

Andre Panagos, MD, FAAPMR
Chair, Specialty Brand Expansion Committee

Tell members a little bit about yourself.

Your Practice

I run a solo interventional spine and musculoskeletal medicine private practice in New York City with special interests in biopsychosocial and regenerative medicine. I am also a Clinical Assistant Professor in the Department of Rehabilitation Medicine at NYU Grossman School of Medicine and an Assistant Attending Physiatrist in the Department of Rehabilitation Medicine at Bellevue Hospital Center. I find that my role is to provide sanity in an insane world.

Your Life Outside of Work

In the past year, I have enjoyed painting large canvases and cooking together with my family interspersed with breaks to get outside and run with our dog.

What accomplishments/honors are you particularly proud of that you would like to share with members?

I am very honored to have developed deep years-long relationships with my patients to get to know their narratives so that I can support their continued neuromusculoskeletal health.

I am particularly thrilled to have resolved severe and crippling low back pain of a patient after 54 years and to have assisted a professional jazz musician to return to playing his saxophone and touring after he suffered from severe upper extremity pain for 24 years.

Most recently, I love proselytizing about PM&R nationwide via telehealth.

What have you advanced in your local community outside of or in conjunction with your medical practice?

Becoming a local resource to support the fierce independence of the 90+ year old cohort of New Yorkers. Providing care and finding creative solutions for local and international patients at Bellevue Hospital Center.

What special skills or unique attributes do you bring to the Board of Governors?

Championing the voice of solo practitioners on the Board of Governors and providing an intimate understanding of the reality of the business side of medicine. Humbly participating in the evolution of our Academy with 16 years of service in various roles and committees.

What do you most look forward to in your service on the Board?

Working with my colleagues in the inaugural Specialty Brand Expansion Committee to create greater awareness of our specialty as medicine is refashioned for the 21st century. Fighting for our rightful place in the critical pantheon of medicine. Collaborating with peers from around the country to innovate and be BOLD in an inclusive and diverse way.

What have we not asked you that you think members should know about you?

I enjoy the challenge of persistent innovative focus and believe that each and every physiatrist has something important to share to create our BOLD reality.

