

Dr. Alex Moroz

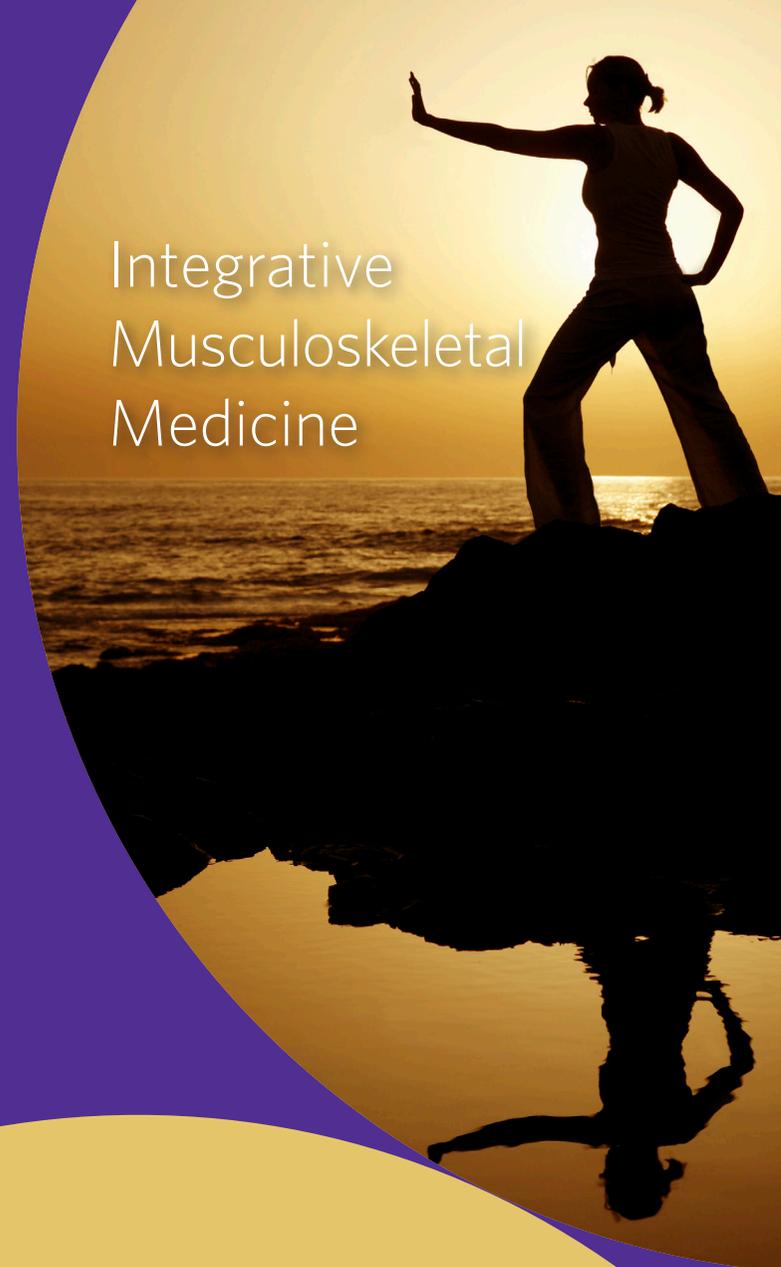
Director, Integrative Musculoskeletal Medicine



Dr. Alex Moroz attended Brooklyn College and subsequently New York University School of Medicine. He was trained in Physical Medicine and Rehabilitation at NYU and joined the faculty in 2000. Currently, Dr. Moroz is the Director of Residency Training and Medical Education in the Department of Rehabilitation Medicine at NYU School of Medicine and the Director of the Musculoskeletal Unit at Rusk Institute. He is also a NY State certified acupuncturist. Dr. Moroz has multiple peer reviewed publications and received several recognition awards for his teaching.

