DEPARTMENT NEWS AND HAPPENINGS

The recently opened UPMC Lemieux Sports Complex is adding to our growing Sports Medicine practice.

The complex brings additional outpatient clinic space where our physiatrists will work side by side with orthopaedic surgeons, neuropsychologists, physical therapists and athletic trainers to repair and rehabilitate injuries including sports related concussions. Here, residents and sports medicine fellows will reap the benefits of training in a world class facility alongside some of the most highly regarded sports medicine professionals in the country.

The Penguins aren’t the only winning team to use the new UPMC Lemieux Sports Complex. It is also home to the Pittsburgh Mighty Penguins, the city’s sled hockey team. Dan McCoy, a 2014 gold medal winner in the Sochi Paralympics led the team in the annual face-off against UPMC Rehabilitation Institute on September 12. Some of our more athletically talented alumni, faculty and residents hit the ice against the Mighty Penguins ending in a score of 5(RI) to 6(MP). Not too shabby!

Faculty and Alumni
Mike Boninger
Amit Sinha
Beth Stepanczuk (’14)
Peter Hurh
Julie Lanphere
Unoma Akamagwuna
Betty Liu
Eric Helm (’12)
Ashley Barrasso
Randy Huzinec
Rachel Young
Angie Garcia (’10,’12)
Brad Dicianno
Justin Berthold (’14)
Suehun Ho

Residents and Fellows
Shaun Darrah
Herbie Yung
Matt Drakeley
Dave Mills
Justin Dumont
Victoria Treadway
Melissa Roscher
Shanti Pinto
Molly Matsumoto
Erin Murdock (’14)
(PRIM Fellow)
Kadir Carruthers

I to r: Angie Garcia (’10,’12), Amit Sinha, Erin Murdock (’14)
Dr. Ramirez-Del Toro owed the night float rotation during his Internal Medicine residency for introducing him to the specialty of Physical Medicine and Rehabilitation and changing the path of his career. He knew he wanted to be a Sports Medicine physician and discovered PMR training contained all his areas of interest. Serendipitously, a spot opened in the University of Pittsburgh PMR residency program. In a course of 4 days, he was accepted as a PMR resident.

Barely knowing the full measure of PMR when he started his residency, he was very thankful for the mentorship of Dr. Leonard Cabacungan (Class of 1998) who gently and patiently introduced him to the world of physiatry during his first rotation. Subsequent faculty mentors, Dr. Alan Chu and Dr. Michael Munin confirmed that Jose had made the right choice.

He shined in residency and demonstrated his leadership and teaching skills as the Chief Administrative Resident for his year. After graduation, he accepted the New Jersey Sports Medicine Institute’s Sports Medicine and Spinal Intervention Fellowship with Dr. Gerard Melenga where he trained to be the PMR Sports Medicine physician he is today.

Dr. Ramirez-Del Toro was the pioneering PMR physician in an orthopedic surgery private practice group in 2008. He soon expanded the PMR specialty and tailored the affiliated physical therapy gyms at the practice. He is the Director of Non-Operative Sports Medicine and Spine Care. Through the continual relationship with University of Pitt PMR Department, Dr. Ramirez-Del Toro joined our Sports Medicine and Spine Fellowship as an adjunct faculty in 2010. This year, he became the Program Director of the newly ACGME accredited Sports Medicine Fellowship.

Below are excerpts from our conversation:

1. How are you adjusting to your new title as the Program Director of the Sports Medicine Fellowship?
   The transition was very smooth mainly due to the already established foundation set up by exiting Director, Dr. Shailen Woods (Class of 2010). I am still learning the administrative responsibilities as required by the national and local ACGME. I want to make sure that paperwork does not supersede the clinical and teaching aspects of the program.

2. What are your responsibilities as the Program Director?
   I will be responsible for developing the curriculum and teaching the Fellow and PMR residents. I will also continue to see patients and do procedures both at my private practice and at UPMC.

3. What are your thoughts on private practice versus academia, since you straddle both?
   In my private practice, I am used to having one person consistently interacting with me and my patients. I am also on the phone with my patients more. I am a self-admitted technological dinosaur. I am finding the electronic medical records a challenge with the use of emails, electronic transmitted prescriptions and orders. I just recently switched from the flip phone!

