

We are committed to helping patients reach their full potential

Physicians, therapists and staff at Mount Sinai South Nassau Physical Medicine and Rehabilitation provide coordinated care during more than 20,000 visits per year that encompass a range of conditions related to the nerves, bones and muscles.

Each individual presents his or her own unique set of challenges and treatment goals and receives excellent care from a team of professionals committed to helping the patient reach his/her full potential. These include:

- a young adult struggling to overcome a sports injury and get back in the game
- a “weekend warrior” who needs a quick return to his/her active lifestyle and tips on avoiding re-injury
- a senior citizen working hard to regain muscle strength after undergoing joint replacement or cardiac surgery; or an individual relearning the techniques of verbal communication following a stroke



Directions:

We are conveniently located just four blocks east of Mount Sinai South Nassau. Take Southern State Parkway to exit 20S (Grand Avenue, Baldwin). Take Grand Avenue south to Merrick Road. Turn right on Merrick Road. Go approximately three-quarters of a mile, and the building is on your left at 440 Merrick Road (red brick building), on the 2nd floor. Free parking is available.

Hours:

We offer convenient hours to accommodate your busy lifestyle. The Center is open from 8 am – 8 pm Monday through Thursday, and 8 am – 5 pm on Friday.

Insurance:

Medicare, Medicaid, No-Fault, and Workers’ Compensation, as well as most union and commercial insurance carriers are accepted. Our staff will be happy to discuss insurance coverage and payment plans with you.



**Mount
Sinai
South
Nassau**

Mount Sinai South Nassau
Department of Physical
Medicine and Rehabilitation
440 Merrick Road
Oceanside, New York 11572
516-255-8200

All photos, with exception of cover photo, were taken prior to the COVID pandemic. Our practitioners and patients are required to wear appropriate PPE at all times.

Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.

02/21

Physical Medicine and Rehabilitation

Individualized Therapy Programs



**Mount
Sinai
South
Nassau**



Our philosophy

At Mount Sinai South Nassau Physical Medicine and Rehabilitation, our philosophy puts you at the center of care. Let our team of experienced physicians and therapists create a customized treatment plan for you, using advanced, proven techniques and equipment.

Working together

We work with you to focus on realistic goals and create a treatment plan so you can reach the highest level of function possible. And we coordinate with other specialists you might see, as well as your primary care provider.



All under one roof

Mount Sinai South Nassau Physical Medicine and Rehabilitation is a wheelchair accessible facility offering a full range of rehabilitative services under one roof. The 8,500-square-foot facility in Oceanside includes a wide range of equipment for rehabilitation and therapy. The facility also houses a 3,400-square foot “gymnasium” devoted to physical and occupational therapy.

Some of the unique features and innovations include:

- An innovative technology to improve hand and arm strength, the Bioness® system, which uses electrical impulses to control muscles in the hand and forearm used for reaching and grasping
- A Biodex Balance System™ SD to help patients with vestibular (ear-related) balance and dizziness problems
- Cybex exercise equipment for conditioning and strength
- Complete decongestive treatment for patients with lymphedema, which can occur from cancer related treatments and/or surgeries, vascular insufficiencies, infection or trauma
- Post-concussion follow-up with a concussion management professional
- Other treatment options may include low-dose electrical stimulation to reduce inflammation and pain; ultrasound to relax muscles and improve circulation; exercise and balance machines; and strength and conditioning equipment. We often use these therapies along with “manual” therapy, where the therapists use techniques like myofascial release, joint and soft tissue mobilization.

About the physician

Ricardo (Eric) Cruz, MD Director, Department of Physical Medicine and Rehabilitation



Dr. Cruz is board-certified in Physical Medicine and Rehabilitation as well as Brain Injury Medicine. He was fellowship trained in neurologic rehabilitation at the Weill Cornell

Medical College. Aside from general psychiatry, his other interests include stroke and traumatic brain injury.

At Mount Sinai South Nassau, Dr. Cruz heads the inpatient rehabilitation department as well as Outpatient Physical Medicine and Rehabilitation Therapy in Oceanside, where he sees patients with sports injuries, neuromusculoskeletal disorders and performs EMG and nerve conduction tests.

Dr. Cruz has authored publications including the Oxford American Handbook of Rehabilitation Stroke and TBI Rehabilitation (Oxford Press, 2010) and Clinical Neurology of Aging: Neurologic Rehabilitation of the Elderly (Oxford Press, 2011).

Dr. Cruz is fluent in Filipino and English and can speak basic Spanish.

**For more information
or to schedule an
appointment, please call
516-255-8200**