



NYSCA SUFFOLK COUNTY

District 7

MAY 2023 NEWSLETTER



FOLLOW US



Find us on:
facebook

D7 May Speaker: Dr. Insignia - NeuroCare Long Island Discussing Surgical and Alternative Treatment Options



What's Inside

Top Golf
President's Message
Member Spotlight
Insurance Updates
D7 Photo Gallery
Legislation Updates
Sponsor Spotlight
Clinical Pearls

Calendar of Events

May 17 - Wednesday

General Meeting & Elections

8 PM at Radisson in Hauppauge
ZOOM link available

June 21- D7 Member Social:

Top Golf - Holtsville 7:30-9:30

Sept 29- Oct 1: Fall Convention

Kartrite Resort

THANK YOU TO OUR GOLD SPONSORS

SpinePain
SOLUTIONS



SCAN ME

The Number 1
interventional
spine & pain
management group
in Suffolk &
Nassau Counties.

SpinePainSolutions.com

Phone/Text: 833-LI-SPINE (833-547-7463)



NSPC
Brain & Spine
Surgery

(844) NSPC-DOC | nspc.com



Scan here
to request a
consultation

In-Network with
The Empire Plan
(NYSHIP)

NeuroCare
LONG ISLAND

Advanced Brain and Spine Surgery

833-666-6066

- Exceptional Brain & Spine Care
- Outstanding Patient Experience
- Physicians you know & trust
- Board-certified and fellowship trained

**Experience you can trust.
Care you can believe in.**

West Islip - Holbrook - East Hills - Huntington



ORTHOPEDIC ASSOCIATES
OF LONG ISLAND

**YOUR HEALTH.
OUR PRIORITY.**

OFFICE LOCATIONS

Commack	Southampton
East Setauket	Wading River
Patchogue	West Babylon
Riverhead	

oali.com | 631-689-6698

D7 Member Social:

Top Golf

Come down to network
and celebrate the
beginning of summer!

June 21 - 7:30-9:30
Top Golf - Holtsville



PRESIDENT'S MESSAGE



Dear D7 Doctors,

I am writing to you after an exciting month in the NYSCA world. If you missed any of it, I am sad to say, you really missed out!

Last month's monthly meeting featured D7 member, Dr. Jeff Poplarski, a trained Titleist Performance Instructor, who educated our attendees on improving a golf game using specific stretches and exercises. Techniques were shared in easy-to-use instruction, and I implemented them in my practice the following day with my golf patients. Helping my own golf game and helping my patients - a double win!

Next up was the Spring Convention at Mohegan Sun. The speakers were probably the best yet, updating our members on practice management and training in diversity, pain management and most importantly, the science and art of chiropractic. We thank our speakers for all their hard work and dedication to NYSCA and the knowledge they share with our members.

Lastly, May 2 was Lobby Day at our state's Capital. A great crowd that included members of the Association and Council chiropractic communities along with many students of chiropractic were in attendance as we met with our Assembly persons and Senators and their staffs within our individual districts. Our purpose was to find sponsors and/or co-sponsors for key legislation to advance the chiropractic agenda. Look at our Legislative page and familiarize yourself with the bills. They will drastically improve our practices so supporting them is a must!

One main goal of our district is to support our members in all ways possible and listen when you suggest ideas. We have heard that our members would like to have more social events like the Meet and Greet at Stella Trattoria held in March. So, mark your calendars for June 21st! We will be having a Social Gathering at Top Golf in Holtsville. Let's celebrate the beginning of summer and practice our golf swings ahead of the golf season! Read on for more details.

Our May general meeting is going to be an important one; first, our speaker will be Dr. Insignia from Neuro Care Long Island. He will be discussing Surgical and Alternative Treatment Options (including chiropractic!). We will also be holding biannual elections. Come down on May 17 to show your support and support your nominations for D7 leadership positions.

And, as always, we graciously thank our sponsors for their continued support, especially our Gold Sponsors.

Best,

JoAnna Fasulo DC

D7 Member Spotlight



Thanks so much for spotlighting me this month! I'm Jay Reiss, DC and I've been a member of D7 since the early 80's.