4. How do you balance your professional and personal life?
   My wife plays a big role in giving that balance. She organizes the home activities and responsibilities that goes together with my two daughters and makes sure that we spend family time. We like to ride bikes together. I also try not to bring work home with me.
5. Do you help out at home?
Yes, I like doing the laundry. The steps to do the laundry and the folding of the clothes and putting them all neatly together satisfy my OCD tendencies. (laughs)

6. You look very fit and youthful. What is your secret?
I have a great spouse! I have an exercise routine I do everyday to get me moving. I have also changed to an anti-inflammatory diet. I finally changed my eating habits when I was not getting better from Physical Therapy for my chronic knee and back pain. A physical therapist that used to work for my practice was very blunt with me when I complained. He said, “Jose, you eat like crap!” (He used a stronger word). My wife was already eating very healthy and therefore has helped me change my diet and maintain it. There is less processed and fried food. A lot of quinoa.

7. What have you learned, so far, in your career professionally and personally?
You have to treat the patient as an individual with unique needs. Treatments should be tailored for each person for the best outcome. I believe it is the future of musculoskeletal medicine. The best compliment I received was when the senior partner of the orthopedic surgeons in my practice asked me to comment on the next PMR candidate to be hired into the practice. He asked if the new person should be “a real doctor like you or a well-paid tech”? I do not think that everyone will benefit from a spinal injection or a procedure.
When I started with the orthopedic group, I had many barriers to overcome. I had to educate the surgeons and local PCPs that I can evaluate and treat a diversity of musculoskeletal problems. I had to tell them that I am not just a procedure and spine-only guy. It took many lectures at every venue and personally building a relationship with the PCP to end up with my present practice base and reputation as a “real doctor”.

My advice to future PMR doctors?
Don’t ever sell yourself short. Make things happen. Don’t wait for things to happen to you.

MORE ALUMNI HAPPENINGS

Steven Brose, DO, (’09 residency, ’10 SCI Fellow), presently at the Cleveland FES Center (consortium of VA, MetroHealth Medical Center, and Case Western Reserve University) is continuing his research in pelvic dysfunction in people with SCI.

Steven recently began work as Co-PI on the grant “Chronic Electrical Stimulation to Reduce Bladder Hyperreflexia after SCI” which evaluates genital nerve stimulation to inhibit bladder hyperreflexia in people with SCI. This project uses chronic patterned surface electrical stimulation of the genital nerve to inhibit bladder spasticity. The project uses intact spinal neural circuitry to improve continence and bladder capacity and reduce complications of bladder hyperreflexia.

Shailen Woods, MD (’09 residency, ’11 Musculoskeletal Sports and Spine Fellow) has accepted a position as Spine Medicine Specialist with the Rothman Institute in Eastern Pennsylvania/Southern New Jersey. Shailen was the first graduate of our newly formed MSS Fellowship and assumed the Fellowship Directorship in 2013. She is credited with building a comprehensive program that received ACGME accreditation at first application.

Alumni
Let us know what is happening in your lives.

Send updates to Betty Liu, MD at: liuby@upmc.edu
Resident Awards at 2015 AAP Annual Meeting

Prakash Jayabalan, MD, PhD received the AAP McLean Outstanding Resident Award which honors a resident who demonstrates outstanding academic performance in academic leadership, teaching and education, and research. Dr. Jayabalan was also the recipient of the 2013 Electrode Store Best Resident Paper.

Jessica Ziebarth, DO (PGY4) was the 2015 recipient of the Electrode Store Best Resident Paper: “The Impact of Early Mobility on Length of Stay in the Acute Care Hospital Setting”.

Drs Jayabalan and Ziebarth join the ranks of past UPMC Rehabilitation Institute PMR residents recognized by the AAP. Brad Dicianno, MD (‘05) received the 2004 AAP Best Paper Presentation by a Resident. After joining department faculty in 2005, Dicianno went on to receive the Electrode Store Faculty category and Young Academician awards. Stephen J. O’Connell, DO (‘10), was presented with the AAP Outstanding Oral Scientific Paper Presentation Award in 2009 and Angela Garcia, MD (‘10) received the 2011 Ernest W. Johnson Excellence in Research Writing Award from AAP.

