



MEET McLaren

PHYSICAL MEDICINE AND REHABILITATION

RESTORING FUNCTION AND ENHANCING QUALITY OF LIFE

Physical Medicine and Rehabilitation (PM&R), also known as physiatry, is a physician-led specialty focused on the evaluation and non-surgical management of conditions affecting function and quality of life following illness, injury, or disability. Our team provides comprehensive care for physical and cognitive impairments involving the brain, spinal cord, peripheral nerves, bones, joints, ligaments, muscles, and tendons.

McLaren PM&R physicians take a whole-person approach to care, addressing functional limitations related to trauma, chronic pain, neurologic disease, and musculoskeletal disorders. Treatment plans are individualized and focused on restoring independence, improving mobility, and optimizing daily function.

DIAGNOSTIC SERVICES

- Compartment pressure testing
- Electromyography (EMG) and nerve conduction studies
- Limited musculoskeletal (MSK) ultrasound

INTERVENTIONAL SPINE AND PAIN PROCEDURES

- Epidural steroid injections
 - Lumbar, thoracic, and cervical
 - Transforaminal (TFESI), interlaminar (ILES), and caudal approaches

- Genicular nerve blocks and radiofrequency ablation
- Lumbar facet joint corticosteroid injections
- Lumbar medial branch blocks and radiofrequency ablation (rhizotomy/neurotomy)
- Sacroiliac joint injections and radiofrequency ablation
- Sacroccocygeal joint injections and ganglion impar blocks
- Shoulder nerve blocks and radiofrequency ablation
- Spinal cord stimulation

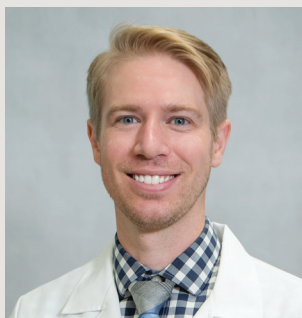
PERIPHERAL NERVE AND SOFT TISSUE PROCEDURES

- Perineural hydrodissection
- Soft tissue and myofascial injections
- Trigger point injections (landmark and ultrasound-guided)
- Ultrasound-guided nerve blocks and injections
 - Suprascapular, intercostal, greater occipital, median nerve, ulnar nerve, and more

JOINT AND MUSCULOSKELETAL INTERVENTIONS

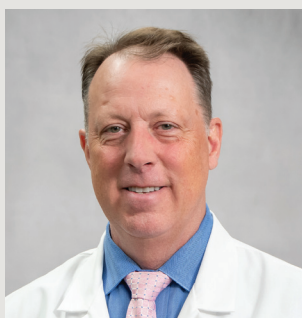
- Advanced imaging-guided injections for patients requiring technical complexity (including obesity)
- Bursa and peritendinous injections
- Intramuscular hematoma and effusion aspirations
 - Shoulder, elbow, wrist, hand, hip, knee, ankle, foot, SI joint
- Tendon scraping procedures
- Ultrasound-guided peripheral joint injections

MEET YOUR LOCAL PROVIDERS



ALEXANDER DOUBEK, MD

Physical Medicine and Rehabilitation, Interventional Spine, EMG



BURTON ENGEL, MD

Physical Medicine and Rehabilitation



SHARNÉE MEAD, MD

Physical Medicine and Rehabilitation, Sports Medicine

SPORTS MEDICINE

- Acute low back pain and compression fracture management
- Bone stress injuries
- Exercise prescription and return-to-play guidance
- Pre-participation sports physicals
- Orthotic and bracing evaluation
- Orthopedic medication management
- Sports-related injury evaluation and management (all ages and levels)
- Tendinopathy management

REGENERATIVE AND ADVANCED THERAPIES

- Extracorporeal shockwave therapy
- Percutaneous tenotomy for calcific tendinopathy
- Platelet-rich plasma (PRP) injections
 - Intra-articular, intra-tendinous, intra-muscular
- Prolotherapy injections

NEUROMUSCULAR AND FUNCTIONAL REHABILITATION

- Assistive device and bracing management
- Comprehensive PM&R consultations
- Minimally invasive carpal tunnel release under ultrasound guidance

- Neurorehabilitation
 - Stroke, traumatic brain injury, spinal cord injury
 - Peripheral nerve disorders
 - Brachial plexopathy
 - Sciatica
 - Ulnar neuropathy
 - Spasticity management
- Wheelchair bracing and positioning support

CONDITIONS TREATED:

- Acute and chronic pain syndromes
- Amputation-related rehabilitation
- Cervical dystonia
- Diabetic peripheral neuropathy
- Functional debilitation
- Gait and mobility disorders
- Musculoskeletal injuries
- Multi-trauma recovery and spine-focused conditions
- Neurological disorders
- Post-inpatient rehabilitation follow-up
- Post-surgical rehabilitation
- Spasticity
- Sports injuries/sports concussions
- Stroke, brain injury, concussion, and spinal cord injury

MNM-230 (09.2026)