When I think about what motivated me to become a chiropractor, the answer is pretty straightforward. Growing up my mom suffered from horrible migraines. She was allergic to many medications and couldn't take anything to help. She lived like this until a family friend said, "I'm taking you to my chiropractor" (this was in the early 70's). He helped her tremendously and I thought "this is pretty cool!" I've been getting adjusted ever since and graduated from NYCC in December 1982.

I have been in my own practice in Lindenhurst since 1985 and am inspired to go to work every day because I love my patients! They have become my family! We laugh every day and it's a great feeling to know that I am helping people improve their lives naturally!

When I'm not caring for my patients, I play racquetball, softball and go for long bicycle rides. In fact, I just completed the NYC 5 Boro 40-mile bike ride with one of my daughters in early May. Importantly, I am a die-hard NY Mets fan and my second favorite team is whoever is playing the Yankees.

My daughter lives in Denver, Colorado and will visit at the end of May, when, coincidentally, the NY Mets happen to be playing the Colorado Rockies! #LGM
As I mentioned, I've been a NYSCA member for decades and attend a majority of meetings. I ALWAYS pick up some bit of knowledge that I can use the next day. I support NYSCA but they support me more!

UP TO SPEED ON INSURANCE

NEWS FROM THE NIC

EMBLEM HEALTH UPDATE

Some of our members have contacted the NYSCA Insurance Committee regarding the processing of claims for billed services rendered to EmblemHealth's senior care members. Please click the below to read this recent update from the NIC.

[READ MORE](#)

The NIC would like to express our sincere appreciation for your continued support - not only by your NYSCA membership, but by the challenges and successes you share with us on a daily basis. Please continue to update us so we may better assist your colleagues and our profession to excel on behalf of chiropractic patients. Share your Pearls.

ABN UPDATE:

The ABN, Form CMS-R-131, and form instructions have been approved by the Office of Management and Budget (OMB) for renewal.

The use of the renewed form with the expiration date of 01/31/2026 will be mandatory on 6/30/23. You may continue to use the ABN form with the expiration date of 6/30/23 until the renewed form (expiration date 01/31/2026) becomes mandatory on 6/30/23. The ABN form and instructions may be found below in the downloads section.

[DOWNLOADS](#)

CHIROPRACTIC IN THE NEWS

Jeremy Renner's Doctor Details His BRAVE Recovery Journey

[WATCH VIDEO](#)

Work Comp Corner

with George Rulli, DC
NYSCA WC CHAIR

Recently, I received a question from a member about the continuity of treatments from different providers. The circumstances were, a patient had been treated by an Orthopedic and PT but never a chiropractor. The Orthopedic in this case actually obtained a Variance PAR for Chiropractic treatment but it didn't include therapeutic modalities for passive or active care. The Doc was concerned about several issues. One; since the patient never had Chiro care shouldn't they automatically be allowed to treat without a PAR under the guideline? Two, since there were no modalities included in the PAR request would they also have to resubmit another request.

My initial reaction was, since the patient never had Chiro care, the timeframe for treatment would

restart for Chiropractic. I recalled that I myself had several patients, 3 to be exact with very similar situations and I treated them as needed without a PAR and didn't have any issues. With that being said, I felt I needed to double check with the board and the other members of the NYSCA Insurance and WC committees. Here is the question to the WCB "If a patient changes the treating health care provider (PT, Chiropractic) mid-treatment do the timelines and or number of treatments in the guidelines start over again? The answer! "NO! The treatment performed by a subsequent treating provider would be a continuation of the treatment rendered by the initial provider. WOW. I couldn't believe it, I must have been lucky not having a problem.

So, the recommendation to this provider, you, and myself going forward is multi leveled. First, call the adjuster and discuss the case. This may be the easiest. Second, If additional services are required beyond the guidelines and the current PAR, you will have to justify treatment through the variance PAR process. If any of you have Questions or concerns they can be directed to our committees and we will respond. Membership has its benefits, all my best, George.



