

MEET THE TEAM

Chairman: **Joseph Herrera, DO, FAAPMR**
Chairman and Lucy G. Moses Professor, Department of Rehabilitation and Human Performance, Mount Sinai Health System

Dayna McCarthy, DO
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



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: Dayna McCarthy, DO
dayna.mccarthy@mountsinai.org

Associate Program Director: Richard Chang, MD
richard.chang@mountsinai.org

Assistant Program Director: Amie Kim, MD
amie.kim@mountsinai.org

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 strongly academic program. The fellow will have an integral role in education through interactions with residents



**Icahn
School of
Medicine at
Mount
Sinai**

https://bit.ly/MSH_SM_Fellows

**Sports Medicine
Fellowship Program**

**Department of Rehabilitation
and Human Performance**



*“Furthering ability through
clinical care, science, education,
and innovation.”*

<https://bit.ly/MSH-WorldsBestSpecializedHospitals>

DBA <https://icahn.mssm.edu/pmresidency>

EDUCATIONAL PROGRAM

We offer fellows comprehensive training including sports injury evaluation and management, concussion evaluation and management, sports ultrasound for diagnosis and guided procedures, interventional pin 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 offer 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 NYC 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.



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 non-operative and surgical specialists, providing fellows with the opportunity to develop outstanding clinical skills in an evidence-based framework. Scholarly activities are encouraged and expected.

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.



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

Fellows have the opportunity to attend didactic lecture series and grand rounds, as well as other specialty grand rounds. 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.

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.

VISIT OUR WEBSITE:
[MOUNTSINAI.ORG/REHAB](https://mountsinai.org/rehab)

Icahn School of Medicine at Mount Sinai
Department of Rehabilitation
and Human Performance
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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

World's Best Specialized Hospitals 2022
Newsweek Ranks The Mount Sinai
Hospital No. 1 in New York for
Specialty Care



The Mount Sinai Hospital has been named the No. 1 hospital in specialty care in New York State and one of the top 5 medical centers in the world for gastroenterology, cardiology, and cardiac surgery in Newsweek's "World's Best Specialized Hospitals 2022" list.