

**Joseph Martin Seldin, M.D., M.S.**  
**304 Community Drive, Apt 2N, Manhasset, New York 11030**  
**C: 917.937.1156 | E: josephseldin@yahoo.com, jseldin@northwell.edu**

## **EDUCATION**

<b>Northwell Health, New York</b> Physical Medicine and Rehabilitation	7/2017 – Present
<b>New York Presbyterian Brooklyn Methodist Hospital, New York</b> Internal Medicine	7/2016 – 6/2017
<b>Ross University School of Medicine, Portsmouth, Dominica, West Indies</b> Doctor of Medicine 3.7 GPA, High Honors USMLE STEP 1 Score 242, STEP 2CK Score 257, STEP 2CS PASS, STEP 3 Score 226	5/2012 – 4/2016
<b>Columbia University, New York, New York</b> Master of Science, Nutrition	9/2007 – 10/2008
<b>University of Buffalo, Amherst, New York</b> Bachelor of Science, Psychology 3.75 GPA, Magna Cum Laude, Dean's List – 6 semesters	9/2003 – 5/2007

## **CERTIFICATIONS**

Basic Life Support	Valid 6/15/2018 – 6/2020
Advanced Cardiac Life Support	Valid 6/18/2018 – 6/2020
New York State Licensed Boxing Corner-man	Valid 9/30/2019 – 9/30/2020

## **MEMBERSHIP AND HONORARY / PROFESSIONAL SOCIETIES**

American Medical Society of Sports Medicine,  
American Academy of Physical Medicine & Rehabilitation,  
Association of Academic Physiatrists,  
Eastern Pain Association,  
New York Society of Physical Medicine & Rehabilitation,  
Psi Chi National Honor Society in Psychology,  
Golden Key International Honor Society

## **WORK EXPERIENCE**

<b>Professional Fitness Trainer and Nutritionist,</b> Independent Contractor	3/2007 – 5/2012
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As a certified professional fitness trainer and graduate professional of nutrition I developed and offered fitness programs to clients based on research proven exercise techniques, including but not limited to dynamic movement stretching, muscle and cardiovascular endurance, incorporation of high intensity interval training, plyometrics, injury prevention stretching and active rest techniques. I also collaborated with the local medical community and assisted in transitional care for patients receiving pain management, cardiovascular and pulmonary healthcare.

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## **VOLUNTEER EXPERIENCE**

**POPS for TOTS** at Saint Mary's Hospital for Children 12/22/2017, 12/26/2018  
Volunteer, Charity Event Coordinator

Hundreds of toys were donated to the less fortunate Children at Saint Mary's Hospital, located in Bayside Queens. This wonderful hospital is home to many children with serious disabilities and a place for many children to come for day programs. This event was a great way to give back to these children and has been a great annual event.

**Salybia Mission Project** 01/2013 - 08/2013  
Volunteer, Faculty Advisor - Matthew Kraybill, Ph.D.

Salybia Mission Project is a non-profit organization devoted to providing healthcare to the indigenous natives known as the Kalinago peoples of Dominica. The Kalinago are the last of the original explorers of South America that migrated on canoes to the Caribbean. These ancient people were able to remain untouched by British and Spanish explorers due to the hard to traverse mountainous terrain of Dominican. Volunteers provided community assistance with healthcare by conducting history and physical examinations, screening workshops for hypertension and diabetes, and education to prevent illness and disease related to life in Dominica.

**Health and Environmental Representative** 01/2013 - 08/2013  
Student Government Association, Ross University School of Medicine

As the Health and Environmental Representative of my class I utilized my expertise of clinical nutrition to organize health and wellness workshops to promote and encourage wellness to students and the local community. Workshops I developed included: "Research-Based Exercise Programs for Health Professionals", "Essentials of Clinical Nutrition and Nutritional Counseling", "Fitness Assessments for Healthcare Providers". Additionally I used my Eagle Scout experience to organize monthly cleanups to better serve the local community.

**Fitness Boxing Club** 09/2012 - 08/2014  
President, Ross University School of Medicine

As president of The Fitness Boxing Club I was able to provide professional fitness and boxing classes to students, faculty, and local community members. Classes were devoted to proper fitness techniques including dynamic movement stretching, muscle and cardiovascular endurance, plyometric training, injury preventative stretching while incorporating basic boxing and martial art techniques. Members were encouraged to maintain a healthy lifestyle of optimal nutritional intake coupled with healthy exercise and active recreational activities. I also successfully organized fundraisers to help the local Dominican boxing team obtain new boxing equipment including hand wraps, sparing gear, jump ropes, boxing gloves and mitts.