NYSCA 2023 Spring Covention Keynote Speaker-Sherry McAllister, DC from F4CP



Robin Stein, DC and Amanda Merckling, DC



Joseph Merckling, DC presenting George Rulli, DC with the NYSCA Award of Excellence



Law Firms of Alex Dell and Beige Law



Paul Giambo, DC and Dominic Estevez, DC from Giambo Family

NYSCA 2023 Spring Covention at Mohegan Sun April 14 - 16, 2023



Amanda Funicello, DC receiving the first John Pellegrino Scholarship



Jeff Poplarski, DC and George Rulli, DC



LADIES IN LEADERSHIP (Left to Right) Dr. Penna, Dr. Stein, Dr. Antoldi, Dr. Smith, Dr. Buryta, Amy Kellogg (NYSCA lobbyist)



(Left to Right) Raymond Semente, DC and David Bagshaw, DC (Standing) Mary Didio, DC



Block Sports Chiropractic & Physical Therapy - Locations in Smithtown and Seldon (Left to Right) Rick Block, DC; Anthony Chang, DC; Benjamin Gamache, DC; Jeff Block, DC



NYSCA PAST PRESIDENTS Jason Brown, DC and Lou Lupinacci, DC



Amit Sharma, DC from Spine Pain Solutions gave an excellent lecture at the NYSCA Spring Convention



Thank you STAT BIOMEDICAL for attending the NYSCA Spring Convention!



Thank you, Dr. Birk (NSPC), for giving such a great lecture at the NYSCA Spring Convention!



Congratulations JoAnna Fasulo, DC for winning the AMP Relief

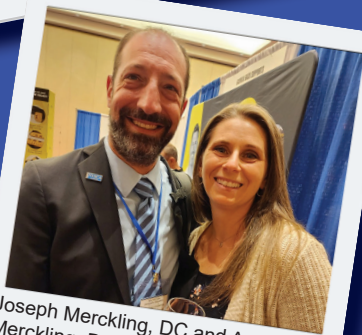


Gary Stein, DC and Robin Stein, DC



NYSCA District 7 President and Vice President JoAnna Fasulo, DC and Robin Stein,

NYSCA 2023 Spring Covention at Mohegan Sun April 14 - 16, 2023



Joseph Merckling, DC and Amanda Merckling, DC from Merckling Family Chiropractic in Bellport



NYSCA Legislative Committee Mariangela Penna, DC and Amy Kellogg (NYSCA lobbyist)



Marisa D'Andrea, DC and JoAnna Fasulo, DC arriving at the convention!



(Left to Right) George Rulli, DC; Jerry Piering, DC; Stephanie Meng, DC and Robin Stein, DC



Neil Levin, DC; Rick Block, DC and Jeff Block, DC



NYSCA REGION 2 DIRECTORS (LONG ISLAND) Joseph Merckling, DC; Robin Stein, DC and Bruce Silber, DC



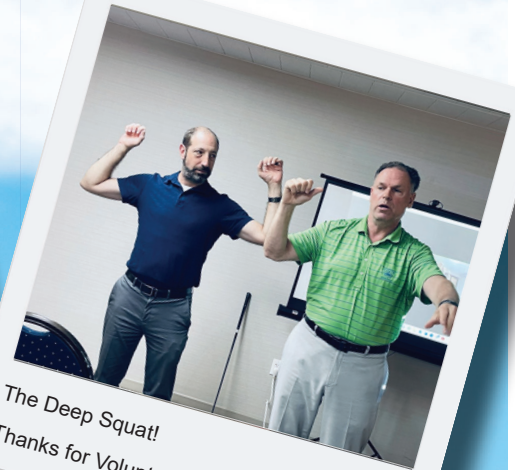
D7 April Monthly Meeting

Kinematic Sequencing as it relates
to having an efficient Golf Swing

Speaker: Dr. Jeff Poplarski



Dr. Jeff Poplarski



The Deep Squat!
Thanks for Volunteering Dr. Merckling!



Thanks for the Golf Shirts and Golf Tees!



CHIROPRACTIC LEGISLATION IN THE WORKS

Lobby Day

May 2, 2023

HERE ARE THE BILLS YOU NEED TO KNOW ABOUT



LOBBY DAY WITH SENATOR DEAN MURRAY



THE NEW YORK STATE ASSEMBLY

Thoracic Spine Fractures

Initial Contact:

A 50 year old male that fell off a ladder and landed on his midback. Patient stated he was hanging Christmas lights and the ladder fell from under him. Fortunately, he was taken to a trauma certified hospital where Dr. Insinga, a neurosurgical spine surgeon was immediately called after he was stabilized. Luckily, he was moving all of his extremities despite his surveillance images which had shown multiple thoracic spine fractures, including a T6 oblique fracture extending to the superior and inferior endplate. (Image 1)

Assessment and Plan:

Patient was evaluated and was found to be neurologically intact other than a type 3 chance fracture at the T6 vertebrae. He was scheduled for percutaneous stabilization from T5-T9.

