

# SAGAR S. PARIKH M.D.

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**Employment:** University Pain Medicine Center - Interventional Pain Physician  
33 Clyde Road Suite 105, Somerset, NJ

JFK Johnson Rehabilitation Institute – Assistant Professor for the Pain Fellowship  
65 James Street, Edison, NJ

## Training:

2012-2013 Northwestern University / Feinberg School of Medicine  
Rehabilitation Institute of Chicago // Chicago, IL  
Fellowship in Interventional Pain Medicine

2009-2012 Mount Sinai School of Medicine // New York, NY  
Resident of Physical Medicine and Rehabilitation  
\*Chief Resident 2011-2012

2008-2009 Saint Peter's University Hospital // New Brunswick, NJ  
Internship in Medicine

2006-2007 National Institutes of Health // Bethesda, MD  
Clinical Research Fellow

2003-2008 Robert Wood Johnson Medical School // Piscataway, NJ  
Graduated with Distinction in Research  
Medical Doctorate

1999-2003 Rutgers University // New Brunswick, NJ  
Majored in Genetics and Economics

## Membership:

American Society of Interventional Pain Physicians  
American Academy of Pain Medicine  
American Academy of Physical Medicine and Rehabilitation  
Association of Academic Physiatrists  
American Pain Society

## Honors:

APS Fundamentals of Pain Management  
Scholarship Recipient 2012  
Chief Resident – 2011-2012  
Clinical Research Fellowship 2006  
Distinction in Research 2008

## Medical Licensure:

New Jersey  
Illinois (past)  
New York (renewed)

## Research Experience:

Current Ongoing IRB – Decreases in Opioid Consumption after Enrollment in an Interdisciplinary Chronic Pain Program

Original Research – Rehabilitation Institute of Chicago  
Co-Investigator: Dr. Christine Gagnon; Dr. Steven Stanos

Analyzing the Biochemical Milieu of a Myofascial Pain.

National Institute of Health (2006-2007) - Supervisor: Dr. Jay Shah  
Clinical Research Fellowship

Studying the neuroanatomical affects and genetic mapping of mouse mutant Ataxia through Immunohistological methods and genetic amplification

Center for Advanced Biotechnology and Medicine (2001-2003)  
Supervisor: Dr. Jim Millonig

## Coursework / Misc. Notable Skill:

Trained In Electrodiagnostics (EMG/NCS)

Columbia University Musculoskeletal Ultrasound Course (2010)

Mount Sinai Musculoskeletal Ultrasound Course (2011)

Travell and Simons' Course on Myofascial Trigger Points (2007)

NANS/Medtronic/SaintJude/BostonScientific Fellows Courses in Advanced Interventional Techniques including Spinal Cord Stimulation (2012)

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## **Publications / Presentations:**

- Benzon et al. Practical Management of Pain. Elsevier. 2014  
Textbook Chapter 37 – Minor and Short-Acting Analgesics, Including Opioid Combination Products  
Steven Stanos, Mark Tyburski, **Sagar Parikh**
- Sackheim et al. Rehab Clinical Pocket Guide: Rehabilitation Medicine. Springer. 2013  
Textbook Chapter on Musculoskeletal Medicine  
**Sagar Parikh**, Naimish Baxi, Sandia Padavan
- Spinner et al (Upcoming Musculoskeletal Ultrasound Textbook)  
Chapter Contribution – Ultrasound of the Knee  
**Sagar Parikh**, Sandia Padavan
- Shah JP, Danoff JV, Desai MJ, **Parikh S**, Nakamura LY, Phillips TM, Gerber LH. Biochemicals Associated with Pain and Inflammation are Elevated in Sites Near to and Remote from Active Myofascial Trigger Points. Archives of Physical Medicine Rehabilitation. 2008 Jan;89(1):16-23.
- DIWAN -STAATS'S Atlas of Interventional Pain Management- **Hydrodiscectomy**. Chapter 34.  
Dr. Didier Demesmin, **Dr. Sagar Parikh** (Pending Publication)
- Reid MC, Henderson CR Jr, Papaleontiou M, Amanfo L, Olkhovskaya Y, Moore AA, **Parikh SS**, Turner BJ.  
**Characteristics of older adults receiving opioids in primary care: treatment duration and outcomes**. Pain Med. 2010 Jul;11(7):1063-71.
- Sagar Parikh MD**, Didier Demesmin MD. **Spinal Cord Stimulation in the Setting of Brachial Plexopathy: A Case Report**: Accepted to ASIPP 2011 Conference for Presentation
- Aziza Kamani MD, **Sagar Parikh MD**, Mila Mogilevsky, DO. Transient Cauda Equina Compromise Following Epidural Steroid-Bupivacaine Injection for L5/S1 Lumbar Radiculopathy – Abstract Presentation AAP 2012
- Medical Aspects of Boxing (Pending Publication)  
Book Chapter – **Shoulder Injuries in Boxing**
- Sagar Parikh**, Lynn Nakamura, Jay P Shah, Lynn Gerber. The Biochemical Response Post Microdialysis Needle Insertion (PMNI) in Active, Latent, and Absent Myofascial Trigger Points (MTrPs) in the Upper Trapezius Muscle.  
**Grand Rounds Poster Presentation**: American Academy of Physical Medicine and Rehabilitation Boston 2007 Conference
- Biomechanics of a Baseball Throw** – Shoulder Recruitment/Injury  
Musculoskeletal Grand Rounds – Mount Sinai School of Medicine. 2010
- Parikh, S.**, Siefferman, J. **Propranolol for Lateralizing Dysautonomia After Hemispheric Stroke: A Case Report**. Poster Presentation at the Association of Academic Physiatrists 2011 National Conference
- Sagar S Parikh**, MD; Emerald Lin, MD; Ruth Alejandro, MD; Jaishree Capoor, MD. **The Importance of Visuo-perceptual Training in a Blind Child with Cerebral Palsy and a Non-Verbal Learning Disorder**. Poster Presentation at the Association of Academic Physiatrists 2011 National Conference
- Sagar Parikh, M.D.**, Anne Ambrose, MD. **Complications of Atypical Anti-Psychotic Agents in the Setting of Traumatic Brain Injury: A Case Report on Neuroleptic Malignant Syndrome**. Poster Presentation at the Association of Academic Physiatrists 2011 National Conference.

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