AAP Fellowship Fair

I to r: Prakash Jayabalan, Amy Houtrow, Stacey Snead-Peterson, Sara Coulter, Betty Liu, Mary Matsumoto, and Kirk Lercher

Mike Boninger, Chair, and Amy Houtrow

Betty Liu and Mary Matsumoto
2014 AAPMR Annual PMR Alumni Reunion

Join us at the Towne Stove and Spirits for the 2015 PMR Alumni Reception on Saturday, October 3 from 7pm - 9pm

AAPMR Annual Meeting Presentation and Posters

Don’t miss Dr. Gwen Sowa’s presentation of the results of her 2014 Scott F. Nadler PASSOR Musculoskeletal Research Grant, Genetic Variants of Pain and Inflammation: Association with Lumbar Spinal Stenosis Clinical Characteristics and Response to Treatment. Dr. Sowa has been a faculty member since 2005. While not an alumnus of Pittsburgh PMR (she trained at Northwestern Medical School, Dept of PMR), she has guided our residents on their way to fulfilling careers as physiatrists. Join Dr. Sowa and Dr. Boninger on Saturday, October 3 at 10:30 am at the Hynes Convention Center for her presentation.

Courses and Workshops: PMR Alumni at AAPMR*

(*course faculty unless noted)

- Justin Hong, MD (‘11 residency and ‘12 brain injury fellow) and Michael Munin, MD
  - W212. Ultrasound Guidance for Chemodenervation Procedures, Hands on Workshop: Head and Neck

- Brad Kurowski, MD, MS, Course Director (‘08)
  - Top Papers In Pediatric Rehabilitation: A Discussion of the Most Influential Papers in Pediatric Rehabilitation Over the Past Year
Valerie Brooke, MD: Inpatient Rehab Unit Director, Yakima Regional Medical & Cardiac Center, Yakima, WA

Neilly Buckalew, MD: Researcher and Physiatrist, Post Falls, Idaho

Marzena Buzanowska, MD: Spine and Sports Musculoskeletal Medicine Fellowship, Hospital of the University of Pennsylvania, Philadelphia, PA

Yevgeniya Dvorkin-Wininger, MD: Cancer Rehab Fellowship, Memorial Sloan Kettering Cancer Center, New York, NY

Tulasi Gude, MD: Physician, Thomas Jefferson University Hospital

Sarah Hagerty, DO: Sports and Spine Fellowship, OSS Health, York, PA

Prakash Jayabalan, MD, PhD: Sports Medicine Fellowship, Rehabilitation Institute of Chicago, Chicago, IL

Adrienne Jordan, DO: Physician, Wellstar Health System, Marietta, GA

Mary Beth Miller Phillips, MD: Brain Injury Medicine Fellowship, UPMC, Pittsburgh, PA

Jessica Ziebarth, DO: General Physiatrist, Twin Falls, ID

2015 Fellows

Christopher Lunsford, MD
Pediatric Rehab Medicine

Pediatric Rehabilitation Physician, University of Virginia, Charlottesville, VA

Jessica Berry, MD
Spinal Cord Medicine

Assistant Professor, Director, Spinal Cord Injury Services University of Pennsylvania, Philadelphia, PA
Residents presented Dr. Cara Camiolo-Reddy (‘07) with this year’s Excellence in Teaching Award.

Dr. Camiolo-Reddy (‘06, ‘07), an assistant professor, was Chief Education Resident during her residency. She completed the department’s Brain Injury Medicine fellowship in 2007. Dr. Camiolo is the Medical Director of UPMC Rehabilitation at Mercy Hospital and Director of the ACGME accredited Brain Injury Medicine Fellowship.