This patient underwent spinal fusion percutaneously, while avoiding a large incision and muscle disruption, not to mention hours of anesthesia. Eight small puncture wounds are all that was needed for Dr. Insinga to stabilize his spinal column and prevent neurological injury.

Follow Up:

Patient followed up approximately 10 days post operatively. He was doing quite well and all subcutaneous incisions had healed. The patient was using a walker for security, but was ambulating quite well. At 2 months post-operative status the patient's surveillance imaging showed anatomic correction with healing across his fracture line and excellent placement of percutaneous screws. Patient was having no symptomology.

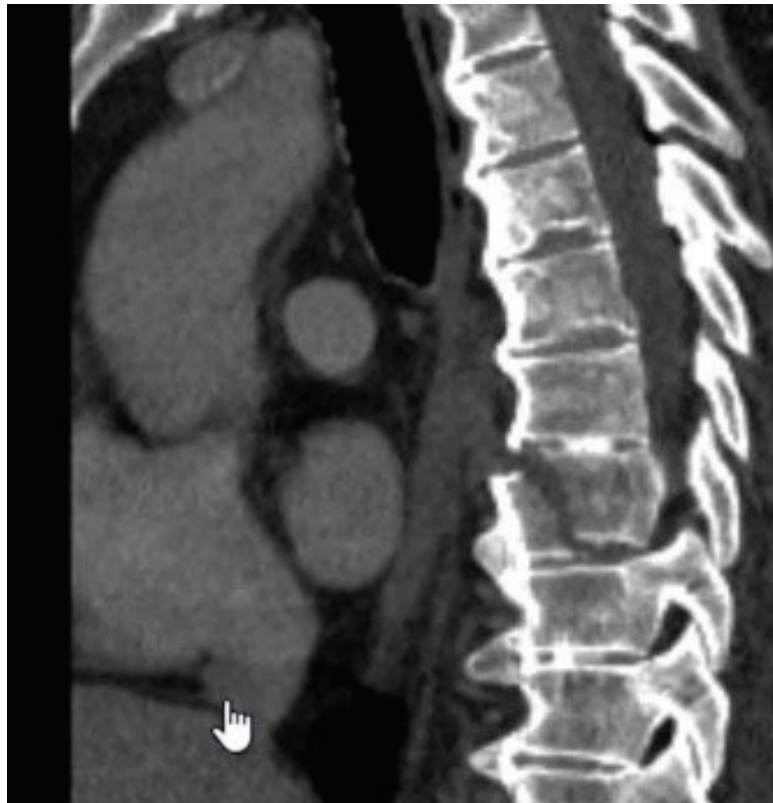
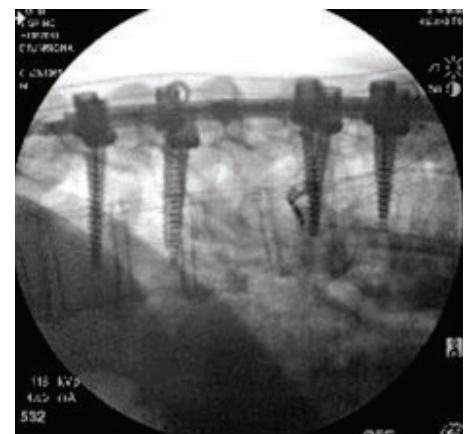
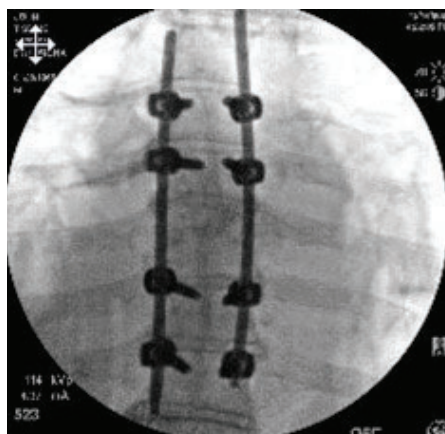


Image 1





WINDSHIELD WIPERS TO INCREASE HIP MOBILITY

By Dr. Jeff Poplarski

Hip mobility is paramount in the golf swing with most professional golfers have around 60 degrees of internal (IN) and external (OUT) rotation of the hip joints.

