

CURRICULUM VITAE

ANDREW DAVID SHILLER, MD

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SUMMARY Expert clinician in Integrative Pain Management and Physical Medicine & Rehabilitation. Extensive experience with geriatric and adult populations in inpatient, outpatient, acute rehab, SNF, and long term care. Highly skilled in diagnosing and treating subacute and chronic pain syndromes, using the breadth of interventions from interventional procedures to complementary medicine. Strong skills in osteopathy, cranial osteopathy, mind-body medicine, and nutritional approaches to pain including fibromyalgia and difficult-to-treat pain syndromes. Experienced in diagnosis and management of the functional and rehabilitative needs of people with stroke, spinal cord injury, brain injury, complex medical illness, neurodegenerative disease, subacute and chronic pain, spine problems, arthritis, trauma, industrial injury, post-surgical pain, etc. Completed a double residency in Internal Medicine and Physical Medicine & Rehabilitation at Harvard Medicine School. MD degree from Duke University. Completed clinical fellowship in Integrative Medicine at University of Maryland Center for Complementary Medicine Research. Board certified in PM&R, and Holistic Integrative Medicine. Licensed and board certified in Israel, NY, and NJ. Excellent bedside manner and collegial communication skills. References available on request.

PROFESSIONAL EXPERIENCE

Consultant Physician **Sheba/Tel Hashomer Pain Rehabilitation Unit**
Ramat Gan, IL

In the context of a multi-disciplinary pain rehabilitation program, evaluated and managed patients with a broad variety of pain syndromes including axial pain, post-trauma, arthritis, CRPS, phantom limb, fibromyalgia, neuropathy, brain injury, spinal cord injury, and neurodegenerative illness. Provided patients with diagnosis, medication management, management of and supervision of therapy, referral for appropriate interventional treatment, osteopathic manipulation, medical cannabis recommendation, and skills in self-care with mind-body therapies. Provide leadership and oversight to multidisciplinary team including physical therapy, occupational therapy, social work, nursing, psychological services.

2016-2017

Chief Consultant, Integrative Pain Management and Rehabilitation
Integrative Rehabilitation Medicine, PLLC

Long Island and Bronx, NY ; Bergen County, NJ

Provided full range of psychiatry and pain management services as chief consultant in several outpatient, acute, subacute, and long-term care facilities. Evaluated

patients with neurological, musculoskeletal, pain, and motivation problems. Provided patients with diagnosis, medication management, management of therapy, peripheral joint and soft-tissue injections, osteopathic manipulation, and skills in self-care with mind-body therapies. Provide leadership and oversight to multidisciplinary team including PT/OT/SLP, acupuncture, nursing, psychological services. 2009-2015

Chief Consultant Integrative Pain Management and Rehabilitation

Valley Hospital, Ridgewood NJ

Provided consultation/guidance to hospital leadership regarding development of integrative medicine program.

Locum-Tenens Physiatrist

Gaylord Rehabilitation Hospital

Wallingford, CT

Provided physical medicine and rehabilitation consultation, pain management, and supervision of therapy services to a broad variety of outpatients and inpatients including occupational medicine, spine pain, chronic pain, neuromuscular disease, brain injury, spinal cord injury, trauma, and stroke. Provided trigger point and peripheral joint and soft-tissue injections, osteopathic manual treatment, mindbody techniques. 2008-2009

Medical Director of Rehabilitation Services, Integrative Pain Management

Hebrew Senior Life

Boston, MA

Chief consultant in integrative pain management and rehabilitation for large facility which was home to Harvard Medical School Geriatrics Fellowship Program. Supervised multidisciplinary rehabilitative care to patients in the subacute rehabilitation unit, long-term acute care unit, nursing home, and outpatient clinics. Incorporated trigger point and peripheral joint and soft-tissue injections, osteopathic manipulation, and mindbody techniques. Lecturer at Harvard Medical School, taught medical students clinical exam skills, delivered lectures about integrative pain management to fellows and residents. Developed innovative rehabilitation and wellness services. Provided staff training in stress management, mindfulness, and therapeutic relationship. Initiated and delivered community education seminars on rehabilitation of musculoskeletal pain disorders, mind-body medicine, and wise use of complementary therapies. 2005—2007

Medical Director Outpatient Rehab Services, Medical Director of Integrative Therapy Program

Kent Hospital

Warwick, RI

Consultant in Integrative Pain Management and Rehabilitation in a community general hospital and rehabilitation unit. Developed outpatient practice involving evaluation and management of patients with subacute and chronic pain, arthritis, neurological and orthopedic disability and functional loss. Gained experience in trigger point injection, spasticity management, osteopathic manipulative medicine,

and mind-body counseling. Provided medical oversight and marketing for Hospital-wide complementary therapies program. Supervised multidisciplinary rehabilitation team in the outpatient rehabilitation center. 2001-2003

POST-GRADUATE TRAINING

Fellowship: Clinical Fellowship in Integrative Medicine 2003-2004
University of Maryland Center for Complementary Medicine
 Provided clinical care to adults with chronic and subacute pain. Educated medical students, residents, and physicians on principles of complementary medicine. Pursued ongoing training and mentorship in Osteopathic Manipulative Medicine. Co-facilitated groups in mindfulness-based stress reduction (MBSR) and ongoing randomized trial evaluating MBSR for people with rheumatoid arthritis. Trained in visual imagery through American School of Visual Imagery. Gained broad exposure to complementary approaches to chronic pain and illness, including Traditional Chinese Medicine, functional medicine, nutrition, herbal medicine, acupuncture, mindbody approaches.

