

Dr. Jonas M. Sokolof

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- Harvard Medical School trained physician.
- Sub-specialty trained in non-surgical orthopedic care and interventional pain procedures.
- Extensive experience in oncological rehabilitation.
- Has held academic appointments and leadership positions for major healthcare institutions.
- Experience speaking on both a local and national level.
- Skilled as an expert witness in providing expert medical legal opinions on causation and medical damage assessment as a physician life care planner for personal injury and medical malpractice claims.
- Currently active in disability claim peer review for long term disability insurance carriers.
- Expert witness experience for defense in worker's compensation cost inflation cases.
- Several years of experience reviewing legal claims involving fraudulent prescription of durable medical equipment in no fault auto cases.
- ICHCC Certified Life Care Planner (CLCP)-Certified in medically related damage assessment

PRACTICE DESCRIPTION Board certified in Physical Medicine and Rehabilitation (PM&R)*, American Board of Physical Medicine and Rehabilitation, 2008 (valid through 2028). Sub-specialty fellowship trained in sports medicine, non-surgical orthopedic care, and interventional pain management. State license in: New York. Certified Life Care Planner through the International Commission on Healthcare Certification

*PM&R is a medical specialty that focuses on enhancing quality of life and function for individuals suffering from physical impairments directly or indirectly related to disease, trauma, or other injury.

EMPLOYMENT AND PROFESSIONAL EXPERIENCE

Fountain Life, White Plains, NY (July 2025 to present)

Longevity Center Physician

Catholic Health, Saint Francis Hospital, Roslyn, NY (January 2023 to June 2025)

Director of Oncological Rehabilitation and Functional Medicine, Primary Care Service Line. Commission on Cancer Committee Member

NYU-Langone Health/Rusk Institute for Rehabilitation in collaboration Perlmutter Cancer Center, New York, NY (2018-2022)

Director of Oncological Rehabilitation, Department of Rehabilitation Medicine
Commission on Cancer Committee Member
Survivorship Committee Member
Inaugural Breast Cancer Center Clinical Member Spine Tumor
Board Member

Memorial Sloan-Kettering Cancer Center (2008-2018)

Assistant Attending Physician, Department of Neurology, Rehabilitation Service
Spine Tumor Board Member

ACADEMIC AFFILIATIONS

Weill Cornell Medical College- Clinical Assistant Professor Rehabilitation Medicine (2008-2018)

NYU-Grossman School of Medicine- Clinical Assistant Professor of Rehabilitation Medicine (2018-2019)

NYU-Grossman School of Medicine- Clinical Associate Professor of Rehabilitation Medicine (2019-2022)

New York Institute of Technology School of Osteopathic Medicine- Pending academic appointment

EDUCATION

Kessler Institute for Rehabilitation, Rutgers University (Formerly UMDNJ), West Orange NJ
Clinical Fellow in Sports/Musculoskeletal Medicine and Interventional Physiatry (2007-2008)

Harvard Medical School, Boston, MA
Resident Physician in Physical Medicine and Rehabilitation (2004-2007)

Saint Vincent's Midtown Hospital, New York, NY
Intern Physician, AOA Traditional Rotating Internship (2003-2004)

New York College of Osteopathic Medicine/NYIT, Old Westbury, NY Doctor
of Osteopathic Medicine (2003)

State University of New York at Albany, Albany, NY
Bachelor of Science, Human Biology Cum Laude (1996)

Horace Greeley High School, Chappaqua, NY (1992)

ADDITIONAL EDUCATION

Institute for Functional Medicine, Federal Way, WA
Certified Practitioner (medical)

American College of Lifestyle Medicine, Chesterfield, MO
Lifestyle Medicine Core Competencies (2018)

Harvard Medical School, Boston, MA
Structural Acupuncture For Physicians (2007)

PUBLICATIONS

Sokolof J, Loeper Vasquez M, Sunghyun Lee J, Pegg-Frates E, Morley S, Clarke D, Stone M. Enhancing the Nutrition Prescription Using Behavioral Approaches, In: *Lifestyle Medicine: 4th Ed* (Rippe JM). CRC Press, 2024. 297-308.

Knowlton, S. Cristian, A. Orada R. **Sokolof J**. Medical and Cardiac Risk Stratification and Exercise Prescription In Persons With Cancer. *American Journal of Physical Medicine and Rehabilitation*: 2024 March 103:S16–S22).

Khan, Z. Koo, S. **Sokolof J**. Diagnosis of Sarcoidosis in a Patient With Acute-Onset Low Back Pain and Osseous Lesions on Magnetic Resonance Imaging in the Setting of Suspected Malignancy. *American Journal of Physical Medicine & Rehabilitation*: 2023 Jan 1; 102(1):e11e12.