The hip joint is a deep ball in a socket that likes to move internally and externally during an efficient golf swing.

Many people have degeneration in the hip joint contributed by many factors, like sitting for long periods of time, being obese or having a sedentary lifestyle.

Try the Windshield Wipers to increase hip mobility which should have an impact on performing well on and off the golf course.



- 1 | Lie on your back**
- 2 | Flex your hips to 90 degrees**
- 3 | Flex your knee to 90 degrees**
- 4 | Connect your hands together and then secure the hands to the inside of both knees**
- 5 | Keep the hands connected to the**

inside of your knees (like a plug in a socket) during the entire exercise

- 6 | Pretend there is a pane of glass under your heels**
- 7 | Gently start to move your heels in and out as you are wiping the windshield**
- 8 | Perform the exercise for 30 seconds**

Dr. Jeff Poplarski is a Titleist Performance Institute Certified Medical Professional, Fitness Professional, Power Coach, Junior Coach, Golf Coach and Golf Professional. He has also been directing performance and recovery care Teams at U.S. Golf Championships since 2002. Dr. Jeff is also the Golf Performance Director at Bethpage and can be reached at drjpop@gmail.com

SpinePain SOLUTIONS



SpinePainSolutions.com

Phone/Text: 833-LI-SPINE (833-547-7463)



Dr. Amit Sharma

The Number 1 interventional spine & pain management group in Suffolk & Nassau Counties.

Doctors you have always trusted for your patients and your own family members for decades.

Dr. Sharma, the founder & director of the group, has been honored with several recognitions, including Castle Connolly, New York Magazine & Newsday Top Doctors.

Unparalleled Service:

- State-of-the-art texting service to communicate with the office
- Late hour appointments
- Most HMO plans including Fidelis accepted

Our Offices

BAY SHORE

340 Howells Road,
Bay Shore, NY 11706

BETHPAGE

4250 Hempstead Tnpk,
Suite 4,
Bethpage, NY 11714

HOLBROOK

4681 Veterans Mem Hwy,
Holbrook, NY 11741

Musculoskeletal Satellites

HUNTINGTON

182 Main Street,
Huntington, NY 11743

ST. JAMES

265 Lake Ave A,
St. James NY 11780



Dr. Sathish Subbaiah

The goal of surgical intervention at OALI is to get patients back on their feet and enjoying an active lifestyle as soon as possible through the most minimally invasive surgeries and evidence-based medicine. With minimally invasive spine surgery (MISS), our surgeons use high-powered microscopes to operate through small incisions, minimizing trauma to the surrounding tissue. MISS allows for more precise intervention, reduced post-operative pain, faster recovery, and decreased scarring than traditional surgery. In fact, 4 out of 5 of our surgical patients are able to return home on the same day!



Dr. Morgan Chen



ORTHOPEDIC ASSOCIATES OF LONG ISLAND

(631) 689-6698 | www.OALI.com

Commack | East Setauket | Patchogue | Riverhead | Southampton | Wading River | West Babylon

ONE OF THE NATION'S LARGEST BRAIN & SPINE SURGERY GROUPS IS BASED RIGHT HERE ON LONG ISLAND.

CLICK BELOW TO LEARN MORE ABOUT OUR PHYSICIANS

Nassau Neurosurgeons



Michael H. Brisman, M.D.
Trigeminal Neuralgia
Brain Tumors



Jeffrey A. Brown, M.D.
Neuropathic Facial Pain



Jonathan L. Brisman, M.D.
Neurovascular Neurosurgery
Endovascular Neurosurgery
Brain Tumors



Brian J. Snyder, M.D.
Parkinson's Surgery
Epilepsy Surgery
Pain Surgery



John A. Grant, M.D.
Pediatric Neurosurgery
Neurovascular Neurosurgery
Brain Tumors



