Welcome to Physical Medicine & Rehabilitation at Albany Medical Center
Montreal - 3 hours

Lake George - 1 hour
Saratoga - 1/2 hour

Boston - 2 1/2 hours

New York City - 2 1/2 hours
There are also plenty of great smaller cities and towns within close driving range of Albany:

- **Bennington, VT** - 40 miles (1 hour, 5 minutes)
  Bennington Battle Monument
  Covered bridges of Bennington County
  Bennington Potters pottery & stoneware
- **Cooperstown, NY** - 75 miles (1 hour, 30 minutes)
  National Baseball Hall of Fame and Museum
  National Soccer Hall of Fame
  Fenimore Art Museum
- **Hyde Park, NY** - 76 miles (1 hour, 30 minutes)
  Vanderbilt Mansion
  Home of President Franklin D. Roosevelt
  Culinary Institute of America - America's premier 4 year culinary college
- **Lenox, MA** - 44 miles (55 minutes)
  Tanglewood Music Festival - Summer home of the Boston Symphony Orchestra and a variety of additional musical and performance artists
- **Saratoga Springs, NY** - 30 miles (40 minutes)
  Saratoga Spa State Park
  Saratoga Performing Arts Center (SPAC)
  Saratoga Race Track - Horse racing
- **Woodstock, NY** - 53 miles (1 hour, 15 minutes)
  Woodstock Arts Fest
WHO ARE WE?
George Forrest, M.D.  
*Professor and Chairman*

Dr. Forrest received his MD degree from Virginia medical College and completed a residency in internal medicine at SUNY Buffalo followed by a residency in Physical Medicine & Rehabilitation at Washington University Medical Center. Dr. Forrest is Boarded in Internal Medicine and Physical Medicine & Rehabilitation, as well as Electrodiagnostic Medicine and Spinal Cord Injury Medicine. Special interests include rehabilitation of stroke and functional electrical stimulation.
Andrew Dubin, M.D.

Associate Professor and Program Director

Dr. Andrew Dubin is Board Certified in Physical Medicine and Rehabilitation. He has subspecialty Boards in Electrodiagnostic Medicine. Dr. Dubin received his medical degree from Albany Medical College, and completed his residency at Thomas Jefferson University Hospital in Philadelphia. He has been on the staff of Albany Medical Center since 1990. His particular interests are in the area of spasticity and treatment of neuropathic pain.
Ian Cole, M.D.
Assistant Professor

Dr. Ian Cole is Board Certified in Physical Medicine and Rehabilitation. He received his medical degree from SUNY Downstate Medical College in Brooklyn and completed his residency in Physical Medicine & Rehabilitation at Montefiore Medical Center and Albert Einstein Medical College. He has a special interest in the use of electrodiagnosis—the determination of the nature of a disease through observation of changes in electrical irritability—and sodium hyaluronate injections for the treatment of knee osteoarthritis. His research interests include brain injuries and musculoskeletal injuries.
Farag Aboelsaad, M.D.
Assistant Professor

Dr. Aboelsaad received is MD degree from the University of Cairo. He completed his residency in Physical Medicine & Rehabilitation at Albany Medical Center and a fellowship in Pain Management at the Pacific Pain Treatment Center in San Francisco. Dr. Aboelsaad is board certified in Physical Medicine & Rehabilitation. Special interests include chronic pain management including back and neck pain, chronic headache, peripheral neuropathy and complex regional pain syndromes.
VA FACULTY

- **Barbara Bates, M.D.**  
  *Assistant Professor*

  Dr. Bates is Board Certified in Physical Medicine and Rehabilitation and spinal cord injury medicine. She received her MD degree from the University of Washington and completed residency in physical medicine & rehabilitation at Albany Medical Center. She is the Director of the Physical Medicine & Rehabilitation Service at the VA Medical Center.

