

**Stephen Erosa DO**  
[stephen.erosa@gmail.com](mailto:stephen.erosa@gmail.com)  
917-416-4842

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### Education

<b>Philadelphia College of Osteopathic Medicine</b> Doctor of Osteopathic Medicine, Class of 2013	<b>Philadelphia, PA</b>	<b>2009-2013</b>
<b>Widener University</b> Bachelor of Science Major: Dual Degree 3+4 BS Biology/Doctor of Osteopathic Medicine (DO)	<b>Chester, PA</b>	<b>2006-2009</b>

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### Scholarships/Honors

<b>Boy Scouts of America</b> • Recipient of the Bronx Young American Award	<b>2005</b>
<b>Boy Scouts of America</b> • Awarded the rank of Eagle Scout	<b>2006</b>
<b>Widener University President's Scholarship</b> • Awarded a 4-year Academic Scholarship	<b>2006</b>
<b>Iona Preparatory School, Forensics Team</b> • New York State Champion: Declamation • New York State Champion: Humorous Interpretation	<b>2003</b> <b>2006</b>
<b>New York State Pain Medicine Society:</b> • Oral Presentation 2 <sup>nd</sup> Place	<b>2016</b>
<b>Montefiore PM&amp;R Residency:</b> • Resident of the Year • Best Exemplary Resident	<b>2016</b> <b>2017</b>

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### Graduate Medical Training

<b>Albert Einstein College of Medicine/ Montefiore Medical Center</b> • ACGME Accredited Interventional Pain Management Fellowship	<b>Bronx, NY</b>	<b>7/1/2017-6/30/18</b>
<b>Albert Einstein College of Medicine/ Montefiore Medical Center</b> • ACGME Accredited Physical Medicine and Rehabilitation Residency Program	<b>Bronx, NY</b>	<b>7/1/14-6/30/17</b>
<b>Nassau University Medical Center Osteopathic Rotating Internship</b> • An AOA accredited internship requiring rotations in both Medicine/Surgery inpatient and outpatient care	<b>East Meadow, NY</b>	<b>7/1/13-6/30/14</b>

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### Healthcare Work Experience

<b>SJR Medical Group</b>	<b>Yonkers, NY</b>	<b>July 6th 2020</b>
<b>Interventional Spine &amp; Pain of Westchester</b> • Interventional Pain Management Physician.	<b>Yonkers, NY</b>	<b>2018-Present</b>

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<b>Hackensack University Medical Center</b> <i>Patient Escort</i>	<b>Hackensack, NJ</b>	<b>Summer 2008</b>
<ul style="list-style-type: none"><li>• Transported patients to their tests and procedures and maintained equipment</li></ul>		
<b>New York City Parks Department</b> <i>Seasonal Lifeguard</i>	<b>Bronx, NY</b>	<b>2004-2008</b>
<ul style="list-style-type: none"><li>• Assigned to high risk waters</li><li>• Responsible for maintenance of emergency equipment</li></ul>		

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#### Leadership/Organizations

<b>Albert Einstein College of Medicine/ Montefiore Medical Center</b>	<b>Bronx, NY</b>	<b>2014-2016</b>
<ul style="list-style-type: none"><li>• Walk with a Doc, Founder of the first Bronx Chapter</li><li>• New York State Pain Society, Appointed Member of the Resident and Fellows Committee</li><li>• American Academy of Physical Medicine and Rehabilitation, Member</li><li>• American Society of Interventional Pain Physicians, Member</li><li>• New York Society of Physical Medicine and Rehabilitation<ul style="list-style-type: none"><li>Resident OMM/Alternative Medicine Workshop Chairman</li><li>Residency Program Liaison for the Legislative Committee</li><li>Residency Program Liaison for the Special Programs Committee</li></ul></li><li>• American Academy of Pain Management, Member</li><li>• American Osteopathic Association, Member</li></ul>		
<b>Jacobi Medical Center</b>	<b>Bronx, NY</b>	<b>2015-2016</b>
<ul style="list-style-type: none"><li>• Graduate Medical Education Committee Representative</li></ul>		
<b>Albert Einstein College of Medicine/ Montefiore Medical Center</b>	<b>Bronx, NY</b>	<b>2017-2018</b>
<ul style="list-style-type: none"><li>• Chief Fellow</li><li>• Graduate Medical Education Committee Representative</li></ul>		
<b>St.Johns Riverside Hospital</b>	<b>Yonkers, NY</b>	<b>11/12/2018 – Present</b>
<ul style="list-style-type: none"><li>• Hospital Affiliation/Privileges for interventional pain management</li></ul>		
<b>LECOM</b>	Adjunct Clinical Professor	<b>10/01/2021-Present</b>