Paolo A. Bolognese, M.D.
Chiari I Malformation
Syringomyelia



Robert N. Holtzman, M.D.
General Neurosurgery
Spine Surgery



William J. Sonstein, M.D.
Spine Surgery



Artem Y. Vaynman, M.D.
Spine Surgery



Stephen T. Onesti, M.D.
Spine Surgery



Sachin N. Shah, M.D.
Spine Surgery



Vladimir Y. Dadashev, M.D.
Spine Surgery



Benjamin R. Cohen, M.D.
Spine Surgery



Xavier P.J. Gaudin, D.O.
Spine Surgery



Yusef Imani, M.D.
Spine Surgery

Suffolk Neurosurgeons



Ramin Rak, M.D.
Spine Surgery
Brain Tumors



Alan Mechanic, M.D.
General Neurosurgery
Spine Surgery



Donald S. Krieff, D.O.
Spine Surgery



Zachariah M. George, M.D.
Spine Surgery



Alexandros D. Zouzias, M.D.
Spine Surgery



Daniel M. Birk, M.D.
Spine Surgery



Raymond Baule, M.D.
Spine Surgery

Neuropsychology



Gad Klein, Ph.D.
Neuropsychology

Neuro-Oncology



Jai Grewal, M.D.
Neuro-Oncology



NSPC
Brain & Spine
Surgery

(844) NSPC-DOC | nspc.com



Scan here
to request a
consultation

In-Network with
The Empire Plan
(NYSHIP)

Neuroendovascular Surgery



John Pile-Spellman, M.D.
Neuroendovascular Surgery



Sundee Mangla, M.D.
Neuroendovascular Surgery



Jae Choi, M.D.
Cerebrovascular Neurology

We've got you covered, from head to toe!

