

CURRICULUM VITAE

ANDREW DAVID SHILLER, MD

SUMMARY Practicing rehabilitation medicine (physiatry) and non-interventional pain management since 2000. Extensive experience with geriatric and adult populations in inpatient, outpatient, acute rehab, SNF, and long term care. Skilled in diagnosing and treating subacute and chronic pain syndromes using the breadth of interventions from interventional procedures to complementary medicine. 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. Board certified in PM&R, and Holistic Integrative Medicine. Licensed in NY, and NJ. Completed clinical fellowship in Integrative Medicine at University of Maryland Center for Complementary Medicine Research. Excellent bedside manner and collegial communication skills. References available on request.

PROFESSIONAL EXPERIENCE

Physiatrist Self-Employed

Integrative Rehabilitation Medicine, PLLC

Long Island and Bronx, NY ; Bergen County, NJ

Providing full range of physiatry and pain management services as a consultant in several outpatient, acute, subacute, and long-term care facilities. Evaluate patients with neurological, musculoskeletal, pain, and motivation problems. Providing 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. List of facilities available on request.

2009-current

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. Ongoing experience with trigger point and peripheral joint and soft-tissue injections, osteopathy, mindbody techniques.

2008-2009

Physiatrist, Medical Director of Rehabilitation Services

Hebrew Senior Life

Boston, MA

Provided physical medicine and rehabilitation consultation, pain management, and supervision of 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, osteopathy, mindbody techniques. Worked with senior management to develop 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, wise use of complementary therapies.

2005—2007

Staff Physiatrist, Medical Director Outpatient Rehab ServicesKent Hospital

Warwick, RI

Provided consultative rehabilitation services to a wide patient population in the subacute rehabilitation unit and acute medical-surgical ward in a community general hospital. 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. Provided oversight to team of 9 physical and occupational therapists 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 Massachusetts General Hospital	2002
	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; Spaulding Rehabilitation Hospital	1996-2000 <i>Harvard Medical School</i>
	Boston, MA	
Residency:	Internal Medicine Cambridge Hospital	1996-1999 <i>Harvard Medical School</i>
	Cambridge, MA	
Internship:	Internal Medicine Cambridge Hospital	1995-1996 <i>Harvard Medical School</i>
	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

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 through 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:**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

Integrative Medicine—A Clinicians Journal

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

PROFESSIONAL MEMBERSHIPS

American Academy of Physical Medicine and Rehabilitation

American Academy of Osteopathy

International Association for the Study of Pain

New York Medical Society

Cranial Academy