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#### Volunteer Experience

<b>Philadelphia College of Osteopathic Medicine</b> <i>DO Day on the Hill</i>	<b>Philadelphia, PA</b>	<b>2009</b>
<ul style="list-style-type: none"><li>• Participated in advocacy for Osteopathic Medicine</li></ul>		
<b>Philadelphia College of Osteopathic Medicine</b> <i>South Philly Physicals</i>	<b>Philadelphia, PA</b>	<b>2010</b>
<ul style="list-style-type: none"><li>• Provided sport physicals for underprivileged adolescents</li></ul>		
<b>Boy Scout Troop 211</b>	<b>Bronx, NY</b>	<b>2006-present</b>
<ul style="list-style-type: none"><li>• Volunteer at troop meetings and trips</li></ul>		
<b>New York City Marathon</b>	<b>New York, NY</b>	<b>2015</b>
<ul style="list-style-type: none"><li>• Physician Volunteer</li></ul>		
<b>Walk with a Doc PS72 Health Fair</b>	<b>Bronx, NY</b>	<b>2016-Present</b>
<ul style="list-style-type: none"><li>• Co-Organized a walk and health fair at a NYC Public School.</li></ul>		

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### Case Presentations

**Management of Median Nerve Pain/CRPS II Status Post KCL Extravasation Injury in the Setting of DKA in a Noncompliant Type 1 Diabetic: A Case Report**

- Oral presentation at the New York State Society of Pain annual conference on June 5, 2015

**A Rare Case of Chronic Post Herniorrhaphy Neuralgia and Orchialgia Affecting Sexual Function: A Case Report**

- EPoster Presentation accepted for the New York New Jersey Pain Medicine Annual Conference on November 7, 2015

**Spinal Cord Stimulation in Painful Chest Wall Spasms: A Case Report**

- EPoster Presentation accepted for the North American Neuromodulation Society Annual Conference on December 10, 2015

**An Unusual Case of Spontaneous non-communicating Cervical and Lumbar Vertebral Osteomyelitis masquerading as upper extremity and low back pain: A Case Report**

- Poster Presentation accepted for Association of Academic Physiatrists annual meeting on February 18, 2016

**The Use of a Telepresence Communications Robot by a Patient with Spinal Cord Injury to Aid in Social Reintegration and “Virtual Mobility”: A Case Report.**

- Poster Presentation accepted for American Academy of Physical Medicine annual meeting on October 16, 2016

**Demonstrating the Feasibility of Virtual Reality Analgesia (VRA) in Pediatric Patients for Pain Control During Botulinum Toxin Injections (BTI) for Spasticity: A Case Series**

- Poster Presentation accepted for Association of Academic Physiatrists annual meeting on February 7, 2017
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### Oral Presentations

**Montefiore Medical Center Department of PM&R Grand Rounds** **January 2016**

- Telemedicine and Tele-Rehabilitation: the future now?- Discussing current and future applications of telecommunication technologies in rehab medicine and how they can provide wider access to care.

**Jacobi Medical Center Department of PM&R Grand Rounds:** **May 2017**

- Virtual Reality Analgesia- A comprehensive review of Virtual Reality Technology and Medical Applications with emphasis placed on the variety of pain management techniques. \

**New York Society of PM&R Research Presentation:** **June 2016**

- Oral Presentation Regarding Departmental Research including Telepresence Communication Devices for patient mobility and APOS Therapy.

**New York Society of Pain Medicine Resident/Fellows Debate Speaker:** **March 2017**

- Pro Genetic Screening Prior to Initiation of Opioid Therapy. Winner of the debate.

**Trainees at their Best Fellow Presenter: Spinal Stenosis and Mild** **November 2017**

- Presentation on Minimally Invasive Lumbar Decompression for the treatment of Lumbar Spinal Stenosis pain
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### Course Faculty

- Virtual Reality Analgesia: A Novel Pain Management Technique** **October 2017**
- Co-Presenter presenting the Basic Science/ Theory behind virtual reality analgesia and how to implement it in practice. Presented at the 2017 American Academy of Physical Medicine and Rehabilitation in Denver Colorado.
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### Research/Grants

- CIR Patient Care Trust Fund Grant Recipient** **June 2015**
- Improving Quality of Life and Social Reintegration of Disabled Patients on the Acute Rehabilitation Unit with the use of a Telepresence Communication Device*
- The \$5000.00 grant was used to purchase the telepresence device and additional adaptive equipment. The study aims to measure immobile patients' quality of life before and after using the telepresence communication robot for virtual mobility and communication. The study has IRB approval and is ongoing.

