

Curriculum Vitae

Date Prepared: May 20, 2014
Name: Omar El Abd, MD
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Place of Birth: Prague, Czech Republic

Education

1989	General Certificate of Education	Sciences	London University London, England
1995	Bachelor	Medicine	Cairo University School of Medicine

Postdoctoral Training

1996-1997	Intern	Rotational	Cairo University Hospitals
1998-1999	Intern	Internal Medicine	Wyckoff Heights Medical Center, Cornell University
1999- 2002	Resident	Physical Medicine and Rehabilitation	Montefiore Medical Center/Albert Einstein College of Medicine
2001- 2002	Chief Resident	Physical Medicine and Rehabilitation	Montefiore Medical Center/Albert Einstein College of Medicine
2002- 2003	Fellow	Interventional Spine	University of Pennsylvania

Faculty Academic Appointments

9/1/2011- 1/14/2013	Assistant Professor	Physical Medicine and Rehabilitation	Harvard Medical School
2003- 2011	Instructor	Physical Medicine and Rehabilitation	Harvard Medical School
2002- 2003	Clinical Instructor	Physical Medicine and Rehabilitation	University of Pennsylvania

Appointments at Hospitals/Affiliated Institutions

2003- 2014	Clinical Associate	Physical Medicine and Rehabilitation	Spaulding Rehabilitation Hospital
2003- 2014	Clinical Associate	Physical Medicine and Rehabilitation	Massachusetts General Hospital
2003- Present	Clinical Associate	Internal Medicine/PM&R Division	Newton-Wellesley Hospital

Major Administrative Leadership Positions

Local

2014- Present Director Newton Wellesley Interventional Spine, LLC

2005- 2014 Interventional Spine Director The Spine Center at Newton-Wellesley Hospital, a collaboration of Massachusetts General Hospital and Newton-Wellesley Hospital

May 4, 2007 Co-director for Low Back Pain for Primary Care Physician CME course sponsored by Harvard Medical School Newton MA

February 27, 2010 Director Interventional Spine Course for Spaulding Rehabilitation Hospital PM&R residents Spaulding Rehabilitation Hospital

February 26, 2011 Director Interventional Spine Course for Spaulding Rehabilitation Hospital PM&R residents Spaulding Rehabilitation Hospital

March 10, 2012 Director Interventional Spine Course for Spaulding Rehabilitation Hospital PM&R residents Spaulding Rehabilitation Hospital

February 23, 2013 Director Interventional Spine Course for Spaulding Rehabilitation Hospital PM&R residents Spaulding Rehabilitation Hospital

National

November 23, 2008 Director, Prevention of Spine Interventions Complications course San Diego CA

October 7, 2009 Director, Prevention of Spine Interventions Complications course. American Academy of Physical Medicine and Rehabilitation 70th Annual Assembly Austin TX

November 5, 2010	Director, Minimizing Spine Interventions Complications course. American Academy of Physical Medicine and Rehabilitation 71st Annual Assembly	Seattle WA
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International

May 15, 2009	Director, Prevention of Spine Interventions Complications course. International Society of Physical and Rehabilitation Medicine	Istanbul, Turkey
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Professional Societies

1999- Present	American Academy of Physical Medicine and Rehabilitation 2000- 2002	Member Vice-Chairman, Communication Committee Physician Council
1999- 2002	New York Society of Physical Medicine and Rehabilitation	Member
2000	Physiatric Association of Spine, Sports and Occupational Rehabilitation	Member
2001	American Association of Electrodiagnostic Medicine	Member
2009	International Society of Physical and Rehabilitation Medicine	Member
2013	Massachusetts Medical Society	Member

Editorial Activities

2002-2003	Pain Physician	
2013	The American Journal of Physical Medicine & Rehabilitation	

Honors and Prizes

April 29, 2008	Achievement Award	The Egyptian Society of Back Pain
November 20, 2011	Best Musculoskeletal Research Presentation	American Academy of PM&R
January 2012	Partners in Excellence Award	Partners Health Care
November 2013	Partners in Excellence Award	Partners Health Care

Report of Local Teaching and Training

Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs)

