

**MEDICAL SCHOOL**

American University School of Medicine

HOSPITALSSaint Mary's Hospital
Waterbury Hospital**PROFESSIONAL AFFILIATIONS**International Spinal Injection Society
American Academy of Physical Medicine
& Rehabilitation
North American Spine Society

BHAVESH R. PATEL, M.D.

DR. BHAVESH R. PATEL is the founder and president of Interventional Spine & Sports Medicine, PC. He has practiced in the greater Waterbury area for nine years and recently went into solo/private practice to continue building on his belief in individualized care. He is a board-certified specialist in physical medicine & rehabilitation and pain medicine. His philosophy centers on a multidisciplinary approach for the prevention and treatment of spine and musculoskeletal injuries. Using a comprehensive approach, he says, "I find that 90 percent of my patients can improve without surgery."

Much of Dr. Patel's work focuses on helping patients eliminate pain and restore function with conservative measures. He treats a broad range of conditions from herniated discs and spinal stenosis to joint and muscle pains. His treatment approach includes medications, in conjunction with physical therapy and a home exercise program. He also uses many different X-ray-guided therapeutic spinal injections to help decrease inflammation and pain so patients progress in their individual-

ized physical therapy regimens. He has performed thousands of X-ray-guided spinal injections to help his patients improve their quality of life. His special interests are radio-frequency ablation and percutaneous disc decompression to help alleviate back and neck pain. He is trained in electro-diagnostic medicine (NCS/EMG), which can assist in proper diagnosis of peripheral nerve injuries. Dr. Patel's Spine Suite has the latest fluoroscopy machine, whose DSA technology helps assure that steroid medication is delivered into the spine more accurately and safely.

Dr. Patel did his residency in physical medicine and rehabilitation medicine at the Temple University School of Medicine and his fellowship in interventional spine & sports medicine at the world-renowned Spine Institute of New York at the Beth Israel Medical Center. Patients in extreme pain really appreciate the care and attention they receive from his entire staff. He is able to see patients on an emergency basis—within 24 to 48 hours. He says the most rewarding aspect of his work is being able to help his patients function without pain in their daily lives.

INTERVENTIONAL SPINE & SPORTS MEDICINE, PC

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