- **Frank LoRe, M.D.**  
  *Assistant Professor*

  Dr. LoRe is Board certified in Physical Medicine & Rehabilitation. He received his MD degree from Albany Medical College and completed residency training in Physical Medicine and Rehabilitation from the University of Minnesota. Dr. LoRe is the Clinical Director of the PMR residency program at the VA.
EXPANSION AT AMC

- $360 million complex will increase bed capacity from 631 to 714 and include:
  - 20 new operating room suites
  - 60 additional medical/surgical beds
  - 6 new and 50 replacement NICU beds
  - 30 additional adult ICU beds
  - 2 additional PICU beds
  - 48 additional prep/recovery/23-hr stations
  - 26 additional recovery room stations
EXPANSION AT AMC

BEFORE:
EXPANSION AT AMC

AFTER:
Inpatient Rehabilitation Unit

- 20 bed inpatient rehabilitation unit certified by J.C.A.H.O. and the New York State Department of Health. The unit cares for about 700 patients per year.

- 1st in New York State to offer the Bioness H200 to patients with stroke. The device uses electric stimulation to help assist in the rehabilitation of the hands of stroke patients.

- 1st in the region to use a robot developed by engineers at MIT to aid in the rehabilitation of patients with strokes.
BI ONESS H200

- A device with electrode pads over extensor digitorum communis, extensor pollicis, flexor digitorum superficialis, thenar eminence.
- Can be used for exercise or function
Research

- Allergan- vial grant for evaluation of botulinum toxin in the management of upper limb spasticity in traumatic brain injury patients, as a way to improve driving capabilities for power wheel chair users.
- Measuring fatigue in paraspinal muscles of a nubian goat. This is a grant-funded, collaborative project with the Department of Biomechanics of Rensselaer Polytechnic Institute.
Albany – A beautiful city!
LARK STREET

- **LARK FEST** - Albany's Premiere Street Festival
- **ART ON LARK** - Annual Albany Arts Festival
- **Champagne on the Park** - Lark Street's Neighborhood Ball
- **A Taste Of Lark** - Biannual Lark Street Restaurant Week
- **Winter WonderLARK** - Holiday Festival
- **1ST FRI DAY** - Downtown Albany Year-round Arts Night :: 1st Friday of every month
Performing Arts

- Times Union Center
- Palace Theater
- Proctor’s Theater
- The Egg
- Washington Park Playhouse
- Capital Repertory Theater
- Albany Symphony Orchestra
- New York State Theater Institute
- Washington Avenue Armory
• Horse Racing
• Philadelphia Orchestra
• NYC Ballet
SPORTS TEAMS

• NJ Devils Affiliate (hockey)
• Tri-City Valleycats (Baseball)
• Albany Attack (Lacrosse)
• Albany Firebirds (Arena football)
• Albany Legends (Basketball)
• Division I basketball, soccer, hockey, football, volleyball….
Albany has a diverse and lively nightlife that offers a variety of jazz clubs, wine bars, dance clubs and pubs. You can sip on wine and listen to classical music, grab a margarita and salsa dance, drink a latte with a good book, or just grab a beer with a few friends and chat the night away. No matter what you are in the mood for, you’ll find it in Albany!
Restaurants

- American
- Italian
- French
- Chinese
- Japanese
- Vietnamese
- Lebanese
- Greek
- Indian
- Indonesian
- Thai
- Mongolian
- Mediterranean
- Afghan
SHOPPING

- Crossgates Mall
- Colonie Center
- Stuyvesant Plaza
- Latham Circle Mall
- Wolf Road Shopper’s Park
- Lark Street Boutiques
- Northway Mall
LEISURE ACTIVITIES

- Downhill Skiing (Jiminy Peak, Gore, Windham & West Mountains < 1 hour from Albany).
- Cross-Country Skiing - all over!
- Golf - 1st class golf courses (public and private - too numerous to mention)
- Tennis
- Bike trails
- Rollerblading, ice skating
- Water parks
- Sailing, rowing
Lots to do for free!

- Alive at Five Concerts
- Ice Skating
- Washington Park Playhouse
- Tulip Festival
- Live at the Plaza
- NYS Museum
- Cross-country skiing
- Riverfront festivals
WHY CHOOSE ALBANY??

- Excellent program with dedicated faculty committed to the education of our residents.
- 1:1 faculty:resident ratio allowing for in-depth teaching, supervision and interaction.
- Small program promotes camaraderie and teamwork among residents and faculty.
- Excellent quality of life: reasonable cost of living, good schools, no traffic, conveniently located.
- Excellent restaurants, shopping, theater, concerts, sports and leisure activities.
THE END