Jan 6, 2004	Musculoskeletal Lecture PM&R Residents	SRH Single lecture
January 3, 2006	Functional Spine Anatomy PM&R Residents	SRH Single lecture
January 3, 2006	Interventional Spine Procedures PM&R Residents	SRH Single lecture
April 4, 2007	Spine Anatomy PM&R Residents	SRH Single lecture
April 30, 2009	Interventional Spine Physiatry Orthopedics Residents	NWH Single lecture
February 27, 2010	Hands-on Intradiscal Procedures PM&R residents	SRH Single lecture
February 26, 2011	Hands-on Intradiscal Procedures PM&R residents	SRH Single lecture
March, 10, 2012	Hand-on Intradiscal Procedures PM&R residents	Single lecture SRH
February 23, 2013	Hand-on Intradiscal Procedures PM&R residents	Single Lecture SRH

Clinical Supervisory and Training Responsibilities

2004- 2014	Elective Harvard PM&R residency rotations	Interventional Spine Rotation
August 2009- 2014	In charge of Spine Education to PM&R Residents	Spine Curriculum

Formally Supervised Trainees

August 2010-2011	Mentor for post-doc clinical fellowship for 2 Post-Docs	Clinical investigation on Spine Injections complications
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Formal Teaching of Peers (e.g., CME and other continuing education courses)

March 4, 2007	Low Back Pain for Primary Care Physician CME course sponsored by Harvard Medical School	Newton-Wellesley Hospital
March 7, 2009	The Painful Neck: Common Presentations, patients vignettes Evaluation and Treatment of Neck and Low Back Pain Course	Single lecture Newton Wellesley Hospital, Newton MA
March 7, 2009	Common Diagnoses, Cervical Sprains and Strains Evaluation and Treatment of Neck and Low Back Pain Course	Single lecture Newton Wellesley Hospital, Newton MA

October 19, 2010 Appropriate Imaging: A Network Discussion Partners
Community Healthcare, Inc Panelist, education program
Newton MA

Local Invited Presentations

May 23, 2000 Cervical Spondylotic Myelopathy Review/Grand Rounds
Montefiore Medical Center, Bronx, NY

November 28, 2000 Electrodiagnosis in Lumbosacral Radiculopathy and Plexopathy/Grand Rounds
Montefiore Medical Center, Bronx, NY

November 30, 2005 Interventional Spine Physiatry/Grand Rounds
Newton Wellesley Hospital, Newton, MA

March 6, 2009 Advances In Interventional Spine Physiatry/ Grand Rounds
Spaulding Rehabilitation Hospital, Boston MA

June 24, 2009 Spine Endoscopy/Orthopedics Grand Rounds
Newton Wellesley Hospital, Newton MA

September 2, 2009 Spine Endoscopy/Combined Medical/Surgical Grand Rounds
Newton Wellesley Hospital, Newton MA

September 16, 2009 Interventional Spine for Radiology Technologists/Invited lecture
Newton Wellesley Hospital, Newton MA

March 16, 2010 Spine Team Work Lecture, Spaulding outpatient lecture series/Invited lecture
Spaulding Wellesley, Wellesley MA

April 20, 2011 Spine Interventions Lecture, Spaulding Outpatient Center
Spaulding Framingham, Framingham MA

Projects: Unfunded research

2010-2012 Lead investigator, Prospective study including 150 subjects evaluating immediate complications of transforaminal epidural injections using dexamethasone.
Status: IRB approved, subjects enrolled, data collected, currently analyzing data and performing statistical analysis.

