintained a positive attitude.



Members of the Cancer Rehabilitation team at Northwell greet survivors and others in attendance.

Education

Events the rehabilitation department hosted in 2021 and 2022:

Session I: Fundamentals of Rehabilitation of Patients with Cancer of Head & Neck; Region

Session II: Fundamentals of Rehabilitation of Patients with Cancer of Head & Neck; Region

Session I: Occupational Therapy's Role with COVID-19, Hospital Based Units

Session II: COVID-19 Rehab in Acute Ventilatory & Inpatient Rehab Units

Session III: Impact of COVID-19 on Outpatient Rehabilitation

1st Annual Cancer Rehabilitation Conference: Rehabilitation and Cancer Survivorship: Partners in Comprehensive Care

Session I: Rehabilitation Management of Patients with Lung Cancer and Fundamentals of Pulmonary Therapy

Session II: Rehabilitation Management of Patients with Lung Cancer and Fundamentals of Pulmonary Therapy

All Things Sarcoma and Rehab

8th Annual Brain Injury Conference: Rehabilitation as the cornerstone for recovery

IN THE COMMUNITY

More than an occupation

April is National Occupational Therapy Month.

Michelle Bardin is an occupational therapist at Cohens Children's Medical Center (CCMC). Michelle and her department designed fun shirts to help create awareness of the profession as we work throughout all the units at CCMC. The shirts say "helping tiny humans make big moves." They have also been featuring each OT staff member on their Instagram account (goldglitter_kds) with a fun fact.

One of the patients that Michelle works with is developmentally delayed and non-verbal. He lives at St. Mary's but had a prolonged stay at Cohen Children's. He has been getting out of his crib to a stroller, positively interacting with staff members, and walking around the unit waving at those who pass by. OT works with him on improving fine motor coordination, following single-step directions, and pointing appropriately at objects. Eventually, they hope to help him improve his motor ability enough to use an augmentative communication device.

Kristy Gulotta, and her office coworkers at Syosset Hospital worked on a beautiful huge occupational therapy poster board in order to promote OT and bring awareness. This picture has all the OT's who work at Syosset Hospital, including our rehab director Ron (also an OT) and our creative arts therapist.



Kristy Gulotta and her coworkers at Syosset Hospital created a poster to promote occupational therapy.



Softball STARS

On July 14, the STARS Neuro team had the opportunity to play softball against a wonderful group of athletes, the Long Island Aviators. The Aviators of Nassau County are a wheelchair softball team, proving that athletes come in all forms, shapes and sizes.



PT Month

Jacob Jansen, DPT, OCS, is a physical therapist/orthopedic certified specialist working for Rehab At Home and a Master Trainer for the Tai Chi for Health Institute. Since the pandemic began, he has offered weekly virtual classes with meditation, Tai Chi and qigong. For more than a year, 30 to 50 patients, colleagues, family and friends have been meeting remotely for Jacob's "ZoomChi" class. In teaching this class, Jacob has connected with a health care worker based in Canada. Through this connection, he has been able to teach a modified chair Tai Chi class for adults with acquired brain injuries.

Graduates

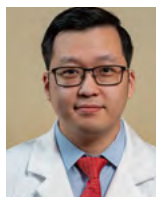
Congratulations to the 2022 Physical Medicine and Rehabilitation Residents who will be continuing on to the following fellowships and attending positions:



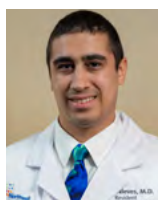
Chanel Davidoff, DO
Cancer Rehabilitation Fellowship, Memorial Sloan Kettering



Amy Park, DO
Pain Fellowship Degree, Loma Linda University School of Medicine



Jason Lam
Pain Fellowship Degree, Kettering University



David Nieves, MD
Attending physician, National Health Rehab, Westchester



Mina Gayed, DO
2022 Brain Injury Medicine Fellowship graduate, who will become the attending physician, University of North Carolina at Chapel Hill

New residents

We are thrilled to welcome the new physical medicine and rehabilitation residents:

We would also like to welcome the new brain injury medicine fellow:



