

## EDUCATION PROGRAMS

We offer fellows comprehensive training, including sports injury evaluation and management, concussion evaluation and management, sports ultrasound for diagnosis and guided procedures, interventional pain management procedures of the spine and limbs, electromyography (EMG), general musculoskeletal care, nutrition, sports psychology, and exercise physiology.

Procedure training includes joint injections, bursal injections, trigger point injections, platelet-rich plasma (PRP) and cellular mesenchymal stem cell injections, prolotherapy, and viscosupplementation. Spinal interventions include cervical, thoracic, and lumbosacral procedures, including transforaminal and interlaminar epidural steroid injections, medial branch blocks, radiofrequency ablation, discograms, sacroiliac joint injections, and spinal cord stimulators.

Fellows are offered training opportunities covering high school football, collegiate athletics, professional and amateur sporting events such as USA Boxing, USA Fencing, Australian Football League, NYJTL Tennis Open, the New York City Marathon, and other Road Runner events. They will serve as team physicians to a Division III college and the official Red Bull North America Medical Team Member, and Performance P360 Provider.

Fellows have an integral role in education through interactions with residents and medical students. As a fellow, you will contribute to and help organize our regular didactic program, sports medicine conferences, and cadaver lab sessions. Fellows have the opportunity to attend didactic lecture series and grand rounds, as well as other specialty grand rounds, and they have an integral role in education through interactions with residents and medical students.

We are affiliated with the PM&R residency training program.

Mount Sinai's Department of Rehabilitation and Human Performance is staffed by outstanding physicians, primary rehabilitation nurses, nurse practitioners, and professional staff. Services provided include physical therapy, occupational therapy, speech therapy, nutrition, social work, psychology, therapeutic recreation, and vocational counseling. provided include physical therapy, occupational therapy, speech therapy, nutrition, social work, psychology, therapeutic recreation, and vocational counseling.



# Sports Medicine Fellowship Program

## Department of Rehabilitation and Human Performance

Furthering ability through clinical care,  
science, education, and innovation.





## MEET THE TEAM

- Chair: Joseph Herrera, DO, FAAPMR  
Chair and Lucy G. Moses Professor,  
Department of Rehabilitation and Human Performance,  
Mount Sinai Health System
- Joseph Herrera, DO, FAAPMR  
Program Director
- Richard G. Chang, MD, MPH  
Associate Program Director  
PM&R/Sports Medicine
- Amie M. Kim, MD  
Assistant Program Director  
EM/Sports Medicine
- Mariam Zakhary, DO  
PM&R/Sports Medicine
- Parag Sheth, MD  
PM&R/Interventional Spine
- Gerardo Miranda-Comas, MD, RMSK  
PM&R/Sports Medicine
- Melissa Leber, MD  
EM/Sports Medicine
- Eliana Cardozo, DO  
PM&R/Sports Medicine
- David Cancel, MD  
Pediatrics PM&R/Sports Medicine
- James Gladstone, MD  
Orthopedic Surgery/Sports Medicine
- Alexis Colvin, MD  
Orthopedic Surgery/Sports Medicine
- Sheena Ranade, MD  
Orthopedic Surgery/Pediatric Ortho
- Alexander Lee, MD  
PM&R/Interventional Spine
- Robert Irish, MD  
Musculoskeletal Radiology
- David Putrino, PhD, PT  
Director of Abilities Research Center

## OUR MISSION

Our goal is to train broadly competent sports medicine specialists who can evaluate and manage a full spectrum of sports related disorders.

Our program integrates training alongside nonoperative and surgical specialists, providing fellows with the opportunity to develop outstanding clinical skills in an evidence-based framework. Scholarly activities are encouraged and expected.



[https://bit.ly/MSH\\_SM\\_Fellows](https://bit.ly/MSH_SM_Fellows)

The Sports Medicine Fellowship at the Icahn School of Medicine at Mount Sinai was the first ACGME-accredited physical medicine and rehabilitation sports medicine program in the tri-state area.

This is a strong academic program. The fellow will have an integral role in education through interactions with residents and medical students and by contributing to and organizing aspects of the regular didactic program, sports medicine conferences, and cadaver lab sessions.

Applications should be submitted through the Electronic Residency Application Service (ERAS). Candidates must register for both ERAS and the NRMP.

## INTERESTED APPLICANTS MAY CONTACT:

- **Program Director: Joseph Herrera, DO, FAAPMR**  
[joseph.herrera@mountsinai.org](mailto:joseph.herrera@mountsinai.org)
- **Associate Program Director: Richard Chang, MD**  
[richard.chang@mountsinai.org](mailto:richard.chang@mountsinai.org)
- **Assistant Program Director: Amie Kim, MD**  
[amie.kim@mountsinai.org](mailto:amie.kim@mountsinai.org)

## VISIT OUR WEBSITE:

[www.mountsinai.org/care/rehab-medicine](http://www.mountsinai.org/care/rehab-medicine)

## ICAHN SCHOOL OF MEDICINE AT MOUNT SINAI

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New York, NY 10029-6574  
212-824-8370

## IMPORTANT PHONE NUMBERS:

212-241-5417 | Admissions Office  
212-241-6321 | Outpatient Clinic Office  
212-241-4477 | Outpatient Therapy Clinic