2010-2012 Lead investigator, Prospective study comparing vascular detection in transforaminal epidural injections between conventional methods and digital subtraction.
Status: Study accomplished, accepted as a poster presentation in AAPMR 2011, selected in best musculoskeletal research section, currently under editing for journal submission

2010-2012 Lead investigator, Prospective study evaluating perineal pruritis after transforaminal epidural steroid injections with dexamethasone
Status: Study accomplished, accepted as a poster presentation in AAPMR 2011, currently under editing for journal submission

2010-2012 A study comparing radiation exposure to the spine interventionalist with the use of a full lead shield vs under the table lead skirt protection, accepted as a poster presentation AAPMR 2012. Status: Data collected, currently analyzing data

Report of Regional, National and International Invited Teaching and Presentations

Invited Presentations and Courses

Regional

- June 25, 2003 Side effects and complications following Nucleoplasty®/Invited lecture
University of Pennsylvania, Department of Rehabilitation Medicine
Third annual research day
- June 25, 2003 Preliminary Outcomes of Percutaneous Decompression Utilizing Coblation® for the
Treatment of Axial Low Back Pain/Invited lecture
University of Pennsylvania, Department of Rehabilitation Medicine
Third annual research day
- May 9, 2009 Evidence Based Interventional Spine/Invited lecture
The Annual Massachusetts Society Radiologic Technologists Conference, Westford MA

National

- October 9, 2003 The Prevalence of Abdominal and Inguinal Pain in Patients with Internal Disc Disruption
Syndrome. PASSOR Annual Meeting Research Forum, Chicago, IL.
- September 28, 2007 Symposium Chairman: Chronic Back Pain, Exploring the Role of Opioids in the Current
Treatment Paradigm. Satellite Symposium concurrent with American Academy of Physical
Medicine and Rehabilitation 68th Annual Assembly, Boston, MA.
- September 30, 2007 Cervical Spine Examination Hands On course. American Academy of Physical Medicine
and Rehabilitation 68th Annual Assembly, Boston MA
- November 22, 2008 Cervical Spine Examination Hands On course. American Academy of Physical Medicine
and Rehabilitation 69th Annual Assembly, San Diego CA
- November 23, 2008 Introduction and complications overview,
Prevention of Spine Interventions Complications course
American Academy of Physical Medicine and Rehabilitation 69th Annual Assembly, San
Diego, CA
- October 7, 2009 Introduction and Transforaminal complications,
Prevention of Spine Interventions Complications course
American Academy of Physical Medicine and Rehabilitation 70th Annual Assembly,
Austin, TX
- November 5, 2010 Introduction and Transforaminal complications,
Minimizing Spine Interventions Complications course
American Academy of Physical Medicine and Rehabilitation 71st Annual Assembly,
Seattle, WA
- May 17, 2011 Minimizing Transforaminal epidural steroid injections complications, Grand round PM&R
department Montefiore Medical Center, New York, NY
- November 15, 2012 "Low Back Pain: Clinical Evaluation And Fluoroscopic Evaluation" course approved for
the 2012 American Academy of Physical Medicine and Rehabilitation Annual Assembly.

International

- February 16-25, 2007 Clinical and Physician training/ Invited by the Egyptian Government
El Maadi Medical Compound, Cairo, Egypt
- April 27- May 3, 2008 Clinical and Physician training/Invited by the Egyptian Government
El Maadi Medical Compound, Cairo, Egypt
- May 1, 2008 "Interventional Physiatry"
The 8th Annual International Congress of The Egyptian Society of Back Pain and The
third African Arab Congress of Back Pain.
Cairo, Egypt
- May 13, Seminar of Painful Spine pathologies Medical Center University of Sarajevo.

2013

May 13-17 Clinical and Physician training/ Invited by Department of PM&R Medical Center
University of Sarajevo, Sarajevo Bosnia Herzegovina

Report of Clinical Activities and Innovations

Current Licensure and Certification

2001 New York
2002 Pennsylvania
2003 Massachusetts
American Board of Physical Medicine and Rehabilitation
Pain Medicine Board Certification
American Board of Independent Medical Examiners