Rusk Institute of Rehabilitation Medicine

The Rusk Institute of Rehabilitation Medicine has been voted the best rehabilitation hospital in New York and among the top ten in the country for over 20 years. The world's first university-affiliated facility devoted to rehabilitation medicine, the Rusk Institute is the largest center of its kind for the treatment of adults and children with disabilities. Home to innovations and advances, such as the Integrative Musculoskeletal Medicine Program, Rusk continues to set the standard in rehabilitation care for individuals of all ages and for every phase of recovery.



Integrative
Musculoskeletal
Medicine

*A Comprehensive
Approach To Wellness*

Alex Moroz, MD, FACP

400 East 34th Street
2nd Floor, RM 211
New York, NY 10016

alex.moroz@nyumc.org
Tel: 212.263.7326
Fax: 212.263.1193



**Rusk Institute of
Rehabilitation Medicine**

NYU LANGONE MEDICAL CENTER

Our Program

Our program is part of Rusk Institute's commitment to healthy living, prevention, rehabilitation and wellness. The program includes medical, rehabilitation, and wellness services, combined to achieve our goal: providing the best possible care for each patient we treat.



Our Philosophy is based on two strong convictions:

1. You are the person who will get you better. We will share our professional knowledge, experience, and skills to suggest the best possible course of treatment. Success can be realized through sufficient time investment and significant alterations in your lifestyle that will ultimately promote recovery.
2. Combining all available modalities works better than a stepwise approach for musculoskeletal conditions. We will systematically link traditional medical treatments (medications, injections), rehabilitation interventions (bracing, exercise, physical modalities), and integrative techniques (acupuncture, meditation, bodywork) to achieve the fullest recovery.

INTEGRATIVE MUSCULOSKELETAL MEDICINE AT THE RUSK INSTITUTE

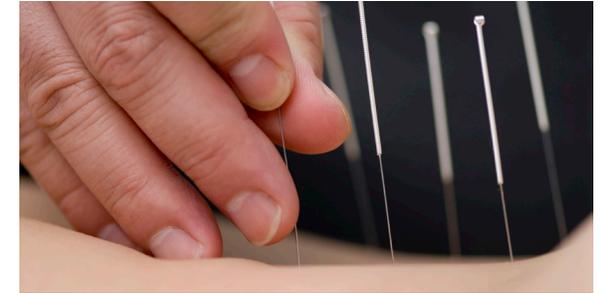
Some Of The Conditions We Treat

- Arthritis
- Back pain
- Bursitis
- Carpal tunnel syndrome
- Foot and ankle pain
- Golfer's elbow
- Hip pain
- Iliotibial band syndrome
- Knee pain
- Muscle pain
- Muscle spasm
- Musculoskeletal injury
- Myofascial pain
- Neck pain
- Pelvic and sacroiliac pain
- Phantom pain
- Post-herpetic neuralgia
- Recovery after fracture
- Rotator cuff problems
- Shoulder pain
- Spinal stenosis
- Sprain
- Strain
- Tendinitis
- Tennis elbow
- Tension headache
- Trigeminal Neuralgia

If your problem is not on this list, please connect with us - even if we cannot help you directly, we probably know someone who can.

Some Of Our Treatment Modalities

- Acupressure
- Acupuncture
- Bracing
- Oral medications (*pills*)
- Injections
- Physical modalities (*heat, cold, electrical stimulation, TENS*)
- Relaxation techniques
- Tai Chi
- Therapeutic exercise
- Topical medications (*patches and creams*)



Acupuncture is a safe, painless, and effective form of Traditional Chinese Medicine. Disposable, ultra-thin needles are applied to highly specific points on the body to stimulate the nervous system to release important chemicals in the brain. The improved energy balance provokes the body's natural healing abilities to relieve many physical ailments and to promote physical and emotional well being.

Relaxation techniques work to suppress the stress response by activating the relaxation response. Engaging the relaxation response decreases stress, promotes memory improvements, increases concentration, decreases anxiety, and improves self-concept. The benefit of this technique is its portability. It can be used anywhere and anytime.

Tai Chi is an ancient martial art practiced by millions worldwide. Tai Chi uses breathing and a series of slow, controlled movements involving the entire body to achieve successful treatment. Benefits include stress reduction, improved balance, coordination, strength, flexibility, and cardiovascular efficiency.