

SERVICES OFFERED

- Viscosupplementation / Injections (knees & shoulders)
- Cervical Facet Joint Injections
- Lumbar Discography
- Medial Branch Blocks
- Radiofrequency Ablation (cervical & lumbar)
- Botox Injection for Migraine Headaches
- Pars Defect Injections
- Epidural Steroid Injections
- Sacroiliac Joint Injections
- Trigger Point Injections
- Platelet-Rich Plasma (PRP) Injections
- Electromyography (EMG) / Nerve Conduction Studies
- Joint / Bursae Injections
- Chiropractic Therapy
- Radio Frequency Ablation (for Knee & Hip Pain)
- Spinal Cord Stimulation Trials

WHAT IS PHYSIATRY?

A physiatrist (fizz ee at' trist) is a physician specializing in Physical Medicine and Rehabilitation. Established as a medical specialty in the 1940s, Physical Medicine and Rehabilitation is a discipline primarily concerned with acute and chronic problems of the neuromusculoskeletal system. The goal of the physiatrist is to restore function and relieve pain in patients with a variety of disorders using a non-surgical multidisciplinary treatment approach.

To become a physiatrist, individuals must successfully complete four years of graduate medical education and four additional years of postdoctoral residency training. Residency training includes one year spent developing fundamental medical or surgical clinical skills and three additional years of dedicated training in the full scope of the specialty.

WHY CHOOSE A PHYSIATRIST?

Physiatrists are physicians that specialize in physical medicine and rehabilitation. They are specialists in diagnosing and providing aggressive, nonoperative treatments of neurological and musculoskeletal conditions. This specialty focuses on restoring function to their patients. Physiatrists treat the whole patient, not just the patient's symptoms. Through integrated focused care and comprehensive diagnosis and treatment, a physiatrist can restore an individual's functional status and add quality to their life.



**Compassionate Care
& Professionalism**



**INTERVENTIONAL
SPINE & SPORTS
MEDICINE, PC**

OUR LOCATIONS

MIDDLEBURY
1579 Straits Turnpike
Lower Level
Middlebury, CT 06762

PROSPECT
166 Waterbury Rd
Suite 204
Prospect, CT 06712

FARMINGTON **NEW!**
10 Birdseye Road
Suite 200
Farmington, CT 06302

HAMDEN **NEW!**
1952 Whitney Avenue
1st Floor
Hamden, CT 06517



**INTERVENTIONAL
SPINE & SPORTS
MEDICINE, PC**

**IMPROVING THE
QUALITY OF LIFE FOR
EVERY PATIENT**

*Providing the best in care through
traditional and alternative treatments.*

For more information visit ctspinedoc.com



ABOUT DR. BHAVESH R. PATEL

Named "TOP DOC" 2009 through 2017
by *Connecticut Magazine*

Dr. Bhavesh R. Patel is a board-certified specialist in physical medicine & rehabilitation and pain medicine. His medical philosophy centers on a multidisciplinary approach for the prevention and treatment of spine and musculoskeletal injuries. Using this comprehensive approach, we believe that 90 percent of our patients can improve without surgery.

Much of Dr. Patel's work focuses on helping patients eliminate pain and restore function with conservative treatments. Our primary goal is optimizing function. We treat a broad range of pain conditions through nonsurgical treatment, with approaches including medications, coordination of physical therapy and exercise regimens. He also uses various X-ray guided therapeutic spinal injections such as facet and medial branch blocks, radio-frequency ablation/neuromy, epidural steroid injections and percutaneous disc decompression. Dr. Patel is trained in electrodiagnostic medicine (NCS/EMG), which can assist in the proper diagnosis of peripheral nerve injuries. In some cases, we may use X-ray guided spinal injections to alleviate pain so that his patients can participate in physical therapy. When surgery is necessary, we work closely with neurosurgeons and orthopaedic surgeons to make appropriate recommendations and referrals.

Dr. Patel did his residency in physical medicine and rehabilitation medicine at the Temple University School of Medicine and his fellowship in interventional spine and sports medicine at the world-renowned Spine Institute of New York at the Beth Israel Medical Center in Manhattan. We believe that an individualized approach to each patient leads to the best outcome.

Spine and Pain Accreditations and Associations



A TEAM APPROACH

With a team approach to patient care, rehabilitation physicians help patients on the road to recovery and prevent recurrences.

Rehabilitation Physicians are nerve, muscle, bone experts who treat injuries non-surgically to decrease pain and restore function.

TREATING THE WHOLE PERSON

Rehabilitation physicians treat people, not just symptoms. They take the time to understand their patient's ailments and explain treatments they can do for themselves and with medical specialists. By evaluating the impact of a condition on the whole person (medically, socially, emotionally, and vocationally) rehabilitation physicians help their patients understand and take control of their health.

PRACTICE PHILOSOPHY: BUILT FOR PATIENT

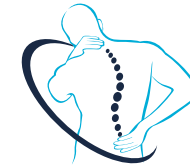
Our goal at Interventional Spine & Sports Medicine, P.C., is to provide each patient with comprehensive, compassionate and diagnosis specific non-surgical spine and orthopedic care. At ISSM, your care will be directed by physicians with unique training and experience. The physicians at ISSM are physiatrists, doctors of medicine board certified in physical medicine and rehabilitation (PM&R) and fellowship trained in spine and musculoskeletal medicine and interventional spine care. Our brand new state of the art office is bright and spacious. Our skilled office staff and clinical schedule results in minimal wait times for our patients

IS PAIN MANAGEMENT RIGHT FOR YOU?

Acute pain is a sensation triggered in the nervous system to signal possible injury or alert the body of need of personal care. On the other hand, chronic pain perseveres, sending pain signals to the nervous system for a prolonged period of time. Chronic pain may have initially occurred from a sprained back, serious infection, arthritis, cancer, and any other injury to the body during surgery, physical activity, or viral and non viral disease. If you suffer from pain, and over-the-counter medicine or any other relief treatment used has failed, you should consider consulting with a pain management physician.

If you have questions or would like to learn more about pain management, please contact our pain management experts at (203) 598-PAIN (7246)

For more information visit ctspinedoc.com



INTERVENTIONAL SPINE & SPORTS MEDICINE, PC

COORDINATING CARE

Working along with Rehabilitation physicians listen to their patients and work with them to develop a customized course of treatment. This may include one or several non surgical treatments, such as:

- Medications
- Therapeutic Exercise
- Heat and Cold Therapy

If surgery is a necessity, rehabilitation physicians work with patients and their surgeons before and after surgery. They coordinate care between other health care professionals, including surgeons and therapists.

OUR TEAM



BOHDAN WARYCHA, MD

Board Certified in Physical Medicine & Pain Medicine



HANS E. KNOPP, DO

Board Certified in Physical Medicine & Pain Medicine



EDMOND M. DANIELLS, DC

Chiropractic Physician



HANNAH HUSKIC, APRN

Board Certified Family Nurse Practitioner



MUNEERA PANJWANI, APRN

Board Certified Adult Gerontology Primary Care Nurse Practitioner



JULIE OSIPOW, DPT

Physical Therapist