Practice Activities

Year(s)	Type of activity	Name and location of practice	Level of activity
2003 - 2007	Ambulatory Care Conservative management of painful Spinal conditions and Fluoroscopic guided Spinal Procedures	The Spine Center at Newton-Wellesley Hospital, a collaboration of Massachusetts General Hospital and Newton- Wellesley Hospital	9 Sessions per week (assigned to work here by the Massachusetts General Physicians Organization – MGPO; - paid by the MGPO, not by Newton-Wellesley Hospital)
2003 - 2007	Ambulatory Care Fluoroscopic guided Spinal Procedures	Spaulding Rehabilitation Hospital Boston MA	1 Session per week
2007 - 2011	Ambulatory Care Conservative management of painful Spinal conditions and Fluoroscopic guided Spinal Procedures	The Spine Center at Newton-Wellesley Hospital, a collaboration of Massachusetts General Hospital and Newton- Wellesley Hospital	10 Sessions per week (assigned to work here by the Massachusetts General Physicians Organization – MGPO; - paid by the MGPO, not by Newton-Wellesley Hospital)
2011-present	Ambulatory Care Conservative management of painful Spinal conditions and Fluoroscopic guided Spinal Procedures	The Spine Center at Newton-Wellesley Hospital, a collaboration of Massachusetts General Hospital and Newton- Wellesley Hospital	7 Sessions per week (assigned to work here by the Massachusetts General Physicians Organization – MGPO; - paid by the MGPO, not by Newton-Wellesley Hospital)
2011-present	Ambulatory Care Fluoroscopic guided	Spaulding Rehabilitation Outpatient Clinic,	3 Sessions per week

Clinical Innovations:

Introduced mechanical percutaneous disc decompression technology to Interventional PM&R Harvard Medical System (2005)

Intradiscal fluoroscopic guided outpatient intervention to decompress small disc protrusions without the need for open surgical discectomy for management lumbar radicular pain that fails conservative management.

Introduced vertebroplasty procedure to Interventional Physiatry in PM&R Harvard Medical System (2006)

Fluoroscopic guided outpatient intervention introducing bone cement in painful vertebral compression fractures to manage pain and improve function.

Introduced cervical discography procedures to Interventional Physiatry in PM&R Harvard Medical System (2007)

Intradiscal fluoroscopic guided outpatient procedure used for surgical planning of painful disc conditions. This procedure requires the highest skills and extensive experience in spinal procedures.

Introduced Sacroplasty procedure to Interventional Physiatry in PM&R Harvard Medical System (2008)

Fluoroscopic guided outpatient intervention introducing bone cement in painful sacral insufficiency fractures to manage pain and improve function.

Introducing spinal endoscopy for management of lumbar radiculopathy (2010)

Investigated and evaluated literature on spine endoscopic procedures for management of lumbar radiculopathy. Received hands on training in the United States and in Germany. Working currently on procedure credentialing.

Report of Education of Patients and Service to the Community**Activities**

June 1, 2004 Newton Wellesley Hospital/Organizer and Lecturer community education Back talk (A team approach to back pain)

October 15, 2007 Health Source Show Wellesley Cable Access TV Station, Wellesley MA /Expert Guest Osteoporosis and Compression Fractures: Opinions for treatment

July 17, 2011 Managing episodes of back and neck pain, Metrowest Daily News

<http://www.metrowestdailynews.com/archive/x633527624/FLEXIBLE-FITNESS-Managing-episodes-of-back-and-neck-pain#ixzz1VBnNogDS>

Report of Scholarship**Publications****Peer Reviewed Publications In Print or Other Media**

Research Investigations:

El Abd OH, Amadera JD, Pimentel DC, Pimentel TSC. Intravascular flow detection during transforaminal epidural injections: A prospective study. *Pain Physician*. 2014 Jan-Feb;17(1):21-7

Leite VF, Buehler AM, **El Abd O**, Benyamin RM, Pimentel DC, Chen J, Hsing WT, Mazloomdoost D, Amadera JE. Anti-nerve growth factor in the treatment of low back pain and radiculopathy: a systematic review and a meta-analysis. *Pain Physician*. 2014 Jan-Feb;17(1):E45-60.

Pimentel DC, **El Abd O**, Benyamin RM, Buehler AM, Leite VF, Mazloomdoost D, Chen J, Hsing WT, Amadera JE. Anti-tumor necrosis factor antagonists in the treatment of low back pain and radiculopathy: a systematic review and meta-analysis. *Pain Physician*. 2014 Jan-Feb;17(1):E27-44

Bhagia SM, Slipman CW, Nirschl M, Isaac Z, **El-Abd OH**, Sharps LS, Garvin C. Side effects and complications after percutaneous disc decompression using coblation technology. *Am J Phys Med Rehabil* 2006;85:6-13.

