

# Is Pain Keeping You From Enjoying Life?

## An M.D. Reveals Important Secrets in Pain Management

Golfers, tennis and bridge players, gardeners, homemakers and office workers are finding a source of hope for their chronic aching pain. At last an M.D. is prepared to reveal the secret to doing more than simply treating pain. Irvin L. Kotkin, M.D. has a goal of curing his patients' frustrating pain.

Dr. Kotkin, a physiatrist, is a board certified practitioner of Physical Medicine and Rehabilitation in Floral Park, N.Y.

Together with a staff of physical therapists, Dr. Kotkin diagnoses and prescribes exercise programs designed to cure not only back, but neck, shoulder and leg pain. His non-surgical approach is even applied to headaches.

"We treat a wide spectrum of people, from pregnant women with sciatica to seniors with

arthritis and osteoporosis. Many of our patients are otherwise healthy people who are experiencing acute and chronic pain from injury or overuse. Many patients have been told to live with their pain. I show these same patients how they may be able to LIVE WITHOUT PAIN.\*

At the core of Dr. Kotkin's prescription for an active lifestyle is a personalized home exercise program which strengthens muscles as well as produces more flexibility. The patient must be ACTIVELY involved in strengthening their bodies. This approach is not accomplished by any machines nor any other person. With this unique approach many patients can expect long-term results and not simply a temporary feeling of well-being.

"Put simply, as a physiatrist my goal is to cure my patients' problems, to enable them to return to the normal activities of their daily lives... including shopping, lifting, walking and even sleeping more comfortably," says Dr. Kotkin.

If you've given up your favorite recreational activity, but you would like to return to your normal, active lifestyle, contact Dr. Kotkin at his office at :

**1 Cisney Avenue, Floral Park, NY 11001**

**Phone: 516-354-4045**



**Irvin L. Kotkin, M.D.**