Fellowship: Schwartz Fellowship in Clinical Pastoral Education 2002
Massachusetts General Hospital
 Boston, MA
 Directed by the MGH Chaplaincy Department: A Program of theoretical and practical training in relationship-centered care, identifying spiritual distress, providing culturally sensitive pastoral counseling, and referring for ongoing psycho-spiritual care.

Residency: Physical Medicine and Rehabilitation; 1996-2000
 Spaulding Rehabilitation Hospital *Harvard Medical School*
 Boston, MA

Residency: Internal Medicine 1996-1999
 Cambridge Hospital *Harvard Medical School*
 Cambridge, MA

Internship: Internal Medicine 1995-1996
 Cambridge Hospital *Harvard Medical School*
 Cambridge, MA

EDUCATION

Duke University School of Medicine
 Doctor of Medicine 1995

University of California at San Diego
 non-degree pre-medical studies 1989

Massachusetts Institute of Technology
 B.S. Mechanical Engineering 1987

Tel Aviv University
semester abroad program

1986

OTHER TRAINING

Osteopathic Manipulative Medicine:

Since 1998, ongoing training courses and mentoring including cranial osteopathy, myofascial release, strain-counterstrain, balanced ligamentous tension, visceral manipulation, functional positional release.

Functional Medicine:

Since 2014, ongoing curriculum and practice of functional medicine via the Institute of Functional Medicine and local mentors.

Mindfulness-Based Stress-Reduction (MBSR):

Professional training in delivery of this program; under supervision of Jon Kabat-Zinn, PhD and Saki Santorelli EdD.

University Of Massachusetts Medical Center
Worcester, MA

1999-2005

BOARD CERTIFICATION

American Board of PM&R

May 2003

American Board of Holistic and Integrative Medicine

Jan 2014

MEDICAL LICENSURE

Israel, New Jersey, New York

PRESENTATIONS and TEACHING EXPERIENCE:

Lectures for healthcare providers:

- Physiologic Basis of Manual Physical Therapy
- Myofascial Pain Syndrome
- Overview of Integrative Medicine
- Rehabilitation and Osteoarthritis
- Osteoarthritis and Integrative Medicine
- Physiologic Basis of Integrative Pain Management
- Clinical Practice of Integrative Pain Management
- Optimal Healing Environments in Senior Care
- Mindfulness for Healthcare Providers
- Therapeutic Relationship and Mindfulness Meditation
- Integrative Rehabilitation for Allied Health Providers
- Improving Therapy Outcomes through Manual Medicine

Experiential Learning for Healthcare providers:

- Mindfulness Based Stress Reduction for Healthcare Providers

- Introduction to Clinical Diagnosis: Taught musculoskeletal exam skills to medical students
- The Healers' Art Facilitated experiential learning groups for medical students on topics such as grief, loss, etc.

Lectures for Patients and Laypersons

- Mind Body Medicine
- Meditation as a Core Self Care Practice
- Integrative Medicine and Osteoarthritis
- Healthier Aging through Integrative Medicine
- Creating a Culture of Healing though MindBody Medicine

PUBLICATIONS

Wolfe SL, S Elkins S, **Shiller AD**, et. al. *Quality of Life through Rehabilitation at the End of Life*, in Cancer Practice, vol 10(4): 174-178, 2002.

Shiller AD, *Meditation*, in Complementary and Alternative Medicine in Rehabilitation E Leskowitz ed. Harcourt. 2002

Shiller AD, *Rehabilitation of the Patient with Osteoarthritis*, in Essentials of Rehabilitation W. Frontera and J. Silver eds. Hanley and Belfus, Philadelphia. 2002.

Shiller AD, Burke DT, Kim HJ, Calvanio R. *Treatment With Amantadine Potentiated Motor Learning in a Patient with Traumatic Brain Injury of Fifteen Years' Duration* Brain Injury vol. 13(9): 715-721, 1999.

Suarez EC, **Shiller AD**, Kuhn CM, Schanberg S, Williams RB, Zimmerman EA. *The Relationship Between Hostility and Beta-Adrenergic Receptor Physiology in Healthy Young Males* Psychosomatic Medicine. 59:481-487, 1997.

EDITORIAL POSITIONS:

Integrative Medicine—A Clinicians Journal

Editorial board, providing peer-review of research and clinical articles about integrative medicine. 2009-current

American Academy of Physical Medicine and Rehabilitation

Knowledge NOW Editorial Board.

Preparation and editing of evidence-based practice guidelines in topics related to pain-management 20011-2012

American Academy of PM&R

Osteoarthritis Planning Committee. Needs assessment and development of educational activities to enhance osteoarthritis care. 2010-2012

PROFESSIONAL MEMBERSHIPS

American Academy of Integrative Pain Management
American Academy of Physical Medicine and Rehabilitation
American Academy of Osteopathy
International Association for the Study of Pain
Cranial Academy