Other Peer-Reviewed Publications:

1. **El Abd OH**. Cervical spondylotic myelopathy review. *Phys Med Rehabil Resident* 2001;10:9-10.
2. Chou LH, Slipman CW, Bhagia SM, Tsaur L, Bhat AL, Isaac Z, Gilchrist R, **El Abd OH**, Lenrow DA. Inciting events initiating injection-proven sacroiliac joint syndrome. *Pain Med* 2004;5:26-32.
3. Slipman CW, **El Abd OH**, Bhargava A, DePalma MJ, Chin KR. Transforaminal cervical blood patch for the treatment of post-dural puncture headache. *Am J Phys Med Rehabil* 2005;84:76-80.
4. Muzin S, Isaac Z, Walker J, **El Abd OH**, J Bama. When should a cervical collar be used to treat neck pain? *Curr Rev Musculoskel Med* 2007;1:114-9.
5. Walker J,* **El Abd OH**,* Isaac Z, Muzin S. Discography in practice: A clinical and historical review. *Curr Rev Musculoskel Med* 2008;1:69-83.
6. **El Abd OH**, Rosenberg D, Gomba L, Isaac Z. The lateral atlanto-axial joint as a source of headache in congenital atlanto occipital fusion. *Am J Phys Med Rehabil* 2008;87:232-7.
7. **El Abd OH**, Fusco H, Lew M, Jenis L, Gomba L. Coccidomycosis Infection Presenting With Thoracic Spinal Pain. *PMR* 2012 Jun;4(6):450-5.
8. **El Abd OH**, Amadera JD, Pimentel DC, Pimentel TSC. Letters to the Editor. Digital Subtraction Angiography is Not the Answer for Safe Epidural Injections *Pain Physician* 2014 May-Jun;17(3) 2014; 17:E413-E419.

* Co-first authors.

Non-peer reviewed scientific or medical publications/materials in print or other media

Reviews, chapters, monographs and editorials

1. **El Abd OH**. Steroids in spine interventions. In: Slipman CW, Derby R, Mayer TG, editors. *Interventional Spine: An Algorithmic Approach*. Philadelphia: Elsevier; 2007.
2. **El Abd OH**. Low back sprain. In: Frontera WF, Silver JK, Rizzo TD, editors. *Essentials of Physical Medicine and Rehabilitation*. 2nd ed. Philadelphia: Elsevier; 2008.
3. **El Abd OH**. Spine Interventions. In: Magee D, Zachazewski, J, editors. *Scientific Foundations and Principles of Practice in Musculoskeletal Rehabilitation*. Philadelphia; Elsevier: 2008.
4. **El Abd OH**. Role of epidural steroids for lumbar disc disruption. In: Depalma M, editor. *iSpine: Evidence-Based Interventional Spine Care*. New York; DemosMedical: 2011.

5. **El Abd OH.** Low back sprain. In: Frontera WF, Silver JK, Rizzo TD, editors. Essentials of Physical Medicine and Rehabilitation. 3rd ed. Philadelphia: Elsevier; In print.

Clinical Guidelines and Reports

1. **El Abd OH,** Slipman CW. Chiropractic care. Complementary and Alternative Medicine PIER Clinical Guidance from American College of Physicians (5/10/04). <http://pier.acponline.org>

Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings

1. “Acute Bilateral Facial Palsy As An Initial Presentation Of Leptomeningeal Metastasis: A Case Report” Abstract, Archives of Physical Medicine and Rehabilitation, Vol. 82, p. 1310, September 2001.
2. Preliminary Outcomes of Percutaneous Decompression Utilizing Coblation® for the Treatment of Axial Low Back Pain. Second world congress of the International Society of Physical and Rehabilitation Medicine Prague, Czech Republic May 2003.
3. Nucleoplasty Procedure for Cervical Radicular Pain – Initial case series. Second world congress of the International Society of Physical and Rehabilitation Medicine Prague, Czech Republic May 2003.
4. Allergy to Titanium Spinal Implant, American Academy of Physical Medicine and Rehabilitation's 65th Annual Assembly, Phoenix, AZ October 7, 2004
5. Sacroplasty for Management of Pain in a Sacral Fatigue Fracture. Association of Academic Physiatrists Annual Meeting 2009, Colorado Springs CO.
6. Coccidiomycosis Infection Presenting With Thoracic Spinal Pain. Association of Academic Physiatrists Annual Meeting in Phoenix Arizona, April 12-16, 2011.
7. Vascular Flow Detection during Transforaminal Epidural Steroid Injections (selected to be part of the Musculoskeletal Best Research Presentations). American Academy of Physical Medicine and Rehabilitation Annual Assembly, Orlando FL, November 17-20, 2011
8. Perineal Pruritus after Transforaminal Epidural Injections with Dexamethasone. American Academy of Physical Medicine and Rehabilitation Annual Assembly, Orlando FL, November 17-20, 2011
9. General Pruritus as an Unusual Side Effect after Transforaminal Epidural Injection with Dexamethasone. American Academy of Physical Medicine and Rehabilitation Annual Assembly, Orlando, FL, November 17-20, 2011
10. Unusual cause of acute neck pain: A case report. American Academy of Physical Medicine and Rehabilitation Annual Assembly, Atlanta GA, November 16, 2012.
11. Comparison of Radiation Exposure Using Two Types of Shield Protection During Spinal Interventions. American Academy of Physical Medicine and Rehabilitation Annual Assembly, Atlanta GA, November 17, 2012.
12. Correlation Between Vascular Penetration During Needle Positioning and Perineal Pruritis in Transforaminal Epidural Injections With Dexamethasone. American Academy of Physical Medicine and Rehabilitation Annual Assembly, Atlanta GA, November 17, 2012.
13. Immediate and Acute Complications Following Transforaminal Epidural Steroid Injections with Dexamethasone. American Academy of Physical Medicine and Rehabilitation Annual Assembly, Atlanta GA, November 17, 2012.

Narrative Report

My career focuses on clinical expertise, program development and teaching. I joined the Department of PM&R as one of the first interventional spine sub-specialists and developed the Interventional Spine Program at The Spine Center at Newton-Wellesley Hospital, a collaboration of Massachusetts General Hospital and Newton-Wellesley Hospital, to provide a new and much needed service to patients, as spine pain is the most common cause of disability among working-aged adults. My approach provides prompt patient evaluation, immediate evidence-based management and high quality medical care.

When I joined the practice, my efforts concentrated on developing a program to effectively manage acute painful spine disorders and chronic conditions with acute exacerbations. The Spine Center became widely recognized by patients and physicians in the Boston area. In 2011, I began developing a spine care program at Spaulding Framingham. As the first Interventional Spine Physiatry Director, I have developed policies, trained staff, and established a subspecialty by combining conservative management of painful spine disorders with radiologic interventional procedures.

In addition to my expertise in non-operative spine care and in performing routine interventional spine procedures, I have introduced procedures that were not offered by physiatry in the Harvard system or in the state of Massachusetts. These include upper cervical facet joints radiofrequency ablation, lumbar percutaneous discectomies, vertebroplasty and sacroplasty. As new procedures have been introduced in the field, I have pursued education and training in the United States and Europe to learn spine endoscopic transforaminal decompression. I am in the process of introducing this novel treatment in the Harvard system.

As the field of interventional spine physiatry expands nationally, there are increased reports of procedural complications. These reports demonstrate the need to educate interventionalists about techniques to minimize complications, improve patient safety and enhance the subspecialty. I have assembled experts from around the country and developed a course to train interventionalists on safely performing procedures. We offered this course for the past three years at the Academy of PM&R annual assembly. We also presented it at the International Society of Physical and Rehabilitation Medicine Biannual meeting. I recently conducted a prospective study on complications of transforaminal epidural steroid injections with dexamethasone. I also conducted a study on vascular flow detection, which has been selected for the best musculoskeletal research section of the AAPM&R 2012 meeting.