

# Rachel E. Bergang MD, FAAPMR



**SPECIALITY**  
Physical Medicine and  
Rehabilitation

**SUBSPECIALITY  
TRAINING**  
Interventional Spine  
Medical Acupuncture

**BOARD-CERTIFIED**  
Physical Medicine and

#### Joins treated

- Neck
- Upper back
- Lower back
- Hip

#### Areas of speciality

- Arthritis
- Sports and other injuries
- Non-operative management
- Medical acupuncture

Dr. Rachel Bergang completed her Internal Medicine Internship at Montefiore Medical Center in 2000. She then went on to the New York Presbyterian Medical Center of Columbia/Cornell University, where she pursued advanced postgraduate training in Physical Medicine and Rehabilitation. As part of her residency at Columbia/Cornell University, she served as Chief Resident during her final year. Dr. Bergang then completed Musculoskeletal/Interventional Spine Fellowship in New Orleans, Louisiana at the Louisiana State University Health Sciences Center in 2004. In addition, Dr. Bergang is Certified in Medical Acupuncture. She studied medical acupuncture for Physicians through the Helms Medical Institute, a program co-sponsored by the UCLA and Stanford Schools of Medicine, from 2005-2006.

Dr. Bergang is Board Certified by the American Board of Physical Medicine & Rehabilitation and is a member of the following professional organizations:

- American Academy of Physical Medicine & Rehabilitation
- American Association of Electrodiagnostic Medicine
- North American Spine Society
- American Academy of Medical Acupuncture

She brings to the practice her knowledge and training in spine rehabilitation, electrodiagnostic medicine and interventional pain management techniques, including epidural injections, facet joint injections, sacroiliac joint injections, local trigger point injections and medical acupuncture. She cares for patients with acute and chronic pain, musculoskeletal problems, back and neck pain, including sciatica, pinched nerves, fibromyalgia and arthritis.

Dr. Bergang is an active runner and has participated in many races including the New York City Marathon. She uses her own running experience to help her patients return to their sports events.



315 East 83rd Street  
(1st/2nd)  
New York, NY 10028

212.986.9200  
212.986.9400 fax

[www.ueortho.com](http://www.ueortho.com)