Cara Camiolo-Reddy (‘07, ‘08) presented Shanti Pinto with the Excellence in BI Medicine Award

Christine Cleveland (‘14 SCI Fellow) presented Michael Kryger with the Excellence in SCI Medicine Award

Brady Wahlberg received the Excellence in MSK/Sports Medicine Award

Welcome New Faculty

Unoma Akamagwuna, DO is a graduate of George Washington University of Medicine and Health Sciences. She completed residencies in Pediatrics and Physical Medicine & Rehabilitation at Children’s Hospital Colorado, Denver, CO.

Suehun Ho, MD is a graduate of Northeast Ohio Medical University. She is PMR board certified and holds subspecialty certifications in Pain Medicine, Sports Medicine. Dr. Ho recently served as assistant professor and attending physician at SUNY Upstate Medical University

Hejab Imteyaz, MD completed her physical medicine & rehabilitation residency at Montefiore Medical Center, Albert Einstein College of Medicine, Bronx, NY in 2015. Dr. Imteyaz received a Masters of Public Health from George Washington University, Washington, DC, in 2002.

Stephanie Giammittorio, DO, graduated from Virginia College of Osteopathic Medicine in 2010. She went on to complete the PM&R residency at Eastern Virginia Medical School in 2014 and the Sports Medicine Fellowship at the Cleveland Clinic in 2015.

Kentaro Onishi, DO received his doctor of osteopathy from Western University of Health Sciences. He completed the Sports Medicine Fellowship at Mayo Clinic in June 2015.
WELCOME TO NEW FELLOWS AND RESIDENTS

FELLOWS

Mary Beth Miller-Phillips, MD
Brain Injury Medicine Fellow

Mariam Keramati, DO
Spinal Cord Injury Medicine Fellow

Robert Engelen, DO
Sports Medicine Fellow

WELCOME NEW PGY-2 RESIDENTS

Kadir Carruthers, MD
Case Western Reserve University Medical School

Stephanie Ferimer, MD
UMDNJ

Jeffrey Kandt, MD
Wayne State University School of Medicine

John Frampton, MD
IMDNJ

Mary Schmidt, DO
Michigan State University College of Osteopathic Medicine

WELCOME NEW PGY-1 RESIDENTS

1 to r:
Jonathan Finney, MD
Louisiana State University Health Sciences Center

Justin Dumont, DO
Edward Via College of Osteopathic Medicine

Marissa Pfoff, MD
University of Pittsburgh School of Medicine

Geoffrey Henderson, MD
Charles Drew University of Medicine

Mark Linsenmeyer, MD
Rutgers Robert Wood Johnson Medical School
2015 Department Events

2015 Wheelchair Wash & Tune-up

UPMC Mercy Rehabilitation Institute Staff and Volunteers washed and shined 42 Manual and Power wheelchairs belonging to patients and community members at the 5th Annual Wheelchair Wash and Tune-up on June 4th, 2015. In addition, local vendors were on-site performing minor repairs, troubleshooting and evaluating potential problems with the wheelchairs.

11th Annual Rehabilitation Institute Research Day

Walter Frontera, MD, PhD, Chair of PM&R, Vanderbilt University, accepted the 2015 Brenes Lecture and presented “Rehabilitation in Geriatric Populations: The Importance of Exercise”

Dorothy Edwards, PhD, Chair, Dept. of Kinesiology, University of Wisconsin-Madison was the 2015 SHRS Lecturer and presented “The Challenge of Developing an Occupation Based Upper Extremity Protocol for the CPASS Stroke Trial”

Robert Gaunt, PhD, Assistant Professor presented research results of his 2012 RI Pilot Grant, “Microstimulation of Pelvic and Pudendal Afferents to Restore Bladder Function.”

Support for the Department of Physical Medicine & Rehabilitation

We are very proud of our work across the PMR spectrum and the devoted physiatrists working to improve the lives of their patients after traumatic injuries to the brain and spinal cord, with musculoskeletal disorders, and disabilities due to disease or injury. We are also very proud, and you should share in this pride, of our training programs that over the years have produced truly amazing physiatrists.

The department is supported by patient service revenues, government, industry and institutional grants, and private gifts. Show your support for our program, your gift will truly make a difference.

Contact Lynnette Redd for more information on supporting the Department of Physical Medicine & Rehabilitation:
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Or make an online donation directly to the department from www.upmc.com/give.