David Popok, MD



Marielle Araujo, MD



Hillary Ramroop, DO



Elizabeth Cipparrone, DO



Eli Sepkowitz, MD

Publications and presentations

- Kathryn Donovan, MS, OTR/L, Kimberly Paulsen Santorufu, MS, OTR/L. Short Course 203: The Therapeutic Use of Safe Patient Handling Equipment and Mobility Techniques to Enhance Inpatient Occupational Therapy. 2022 AOTA Annual Conference & Expo. San Antonio TX. April 1, 2022.
- Mullaney M, Nicholas S, Tyler T, Fukunaga T, McHugh M. Evidence Based Arm Care: The Throwers 10 Revisited. *Int J Sports Phys Ther*, 2021; 16 (6): 1379-86.
- Fukunaga T, Fedge C, Tyler T, Mullaney M, Schmitt B, Orishimo K, McHugh M, Nicholas S. Band Pull-Apart Exercise: Effects of Movement Direction and Hand Position on Shoulder Muscle Activity. *Int J Sports Phys Ther*. 2022; 17 (3): 400-8.
- Kessler RE, Day MS, Tyler TF, McHugh MP, Bedford BB, Lee SJ, Nicholas SJ. Predictive value of magnetic resonance imaging in outcomes of nonsurgical treatment of lateral epicondylitis. *JSES Int*. 2022; 6 (2): 305-8.
- Simonson JL, Pandya D, Khan S, Verma S, Greenberg HE, Talwar A Sleep architecture in patients with interstitial lung disease with and without pulmonary hypertension. *Sleep Breath*, 2021
- Bavencoffe AG, Spence EA, Zhu MY, Garza-Carbajal A, Chu KE, Bloom OE, Dessauer CW, Walters ET. Macrophage Migration Inhibitory Factor (MIF) Makes Complex Contributions to Pain-Related Hyperactivity of Nociceptors after Spinal Cord Injury. *Journal of Neuroscience*, 2022
- Glenn Hutnick, CPO, FAAOP: Pilot Study: Testing a Novel 3D Printed Amphibious Lower Limb Prosthesis.
- Anthony Oreste, MD, Nadia Zaman, DO, Calvin Chen, MD, Ona Bloom, PhD, Rosemary Gallagher, DPT, PhD, Ashley Chory, Eaton Lampert: Observational Study of a Customized Ankle-Foot Orthosis to Treat Genu Recurvatum in Adults with Hemiparetic Stroke.
- Adam Stein, MD, panel participant at Program for Academic Leadership: Challenging Discussions and Difficult Negotiations.
- On April 17, Nadia Zaman, DO, presented The Pain in the Leg of High School Football: the Diagnosis and Return-to-Play Considerations in Metabolic Myopathies at the American Medical Society for Sports Medicine (AMSSM) Annual Meeting in Houston, TX.
- On June 18, Ona Bloom, PhD, presented Biomarkers of Spontaneous Recovery from Traumatic SCI CNS at the Injury and Repair Gordon Research Conference in Waterville Valley, NH.

ADAM STEIN, MD
Chair, Department of
Physical Medicine and
Rehabilitation

SUSAN MALTZER, DO
Vice Chair, Department of Physical
Medicine and Rehabilitation

KEVIN TUTTLE, MHA, FACHE
Vice President
Physical Medicine and Rehabilitation
Service Line

COURTNEY MCPARTLAND, MBA
Senior Program Manager
Physical Medicine and Rehabilitation
Service Line

Tulip Award Recipient

Congratulations to Kristen Ambrosini, winner of the 2022 quarter 3 Tulip Award! This award is given to a medical assistant that meets at least one of the following criteria:

- Utilizes the framework for the culture of C.A.R.E to provide exceptional patient experiences.
- Makes special connections with patients, families, or co-workers.
- Goes the "extra mile" to meet the needs of patients, their families and members of the interdisciplinary team.
- Displays exceptional compassion and selflessness.
- Exemplifies the mission, vision, and values of NHPP.
- Demonstrate extraordinary skill in the delivery of patient centered care.
- Works collaboratively with the patient and healthcare team to meet patient and team member needs.

What can be said of Kristen Ambrosini? If you ever meet her, you will never forget her; she is a gem, a true rarity in this world. I have personally and professionally come to know Kristen as my family since I started at Northwell 10 years ago. No matter how terrible your day may be going, it doesn't matter, she makes even your best days just that much better. Kristen can relate to anyone and makes immediate connections to patients by speaking in a way that cannot ever be mastered, because it is something deep within her that radiates empathy and pure joy. Before I enter a room, she has already spoken to my patients, developed a relationship with them, and can tell me exactly how they are feeling medically and emotionally. I call Kristen's name and there she is, ready to help me with whatever the patient or myself need. We realize that there are many deserving individuals in our health system, but perhaps words from one of our cancer patients can summarize everything that Kristen is to us and to our patients. **-Rosanna Sabini, DO**

One patient's experience: When I met Kristen, I was probably at my worst. Facing my fourth cancer — my third



since 9/11 — I was feeling lost and vulnerable. Kristen assured me I was in the right place and that they would do everything to help me. It's no shock to say that any health care facility is a depressing place. Illness is everywhere and death is closer than anyone wants to admit. And then there's Kristen, with her booming personality, great sense of humor and genuine concern. She makes my visit somehow fun. She deserves recognition for an outstanding job in a demanding profession. Even among dedicated health care providers, Kristen stands apart for her ability to lighten the emotional load of her patients. Her reassuring support and much-needed levity made her a godsend to me. There should be more like Kristen, health care — and all of us — would be far better off if there were. **-Sincerely, Carl**