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**Westbury Boxing Club**

07/2011 - 2016

Volunteer Program Director, Website Developer, Trainer

Westbury Boxing Club is a non-profit organization dedicated to the advancement of youths and adults by offering a safe environment to learn boxing techniques and train. Located in the New York City area, it provides training and facility use at no cost to community members. As a volunteer trainer I have worked with individuals providing boxing and overall fitness training skills to transition them to a boxing career or to bring a positive experience to their lives. Westbury Boxing Club is funded solely by the local business owners and local government. Noticing the lack of outside promotion for the club, I funded and developed a website to provide members with updates to events held at the club and non-members with club information. The website is visited over 50,000 times yearly. Additionally, I helped organize fundraisers for the club and acquired donations to continue the outstanding services offered to the community.

**North Shore LIJ Southside Hospital, Physical Medicine & Rehabilitation**

03/2011 - 09/2011

Volunteer, Advisor - Catherine Hottendorf, RN, Executive Director (CEO), NSLIJ Health System, Inc.

As a volunteer I observed outpatient physical therapy, occupational therapy and provided physical fitness training and assessment to patients as they transited their care from the medical setting to personal fitness and wellness.

**Columbia University Nutrition and Wellness Fair**

06/24/2008

Volunteer, Faculty Advisor - Kathleen Keller, PhD

Presented an exercise program and provided nutrition education for youth attending the wellness fair promoted by the Institute of Human Nutrition.

**SPORTS COVERAGE / EVENTS / TRAINING ROOM**

**Burke Adaptive Sports Program**

06/2019 to Present

**Adaptive Climbing Program**

06/2019 to Present

**Open Regatta**

06/02/2019

**NY Road Runners Club**

05/2019 to Present

**Medgar Evers College Training Room**

01/02/2019

**High School Football Season**

08/2017 to 10/2017

**United States Muay Thai Open**

11/04/2017

**Hofstra University Training Room**

11/2018 to 12/2018

**NY State Athletic Commission Professional Boxing**

10/2011 to Present

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## **PUBLICATIONS / RESEARCH EXPERIENCE**

**Northwell Health Physical Medicine and Rehabilitation – Coauthor – Todd Goldstein, Ona Bloom**  
**Pilot Study: Testing the FIN, a novel 3-D printed amphibious lower limb prosthesis in a recreational pool setting – manuscript ID PMR-19-0246**

A prospective pilot study of a 3D printed swim prosthesis was conducted in a recreational pool setting. This study demonstrated the ease of use of a novel 3D printed swim prosthesis on the first encounter, was well-liked by users and preferred over a typical swim prosthesis for key recreational activities.

**Northwell Health Physical Medicine and Rehabilitation – Author – Faculty Advisor Elizabeth Efthimiou**  
***A Case of Back Pain: A Rare but Giant Problem* – Poster Presentation AAP 2019 Session Number 219**

Our report details the case of a 27-year-old woman who presented to a Physical Medicine and Rehabilitation (PM&R) clinic with 8 months of persistent back pain, without history of trauma. Initial magnetic resonance imaging (MRI) of her lumbar spine had showed a sacral fracture. Further work up revealed a sacral giant cell tumor of bone (GCTB).

**Northwell Health Physical Medicine and Rehabilitation – Coauthor – Joshua Klein, Lyn Weiss**  
***Lambert Eaton Myasthenic Syndrome in the setting of Amyotrophic Lateral Sclerosis: A Case Report***  
Poster Presentation AAP 2019 Session Number 619

Diagnosing amyotrophic lateral sclerosis (ALS) is difficult, as other causes of weakness must be ruled out. This case describes a patient who meets criteria for diagnoses of ALS, but also displayed symptoms and diagnostic findings consistent with Lambert Eaton Myasthenic Syndrome (LEMS).

**New York Presbyterian Brooklyn Methodist Hospital – Author – Faculty Advisor Parag Mehta MD**  
***SOAPNOTE Books an Effective Tool for Medical Student Clinical Training***  
Poster Presentation NYP Brooklyn Academic Day

We developed a Learning Resource to facilitate the development of third year medical students with the process of obtaining and developing History and Physical notes, SOAP notes, presenting patient cases on rounds, and developing a more complete and accurate approach to medical record documentation.

