



# THE PHYSICAL MEDICINE AND REHABILITATION CENTER, P.A.

A COMPREHENSIVE SPINE, SPORTS AND OCCUPATIONAL REHABILITATION FACILITY

www.Rehabmed.net

*Physicians and Therapists dedicated to reducing the pain and improving the mobility of New York and New Jersey — one patient at a time!*

## Exercise Over Age Fifty

**Daniel Mendez, MD**, The Physical Medicine and Rehabilitation Center

Aging is inevitable, but the good news is we can influence the process! There are several effects of aging on organ systems, for example: reduced cardiac output, reduced vital capacity of the lungs, decreased muscle mass and strength, loss of water in the intervertebral discs, loss of bone mass, and loss of the elastic property of tissues. Exercise, among other measures, can retard the aging process. Three types of exercise are **aerobic**, **strengthening**, and **stretching**.

**Aerobic exercise** improves cardiac output and coronary blood flow, decreases blood pressure, lowers blood glucose levels, improves one's cholesterol profile, increases lung vital capacity, improves sleep, and ultimately extends life expectancy. According to The American College of Sports Medicine, aerobic exercise is recommended for healthy adults at sixty percent to eighty-five percent of the maximum heart rate (maximum heart rate is calculated by 220 minus age), three to four times per week, for twenty to sixty minutes per session. **Strengthening exercises** improve muscle mass and function, help alleviate pain, improve bone density, contribute to better balance, and, along with stretching exercises, improve the performance of activities of daily living (walking, stair climbing, house cleaning and repairs). The American Heart Association recommends an exercise stress test for any male over age 40 and female over age 50 before initiating an exercise program. A physiatrist can offer individualized modifications to one's program based on their medical and musculoskeletal history.

**Guidelines for safe exercise:**

1. Before a workout, begin by warming up for five to ten minutes, followed by stretching, and after workout, cool down and stretch again.
2. Train within a pain free range of motion. Performing a high number of repetitions with light weights is safest.
3. To protect the shoulder, avoid lifting overhead and bench pressing close to the chest.
4. To protect the neck, avoid lifting weights behind your head and high impact activities.
5. To protect the low back, avoid bending at the waist, twisting, and lifting weights in front of you. Avoid crunches and high impact exercises. Use a lumbar support, and avoid breath holding.
6. To protect the knee, do not allow the knee to come in front of the ankle when squatting.
7. For osteoporosis, weight bearing exercises are advised, but avoid high impact.

Remember, you are never too old to start exercising; consult professionals prior to initiating exercise, progress gradually, and eat a healthy diet!

PM&R offers individually customized fitness programs. For more information, call our facility at (201) 567-2277.



## PM&R Speakers Bureau

PM&R physicians and therapists have been lecturing to the medical community and the public for many years. We are available to speak to public groups. If you are interested in scheduling a talk by one of our doctors or therapists at your place of worship, social or athletic club, or other organization we are available to speak on a host of topics including:

- sports related injuries
- fall prevention
- exercising over age fifty
- non operative care for arthritis
- avoiding low back surgery
- and other rehabilitation topics

Please call our facility at (201) 567-2277 to schedule a speaking engagement.

On April 26, Dr. Daniel Mendez addressed the Kaliparia Club at St. John's Church in Tenafly.

## PM&R Coordinates Geriatric Care at Classic Residence

**Dr. Terri Katz** of the PM&R Center has been appointed Medical Director of Classic Residence. Dr. Katz will be providing geriatric care to the residents of this luxury senior living community in Teaneck. Dr. Katz, who is board certified in geriatric medicine, has had academic appointments at Albert Einstein College of Medicine and Columbia College of Physicians and Surgeons. In her 17 years of geriatric practice, Dr. Katz has been dedicated to helping maintain the highest quality of life for the elderly. **Dr. Katz is available to see outside geriatric patients in her office at Classic Residence.** To schedule an appointment, please call her office (201) 836-2990.

**Dr. Sang Ho Song**, received his Doctor of Osteopathy degree at the University of Medicine and Dentistry of New Jersey; will be providing rehabilitation medicine for all residents with pain and disability.

**Sandra Mazel, PT**, specializes in geriatric physical therapy and will be providing physical therapy treatments.

In addition, a panel of other physician specialists is being organized to provide on-site comprehensive care.

For biographical information on our doctors, visit our website at [www.Rehabmed.net](http://www.Rehabmed.net).

### Having severe pain? Want to be seen immediately?

We regularly see patients who have acute pain and injuries. Because of our commitment to patient care, our doctors' appointment schedule is modified to accommodate patients on the day of their call.

To schedule an appointment, please call (201) 567-2277 in Englewood or (845) 624-2182 in Rockland County.