Spine Surgeons



Morgan Chen, MD



Sathish Subbaiah, MD

Non-operative Sports Medicine



Danielle DeGiorgio, DO



Mark J. Harary, MD

Hand & Upper Extremity Surgeons



Dimitrios Christoforou, MD



Steven M. Puopolo, MD



Hayley C. R. Queller, MD

Total Joint Replacement Surgeons



John J. Brennan, MD



Anthony Cappellino, MD



Jeffrey D. Hart, DO



Christopher Mileto, MD



Douglas Petraco, MD

Sports Medicine Surgeons



Gregg Jarit, MD



Michael Sileo, MD

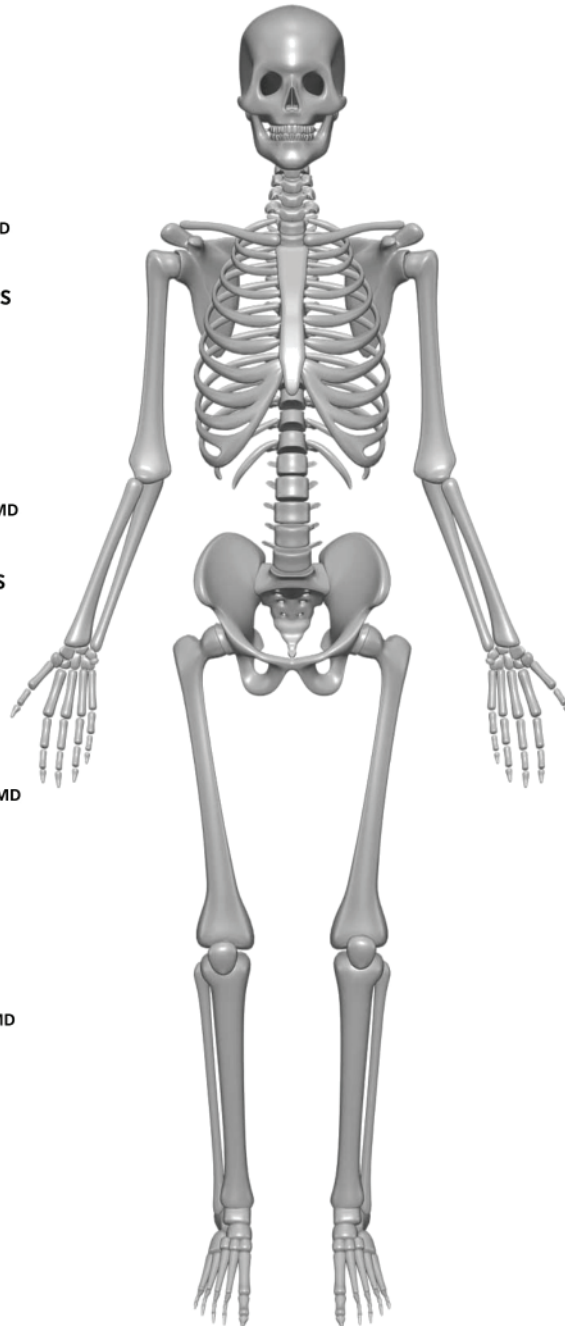
Foot & Ankle Surgeons



Lorenzo Gamez, MD



Mudasser Javed, DPM



ORTHOPEDIC ASSOCIATES
OF LONG ISLAND

(631) 689-6698 | www.OALI.com

Commack | East Setauket | Patchogue | Riverhead | Southampton | Wading River | West Babylon

NeuroCare

LONG ISLAND

Advanced Brain and Spine Surgery

833-666-6066

EXCEPTIONAL BRAIN & SPINE CARE - OUTSTANDING PATIENT EXPERIENCE
PHYSICIANS YOU KNOW & TRUST
BOARD-CERTIFIED & FELLOWSHIP TRAINED

Our Locations

West Islip

1175 Montauk Highway, Suite 6
722 Montauk Highway

Holbrook

4681 Veterans Memorial Hwy.

East Hills

2200 Northern Blvd., Suite 230

Huntington

110 East Main Street, Suite 2B

OUR NEUROSURGEONS



Kevin J. Mullins, MD



Salvatore M. Zavarella, DO



Joshua E. Ryan, MD



Salvatore Insinga, DO



Ahmad Latefi, DO



Amrit K. Chluwal, MD



Raj K. Narayan, MD

OUR SERVICES

MINIMALLY INVASIVE BRAIN AND SPINE SURGERIES
ARTIFICIAL DISC REPLACEMENTS
TREATMENT FOR SCOLIOSIS, DEFORMITIES & HERNIATED DISCS
...AND MUCH MORE

WWW.NEUROCARELONGISLAND.COM

ELITE MEDICAL

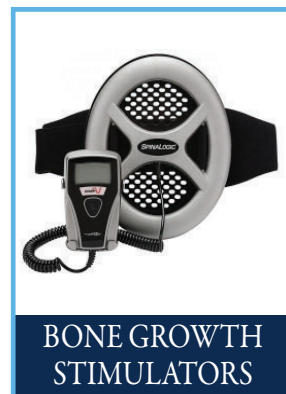
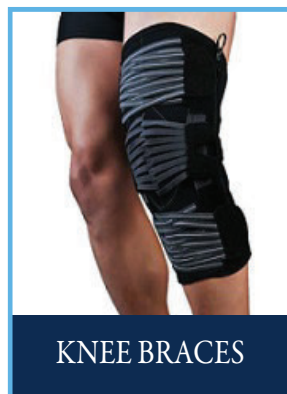
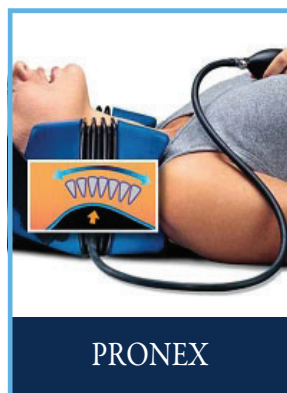
Your Spinal Bracing & DME Specialists

Elite Medical Supply specializes in Spine and Knee disorders. If your patients have back, neck or knee pain, or are about to or have already had surgery, we can help.

We have been in business since 1998 and are a Medicare accredited supplier of DME, with accreditation by the Board of Certification/Accreditation International. Let our staff of Chiropractors and Certified Orthotic Fitters assist your patients on their road to recovery.

To view all products, ordering process and participating insurances, please visit our website at:

www.EliteMedicalSupplyofNY.com



Chris Rooney D.C., Account Manager

(516) 510-0819

CRooney@EliteMedicalSupplyofNY.com

1900 Ridge Road #125
West Seneca, NY 14224
Toll Free: (866) 712-0881



Harlan Health Products, Inc.

All the products you need...and the personal service you deserve.

