

A physical therapist in grey pants is assisting a patient in light green shorts who has a white bandage on their knee. They are standing on a blue carpeted floor next to a white walking aid. Large windows in the background show greenery outside.

**EXPERTISE IS
EVERYTHING FOR**

Physical Medicine & Rehabilitation

We Are Leaders in Rehabilitation Medicine

Our rehabilitation physicians, or physiatrists, are medical doctors who have completed specialized training in the field of physical medicine and rehabilitation (PM&R). These nerve, muscle and bone experts treat a wide variety of conditions that impact how you move. They work to enhance and restore functional ability and quality of life for those with physical impairments, injuries or disabilities affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles or tendons.

Our PM&R experts treat conditions including:

- Neck & Back Pain
- Herniated Discs
- Sports Injuries
- Industrial & Work Injuries
- Arthritis
- Osteoarthritis
- Carpal Tunnel Syndrome
- Head Traumas (From Concussion, Brain Injury or Stroke)
- Spinal Cord Injuries
- Myofascial Pain
- Spasticity

Restoring Your Quality of Life Is Our Top Priority

PM&R physicians evaluate and treat patients of all ages who are dealing with short- or long-term physical and/or cognitive impairments and disabilities that result from musculoskeletal conditions (neck or back pain, or sports or work injuries), neurological conditions (stroke, brain injury or spinal cord injury) or other medical conditions. Their goal is to decrease pain and enhance mobility without surgery.

Unlike other medical specialties that focus on a medical “cure,” the goals of PM&R physicians are to maximize a patient’s independence in daily living activities and to improve their quality of life. The focus of rehabilitation medicine is the development of a comprehensive program for putting the pieces of a person’s life back together after injury or disease.

Comprehensive, Individualized Treatment Plans

Injuries and conditions affect each person differently. We will work with you to tailor a program that will help restore your strength and mobility in day-to-day activities.

Common procedures used in rehabilitation include EMG studies, botox injections (after stroke, head trauma, spinal cord injury or cervical dystonia) and prolotherapy, also known as regenerative injection therapy.

Trust the doctors who teach the doctors of tomorrow.

Our doctors are also professors at the University at Buffalo, training orthopaedic surgeons of the future and conducting cutting-edge research that translates into new medical devices, treatment and care.

Our Expert Team

George P. Boucher, MD

Physical Medicine and Rehabilitation

James J. Czyrny, MD

Physical Medicine and Rehabilitation

Megan A. Ziske, MD

Physical Medicine and Rehabilitation

Patient Testimonials



"Dr. Czyrny has more than exceeded my expectations. He listens and works with you to come up with a treatment plan. I feel extremely fortunate to have him taking care of me."

— R.B.



"Dr. Boucher took great care of me during tests. Afterward, he took ample time to answer all of my questions and gave me clear information. He made the visit as pleasant as humanly possible. He is an exceptionally caring doctor."

— Anonymous



"Dr. Ziske was simply amazing. She took the time to understand my issue and to ensure I understood everything that she was saying, as well as answered all my questions. Thank you!"

— Anonymous

Team Doctors For:



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Urgent. Orthopaedic. Experts.

A MEMBER OF



Trusted Orthopaedic Care for **Bones. Joint. Muscles. Concussions.**

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