

MICHAEL I. CHEIKIN, M.D.  
Center for Optimal Health  
832 Germantown Avenue, Suite 3  
Plymouth Meeting, Pennsylvania 19462  
Office 610-239-9901; Fax 866-217-0158; email cheikinm@gmail.com

Education

M.D. (magna cum laude): SUNY Downstate Medical Center, 1980.  
B.A. (high honors): SUNY Stony Brook, Chemistry and Psychology, 1976.

Licensure and Certification

Board Certifications: Physical Medicine and Rehabilitation, 1988 (#2779).  
Electrodiagnostic Medicine, 1991 (#1453).  
Spinal Cord Medicine, 2000 (#193).  
Pain Management, 2001 (#114).  
State Licenses: PA: MD & Acupuncture (MD-040161-E, 10/8/87; AK-000571-L, 5/31/2001).  
Inactive: New York (146602, 7/3/81) and New Jersey (55755,12/10/90)

Training and Experience

2004 - present Medical Director, Center for Optimal Health, Plymouth Meeting PA,  
Holistic Medicine and Psychiatry for obscure and chronic conditions.

2003 - present Institutes for the Achievement of Human Potential  
Metabolic and yoga therapy for disabled children from around the world.

1988 - 2013 Inglis House: A Wheelchair Community; Consulting Psychiatrist  
9/00 to present: Associate Medical Director for Rehabilitation Services.

1989-2005 Chestnut Hill Rehabilitation Hospital, Wyndmoor, PA. Staff Psychiatrist 1989-94;  
Medical Director, 8/94-4/05; Established Wheelchair, Wound, Spasticity,  
Worker's Comp, Senior Assessment, Pain and Medical Yoga Programs.  
Chestnut Hill Hospital, Philadelphia, PA, 8/94-4/05 Section Chief, Physical Medicine  
and Rehabilitation; Served as co-Medical Dir., Transitional Care Unit, 1998-2002.

Cooper Union School of Engineering, New York City, NY, 1987-present  
Adjunct Professor of Biomedical Engineering.

1987-93 New York City Board of Education, Brooklyn, NY.  
1987-91 Temple University, Dept. of PM&R, Philadelphia, PA,  
Dir. of Outpatient Services; Rehab Engineering.  
1989-91 Spinotech of New Jersey, Marlton, NJ.  
1988-90 Embreeville Center, Coatesville, PA.

Residency St. Vincent's Hospital and Medical Center, NY, NY,  
1984-86 Physical Medicine and Rehabilitation, including Chief.

Research Independent research, new model, percept-action system.  
1981-84 Emergency Room Physician, Kings County Hospital.

Internship Kings County Hospital/SUNY Downstate, Brooklyn, NY,  
1980-81 Family Practice and Psychiatry.

SUNY Research Associate, Dept. of Neuroanatomy, Dr. W. Riss,  
Downstate Visual perception, Callosal transfer (paper presented).  
Medical Invited into M.D.-Ph.D. Program, Dept. Neurophysiology.  
1976-80 Founded and directed the 'Downstate Theatre Workshop'.

SUNY Research Associate, Dept. of Chemistry, Dr. P. Lauterbur,  
Stony Brook Image reconstruction of NMR Scans (won Nobel Prize 2003).  
1972-76 Dept. of Psychology, Dr. K. Daniel O'Leary,  
Research design & analysis (co-author), Behavior Mod.

Programmer COBOL and FORTRAN Programmer, Junior Analyst,  
1971-75 Brentwood Public Schools, Brentwood, New York.

1972 Winner, Humble Oil's "Tomorrow's Scientists of America".  
Competition for research using computer analysis.

Summary of Skills/Accomplishments:

Medical Director of Chestnut Hill Rehabilitation Hospital, Section Chief of PM&R at Chestnut Hill Hospital, and President of Wyndmoor Physical Medicine Group and Wyndmoor Rehabilitation Associates, 1994-2005:

- o Chestnut Hill Rehabilitation Hospital was a 92 bed facility, with 52 rehab beds, 31 SNF beds, and a 9 bed satellite in GrandView Hospital. Chestnut Hill Hospital opened a 25 bed SNF in 1998.
- o Successfully directed Chestnut Hill Rehabilitation Hospital through four JCAHO surveys, three CARF surveys, and numerous State surveys with progressively increasing scores. These surveys included acute hospital, subacute and SNF. The SNF had three years of deficiency-free surveys by the Department of Health.
- o Reengineered the inpatient care process, including redesigning all admission, progress and discharge forms, specialized order sheets, team conference forms and process, chart review process.
- o Introduced Nurse Practitioners into the care model, increasing from 1 to 4.5 FTE's over a 10 year period. Also enhanced the Psychiatry and Internal Medicine programs at CHRH.
- o Reengineered the PM&R consult service at CHH to assist with timely discharge planning and utilization. helped decrease length-of-stay in acute hospital.
- o Developed outpatient programs for Wound Care, Wheelchair Users, Worker's Compensation, Geriatric Assessment, Carpal Tunnel Syndrome, Spasticity and Contracture Management, Admission from Home, Fibromyalgia and Chronic Fatigue, Integrative Medicine, Medical Yoga and Medical Acupuncture.
- o As President and owner of Wyndmoor Physical Medicine Group PC, grew practice from 1.3 million to 2.0 million, capped by limited outpatient facility.
- o Successfully defended the physician practice against a \$25,000 Highmark Blue Shield audit. Designed all patient-care forms to comply with Evaluation and Management guidelines and educated physicians in the use of proper coding to optimize documentation and revenue.