Electrotherapy • Winback TECAR Therapy • Laser Therapy • Shockwave Therapy
Magnetic Resonance Therapy • Tables • Traction • Thermo Stim
Rehab Equipment • Cardio Equipment • Over 5000 Clinical Supplies

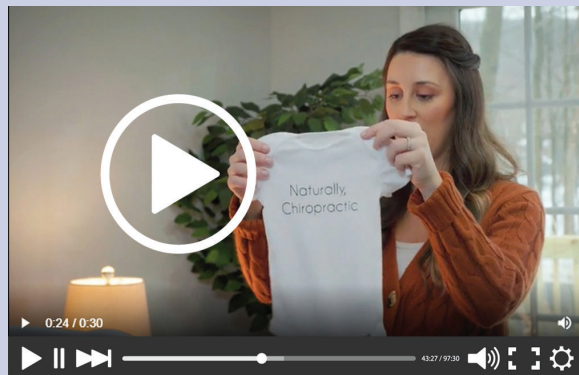
TRADE-IN YOUR OLD EQUIPMENT, WORKING OR NOT FOR TODAY'S NEWEST TECHNOLOGY*

*Limited time offer. Call to find out if your old equipment qualifies.

800.345.1124 www.harlanhealth.com



Dynatronics • Richmar • Chattanooga • Hill • Multi Radiance
Lloyd • Scifit • ThermX • Matrix...and more



NEW Commercial for Your Clinic

The Foundation for Chiropractic Progress (F4CP) unveils the second video in its Naturally, Chiropractic series, which highlights the benefits of natural, safe and effective chiropractic for pregnant women.

Meet Alexis, an eight month, first-time expectant mother who has a healthy and pain-free pregnancy due to consistent chiropractic care. Here is her story:

As an F4CP Gold Member, you have exclusive access to utilize the new commercial to build awareness amongst your patient base.



*You've worked hard to achieve success.
You deserve a financial advisor that
works as hard for you.*

As an Ameriprise Private Wealth Advisor, I have the qualifications and experience to help navigate your complex financial needs. Whether it's investment management, tax strategies or legacy planning, I can work with you to grow and preserve what you've worked so hard to achieve.



Demetrios Paraskevopoulos
CFP®, MSFP, MPAS™, ChFC®, APMA®
Private Wealth Advisor & CERTIFIED
FINANCIAL PLANNER™ practitioner

516.288.7610
300 Old Country Rd, Ste 371
Mineola, NY 11501
demetrios.x.paraskevopoulos@ampf.com



[Not Federally Insured] [No Financial Institution Guarantee] [May Lose Value]

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and CFP (with plaque design) in the U.S.
Ameriprise Financial, Inc. does not offer tax or legal advice.
Consult with a tax advisor or attorney.
Ameriprise Financial Services, LLC. Member FINRA and SIPC.
© 2021 Ameriprise Financial, Inc. All rights reserved. (07/21)

We've got you covered!

- Motor Vehicle & Motorcycle Accidents
- Construction Site Accidents
- Residential & Commercial Real Estate Transactions
- Business Formation, Partnership Agreements & Employment Agreements
- Federal & NY State Tax Resolution

Law Office of
JACK STUART BEIGE & ASSOC. PC

119 West Main Street,
Smithtown, NY 11787
631-231-7725

www.BeigeLaw.com

NYSCA D7 OFFICERS

President - Dr. JoAnna Fasulo

631-289-3939

fasulochiro@gmail.com

Vice President - Dr. Robin Stein

631-224-3036

fabelstein@hotmail.com

Treasurer - Dr. Sophia Argeropoulos

631-473-8182

saachiro@aol.com • portjeffchiro.com

WE 
CHIROPRACTIC
HELP SUPPORT IT!

JOIN NYSCA

D7 BOARD OF DIRECTORS

Dr. Jack Beige, DC, JD

631-231-7725

jackbeige@optonline.net

Dr. Ronald Bernardini

631-981-1333

lakechiropllc@optonline.net

Dr. Alan Friedman

631-544-0770

alannsc@aol.com

Dr. Joseph Merckling

631-286-2300

mercklingdc@optonline.net

Dr. Jeffrey Poplarski

631-598-7034

drjpop@gmail.com

Dr. George Rulli

631-471-2225

drgrdc@aol.com

Dr. Gregory R. Thomaier

631-584-8100

urgreg@gmail.com

**SUPPORT
YOUR
PROFESSION**

nycpac.net

COLLEAGUES IN NEED
We are Here to Help
CONTACT US TODAY