## State-of-the-Art Surgery Center to Open in Englewood

**PM&R plans to open an ambulatory surgicenter on the second floor of our new site at 500 Grand Avenue. PM&R is teaming up with excellent, board certified surgeons and anesthesiologists to have a comprehensive multidisciplinary surgicenter.**

The three operating room surgicenter is scheduled to open toward the end of 2006. Doctors utilizing the center include the following medical groups and solo practitioners:

### Medical Groups:

**Columbia Presbyterian Orthopedic Group** will include surgeons specializing in hand, shoulder and knee surgery as well as adult and pediatric sports medicine under the direction of Louis U. Bigliani, M.D., Chairman of Orthopedic Surgery at Columbia University and Director of the Orthopaedic Surgery Service.

**The PM&R Center**, includes physicians that are fellowship trained as well as MD's board certified in pain medicine, with extensive experience in administering epidural injections as well as spinal and peripheral joint injections.

**Bergen Anesthesia & Pain Management**, extensive experience in providing anesthesia in the ambulatory surgicenter setting as well as providing pain management procedures.

### Solo Practitioners:

**Robert A. Kayal, M.D.** FAAOS, Board Certified Orthopedic surgeon, specializes in minimally invasive orthopedic surgery and arthroscopy, partial joint replacement surgery, spine disorders and general orthopedics.

**Joseph P. Boylan, D.P.M.** Board Certified Podiatric surgeon, specializes in podiatric surgery, soft tissue and bone procedures, foot and ankle disorders, and sports medicine.

**David L. Abramson, MD**, Board Certified in Plastic Surgery and Associate Professor of Plastic Surgery at the State University of New York, specializes in cosmetic surgery and breast reconstruction.

## NVRS Completes Third Successful Season!

Northern Valley Rehabilitation Society is an academic society for rehabilitation professionals founded by Drs. Howard Liss and Jeff Pavell. NVRS provides physiatrists, physical and occupational therapists and other rehabilitation professionals in Northern New Jersey, and New York an educational forum to address current topics related to the practice of rehabilitation medicine. Speakers have included national leaders in orthopedics, neurology, neurosurgery, rheumatology, as well as rehabilitation.

## Exciting News from the PM&R Family!

Congratulations to our very own **Dr. Donald Liss** on his recognition in the 9th Edition of the Castle Connolly Guide, **Top Doctors: New York Metro Area.**

**Tara Treue, PTA** - congratulations on her wedding in April!

### Welcome to the PMR team!

**Sandhya E. Zarapkar, OT** - former Chief OT for Columbia affiliate, Harlem Hospital Center, rejoins the PM&R Center.

**Andrei Manalang, PT** - experience in spine and sports care.

**Sandra Mazel, PT** - experience in geriatrics and spine care.

**Susan Salnick, PTA** - AS degree in Physical Therapy Assistant from Bergen Community College.

The PM&R Center is a *multidisciplinary* facility in which physicians and therapists discuss each patient weekly. Our close ties to Columbia Presbyterian Medical Center, in addition to weekly academic sessions, ensure that our *diagnostic and therapeutic* approaches are cutting edge. We focus on non-operative care, while keeping the specific indications and risks of surgery in mind. The patient's *history and exam* are emphasized, because we realize that diagnostic tests can be misleading and expensive. Our patients are empowered with *self-care* strategies including exercise and body mechanics. *Gentle, gradual hands-on mobilization* is employed, since high-thrust manipulation carries inherent risk. This approach, complemented by numerous

ROCKLAND, NY



ancillary services such as biofeedback, acupuncture, back school, injections including epidurals, and splinting, contributes to optimal care.

ENGLEWOOD, NJ



**Now you can see a  
DOCTOR ON SATURDAY!**  
We know how hard it is at times to  
balance work responsibilities with  
medical needs. That is why we are pleased to  
announce that PMR now has  
**DOCTOR'S HOURS AND  
PHYSICAL THERAPY HOURS  
ON SATURDAYS.**

## We're Moving!

In late summer/early fall 2006 our New Jersey patients will visit our new location at 500 Grand Avenue, Englewood.

- Larger Modern Office
- X-Ray On-site
- Abundant Parking
- Separate Sports Rehabilitation Area

**Howard Liss, M.D. Donald Liss, M.D. Jeff Pavell, D.O. Daniel Mendez, M.D.**  
**Diplomates, American Board of Physical Medicine and Rehabilitation**

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- |                    |                    |                     |
|--------------------|--------------------|---------------------|
| • Sports Medicine  | • Electrodiagnosis | • Spinal Injections |
| • Pain Management  | • Biofeedback      | • Fitness Programs  |
| • Physical Therapy | • Acupuncture      | • Massage Therapy   |
| • Hand Therapy     | • Back School      | • Fall Prevention   |

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Please visit our website at [www.Rehabmed.net](http://www.Rehabmed.net)

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