**Columbia University, New York, New York – Coauthor – Faculty Advisor- Alan Cohall, M.D.**  
***Take Care of that Body, The Harlem Project***

As a Columbia University graduate student I developed “Take Care of that Body” part of the Harlem Project as my Master’s Thesis. The Harlem Project is a movement dedicated to the community located on the Upper East Side of New York City, for the betterment of minority health awareness. My research was dedicated to pediatric obesity. I developed an eight week comprehensive physical fitness and nutritional education program targeted at inner city youth to be utilized by staff as an after school program. I implemented the program at the Children's Aid Society of East Harlem on 118th St and Malcolm-X Boulevard, an after school program dedicated to providing minorities a safe environment for assistance with homework and physical activities. The program incorporated low cost materials such as resistance bands, cardiovascular and muscular endurance, and plyometric training into activities chosen by students.

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**University of Buffalo, Amherst, New York** – Faculty Advisor- Gretchen Secest  
Research Assistant, Department of Psychology,

As an undergraduate student at the University of Buffalo, I volunteered with the Department of Psychology for research on social discrimination and bias. I participated in multiple studies as a researcher and actor to gain a better understanding about discrimination of women in the workforce.

## **ORAL PRESENTATIONS**

- Spine Conference Interdisciplinary Ground Rounds\*** 01/2020
- Eastern Pain Association 2019 Annual Meeting\*** 10/2019  
Management of Spinal Cord Stimulator Lead Fractures
- New York Society of PM&R Research Night** 05/2019  
Pilot Study: Testing the FIN, a novel 3-D printed amphibious lower limb prosthesis in a recreational pool setting
- Sports Nutrition** 03/2014  
Guest Speaker, Florida Atlantic University  
As a Guest Speaker I discussed the role and importance of incorporating proper nutrition techniques to maximize your performance with personal fitness goals ranging from the novice gym-goer to competitive athlete.
- Fitness Assessment for Health Professionals** 03/2013  
Presenter, Ross University School of Medicine  
As a professional fitness trainer, utilizing the Functional Movement Screen, I developed a fitness assessment that can be used by health professional in a efficient manner during office visit to gain insight into the fitness level of your patients.
- Functional Fitness “7 Elements to the Perfect Workout”** 02/2013  
Presenter, Ross University School of Medicine  
Incorporating evidence based research in exercise physiology to personal fitness with principles such as dynamic warm up, aerobic training, Resistance training / anaerobic training, High Intensity Interval Training, Plyometrics, Stretching / Active Rest, Nutrition
- Columbia University Masters Thesis** 05/2008  
Presenter, Faculty Advisor – Sharon Akabas, PhD, Alan Cohall, MD  
Presented my Master thesis on improving physical activity to combat the childhood obesity epidemic.

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## **HOBBIES & INTERESTS**

Resident Education

Medical Student Education

Fitness and Nutritional Education

Sports Medicine

Amateur and Professional Boxing / Combat Sports

Motivational Speaking

Classic Car Restoration

Gardening

## **HONORS & AWARDS**

New York Society of PM&R Research Award	2019
Northwell Health President Award Finalist	2019
NYP Brooklyn Methodist Intern Teacher of the Year Award	2017
NYP Brooklyn Methodist Intern Teaching Award	2016
Ross University School of Medicine High Honors Distinction	2016
Ross University School of Medicine Behavioral Science Outstanding Student Award	2013
Psi Chi Induction to National Psychology Honor Society	2006
Rank of Shodan 1 <sup>st</sup> degree black belt	2005
Golden Key International Honor Society	2004
University of Buffalo Outstanding Student Award	2004
Eagle Scout Award	2002

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### **ADDITIONAL INFORMATION**

Licensed New York State Athletic Commission as Professional Boxing Corner man and Trainer

Fitness Consulting with Independent Film Director, Fred Carpenter for Film, “Just Like Joe”  
Interviewed for idriveinmovie.com - “Fitness Trainer to the Stars”

### **ACADEMIC & PROFESSIONAL REFERENCES**

Adam B. Stein, MD, Chairman and Professor Department of Physical Medicine and Rehabilitation  
Zucker School of Medicine at Hofstra Northwell  
Phone: 516.321.6400 Email [astein3@northwell.edu](mailto:astein3@northwell.edu)

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Zucker School of Medicine at Hofstra Northwell  
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Stephen J Peterson, MD, MACP, FAHA, Chairman of the Department of Internal Medicine and assistant dean  
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Program, Professor of Medicine Weill Cornell Medical College  
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