



**MEDICAL SCHOOL**

American University School of Medicine

**HOSPITALS**

Saint 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 a board-certified specialist in physical medicine & rehabilitation and pain medicine. His medical philosophy centers on a multidisciplinary approach for the prevention and treatment of spine and musculoskeletal injuries. Using this 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 treatments. His primary goal is optimizing function. He treats a broad range of pain conditions through nonsurgical treatment, with approaches including medications, coordination of physical therapy and exercise regimens. He also uses various X-ray-guided therapeutic spinal injections such as facet and medial branch blocks, radio-frequency ablation/neuromy, epidural steroid injections and percutaneous disc decompression. He is trained in electrodiagnostic medicine (NCS/EMG), which can assist in the proper diagnosis of peripheral nerve injuries. In some cases, he may use X-ray guided spinal injections to alleviate pain so that

his patients can participate in physical therapy. When surgery is necessary, he works closely with the team at his group practice to make appropriate recommendations and referrals.

Dr Patel did his residency in physical medicine and rehabilitation medicine at the Temple University School of Medicine and his fellowship in interventional spine and sports medicine at the world-renowned Spine Institute of New York at the Beth Israel Medical Center in Manhattan. Believing that "an individualized approach to each patient leads to the best outcome," he plans to explore training in acupuncture in the fall. He will see patients on an emergency basis—within 24 to 48 hours—when they are in pain and notes that patients really appreciate the individual care and attention they receive from him and his staff.

He says the most rewarding aspect of his work is being able to help his patients function without pain in their daily lives. "It is gratifying when they say to me, 'I got my life back,'" he says. "When they are able to go to work, play with their kids and live their lives in a normal way, it is a satisfying outcome for me too."

**NEUROSURGERY, ORTHOPAEDICS & SPINE SPECIALISTS (NOSS), PC**

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