Associate Medical Director of Inglis House, A Wheelchair Community, 1988 to present

- o Inglis House is a unique 300 bed nursing home, established in 1875, that specializes in the needs of the young wheelchair users. Predominant diagnoses include multiple sclerosis, cerebral palsy, spinal cord injury, and stroke.
- o Has led the rehabilitation department for over 20 years. Developed a comprehensive wheelchair assessment and prescription program, prosthetic and orthotics program, wound program, and spasticity/contracture management program. Introducing holistic nutrition and adapted yoga.

Associate Medical Director of The Institutes for the Achievement of Human Potential, 2006 to present

- o The Institutes for the Achievement of Human Potential, established in the 1950's, is a unique outpatient holistic program that serves children with severe neurological disabilities throughout the world. Children born with cerebral palsy, blindness, deafness, Downs syndrome, and acquired disorders such as autism, seizure, ADD and others are treated through a holistic multi-dimensional approach.
- o Is advancing the metabolic testing and nutritional programs for the children. Is developing a special yoga program that parents do with their children as a part of their neurological rehabilitation program.

As President and Medical Director of the Center for Optimal Health, 2003 to present

- o The Mission of the Center for Optimal Health is to provide comprehensive wellness and preventive health services, education, and integrated (holistic) medical care. The Center's model emphasizes active patient involvement in wellness and preventive services, thereby reducing utilization of drugs, surgery and hospitalization. Independent dimensions of health care that we strive to optimize are clinical outcome, efficiency (cost and time) and satisfaction.

- o Designed the 7000 square foot facility -- includes private office suites, 800 square foot Physical Therapy/fitness gym, 1500 square foot movement/conference Studio
- o Recruited and credentialed over 20 practitioners

#### Holistic Medicine and Medical Yoga, 1990 to present

- o Developed Multi-dimensional Comprehensive Holistic Medicine model. Dimensions include: biochemical/genetic, hormonal, mechanical, neurological, emotional, cognitive, community, and spirit/energy.
- o Holistic modalities include yoga, nutrition, metabolic (functional) testing and intervention, acupuncture, energy medicine, and mind-body modalities (meditation, journaling, relaxation, hypnosis, EMDR, biofeedback)
- o Successful application of this model to chronic conditions such as: fatigue, autoimmune diseases, migraine, bowel dysfunction, allergy, sleep disorder, intractable anxiety and depression, sleep disorder, and weight management.
- o Studied and practiced several styles of yoga (and other movement methods) for over 25 years; has been studied holistic medicine for the same time, and integrated into professional practice for 10+ years.
- o Utilized yoga to successfully evaluate and treat chronic intractable conditions including: chronic pain, failed back syndrome, carpal tunnel syndrome, thoracic outlet syndrome, osteoarthritis, osteoporosis, anxiety, fibromyalgia, and numerous other conditions.
- o Presented workshops on Medical Yoga and Fibromyalgia and Chronic Fatigue at the Kripalu Center, a premier yoga/conference center in Lenox Massachusetts for several years. Has standing invitations to do the same at other Centers.
- o Writing a series of books on Medical Yoga and is developing a teacher training in this approach.

#### Writing/Publications/Communication Skills

- o Published book entitled "Chronic Pain, Fibromyalgia & Chronic Fatigue Syndromes: A Nine Step Pathway to Healing"
- o Developing CD's on Yoga, Relaxation, Nutrition, and Fibromyalgia and Chronic Fatigue
- o Writes a regular bi-monthly holistic medicine column for local "Yoga Living" magazine (see web site for reprints), as well as other venues
- o Coordinated and provided a Community Lecture series on assorted topics of Holistic and General Medicine. Developing community liaison program with Whole Foods.
- o Has written full-length and one-act plays on various topics. Several presented in the Philadelphia area; two favorably reviewed in the Philadelphia Inquirer.

#### Computer programmer since 1971.

- o Programmed patient management data bases at every facility I have worked since residency.
- o At Chestnut Hill Rehabilitation Hospital, also developed a credentialing and payroll data base
- o Proficient in form design and educational publications.
- o Review Website, [www.cheikin.com](http://www.cheikin.com), for additional information