- PM&R / Interventional Pain Management Virtual Reality Instructional Videos:** **January 2016**
- The goal of this project is to create the first 360-degree virtual reality and 3D first person point of view videos for PM&R and Pain Management procedures for medical education. We are currently creating content for Google Cardboard, Samsung Gear VR, and Oculus Rift platforms.

- Pediatric Gabrielle E. Molnar Research Grant Co-Author/Co Principal Investigator** **November 2016**
- Assessing the Efficacy of Virtual Reality Analgesia (VRA) in Pediatric Patients for Pain Control During Botulinum Toxin Injections (BTI) for Spasticity Management: A Randomized Control Trial*
- The grant totaling \$10,000 was received by Dr. Yuxi Chen and used to purchase Virtual Reality Equipment. The study has IRB approval and is ongoing.

- CIR Patient Care Trust Fund Grant Co-Recipient** **March 2017**
- Equipment Grant totaling \$60,000.00 for the development of a virtual reality program for the purpose of pain management, rehabilitation, and resident education. The grant funds were allotted for a VR ready PC, Nokia Ozo camera which will be used to create state of the art Cinematic VR experiences, and both the oculus rift and Samsung Gear VR head mounted displays.
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### Non-Peer Reviewed Publications

- The Key to Living Better and Longer** **March 2016**
- Co-Authored a non-peer reviewed article on the health benefits of walking. The article was published online by US News and World Report.  
<http://health.usnews.com/health-news/patient-advice/articles/2016-03-08/the-key-to-living-better-and-longer>

- The Physiatrist** **June 2017**
- Why is Advocating for Physiatry Important? Academy Members Share Their Experiences
- Interviewed for my perspective on lobbying and its importance to physiatrist and their patients.
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### Textbook Chapters

- Musculoskeletal Sports and Spine Disorders: A Comprehensive Guide** **November 2017**
- First author for 3 chapters on Thoracic Sprain/Strain, Costovertebral Pain Syndromes, and Pes Anserine and Pre-Patellar Bursitis. ISBN: 978-3-319-50510-7
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### Peer-Reviewed Publications

Wahezi SE, Alexeev E, Georgy JS, Haramati N, Erosa SA, Shah JM, Downie S. **Lumbar Medial Branch Block Volume Dependent Dispersion Patterns as a Predictor for Ablation Success: A Cadaveric Study.** PM R. 2017 Nov 22. pii: S1934-1482(17)30263-0. doi: 10.1016/j.pmrj.2017.11.011. [Epub ahead of print] PubMed PMID: 29174073.

Wahezi, S. E., Molina, J. J., Alexeev, E., Georgy, J. S., Haramati, N., Erosa, S. A., ... Downie, S. **Cervical Medial Branch Block Volume Dependent Dispersion Patterns as a Predictor for Ablation Success: A Cadaveric Study.** Pm R. 2019, 11(6), 631–639. doi: 10.1016/j.pmrj.2018.10.003

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### Media Appearances

**Bronx Net News: Walk with A Doc** **November 2015**

- Interviewed on a Bronx Local News network to discuss the health benefits of walking and to promote the first ever Montefiore Walk with a Doc.

<http://www.bronxnet.org/tv/viewvideo/6454/open--featured-interviews/walk-with-a-doc>

**Bronx Net News: Walk with A Doc** **July 2016**

- Interviewed on a Bronx Local News network to discuss the health benefits of walking and to promote the first ever Montefiore Walk with a Doc.

<http://bronxnet.org/tv/open/360-open-featured-interviews/7795-montefiore-hosts-walk-with-a-doc-open-wednesday-july-27-2016>

**Current News: New York Doctor Makes Facemasks from Home** **April 2020**

- Interviewed for organizing the collection of unused 3d printers from various libraries and universities during the New York "Pause" in order to print face shields for front-line workers at St Johns Riverside Hospital. Shields were also donated to other hospitals in the Westchester county and New York City

<https://youtu.be/sQL5Ciu4TVU>

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