Young, J. Bonnet, J., **Sokolof J**. "A Family Physician's Introduction to Lifestyle Medicine," Supplement to *The Journal of Family Practice* | Vol 71, No 1. 2022.

Parke, Sara C; Ng, Amy; Martone, Patrick; Gerber, Lynn H; Zucker, David S; Engle, Jessica; Gupta, Ekta; Power, Katherine; **Sokolof, Jonas**; Shapar, Sam; Bagay, Leslie; Becker, Bruce E; Langelier, David Michael. *Translating 2019 ACSM Cancer Exercise Recommendations for*

a Psychiatric Practice: Derived Recommendations from an International Expert Panel'. PM&R. 2021 ():- (# 5010602)

Zhu, Yingrong MD; Tsai, William MD; **Sokolof, Jonas DO**, Sciatic Neuropathy after Radiation Treatment. *American Journal of Physical Medicine & Rehabilitation*: May 27, 2021.

Gibilsco M, **Sokolof J**. Aromatase Inhibitor Musculoskeletal Syndrome, *In: Breast Cancer and Gynecologic Cancer Rehabilitation*: 1st Ed (Cristian A). Elsevier, 2021. 149-152.

Schmitz, Kathryn H; Stout, Nicole L; Maitin-Shepard, Melissa; Campbell, Anna; Schwartz, Anna L; Grimmatt, Chloe; Meyerhardt, Jeffrey A; **Sokolof, Jonas M**. 'Moving through cancer: *Setting the agenda to make exercise standard in oncology practice'*. *Cancer*. 2020():- (# 4642422)

Stout NL, Brown JC, Schwartz AL, Marshall TF, Campbell AM, Nekhlyudov L, Zucker DS, Basen-Engquist KM, Campbell G, Meyerhardt J, Cheville AL, Covington KR, Ligibel JA, **Sokolof, JM** Schmitz KH, Alfano CM. *Cancer*. 2020 Mar 25. doi:10.1002/cncr.32860

Pasculli R. **Sokolof J**, Olecki E, Stahl K, Gusani N. Surgical Recovery, *In: Exercise Oncology: 1st Ed (Schmitz K)*. Springer, 2020. 145-163.

Schmitz KH, Campbell AM, Stuver MM, Pinto BM, Schwartz AL, Morris GS, Ligibel JA, Cheville A, Galvão DA, Alfano CM, Patel AV, Hue T, Gerber LH, Sallis R, Gusani NJ, Stout NL, Chan L, Flowers F, Doyle C, Helmrich S, Bain W, **Sokolof J**, Winters-Stone KM, Campbell KL, Matthews CE. *Exercise is medicine in oncology: Engaging clinicians to help patients move through cancer*. *CA Cancer J Clin*. 2019 Nov;69(6):468-484. doi: 10.3322/caac.21579. Epub 2019 Oct 16.

Sokolof J, Loeper Vasquez M, Sunghyun Lee J, Clarke D, Stone M. Enhancing the Nutrition Prescription Using Behavioral Approaches, *In: Lifestyle Medicine: 3rd Ed (Rippe JM)*. CRC Press, 2019. 269-280.

Yang A, **Sokolof J**, Gulati A. The effect of preoperative exercise on upper extremity recovery following breast cancer surgery: *a systematic review*. *Int J Rehabil Res*. 2018 Apr 20.

Murphy R, **Sokolof J**. Pain in the Cancer Rehabilitation Patient, *In: Comprehensive Pain Management in the Rehabilitation Patient: 1st Ed (Carayannopoulos A)*. Springer, 2017.107118.

Lacouture ME, Dréno B, Ascierto PA, Dummer R, Basset-Seguin N, Fife K, Ernst S, Licitra L, Neves RI, Peris K, Puig S, **Sokolof J**, Sekulic A, Hauschild A, Kunstfeld R. Characterization and Management of Hedgehog Pathway Inhibitor-Related Adverse Events *in Patients With Advanced Basal Cell Carcinoma*. *Oncologist*. 2016 Aug 10. pii: theoncologist.2016-0186.

Frantz MA, **Sokolof JM**. Left Thigh Pain. *AAPM&R Online Case Study*, MSK Case #42. November 2014, <http://me.aapmr.org>.

Sokolof J, Stubblefield MD. Rehabilitation in Cancer Patients. *Oncology for the Primary Care Clinician*. Rose MG, DeVita VT, Lawrence TS, and Rosenberg SA. Philadelphia, PA: Lippincott, Williams, & Wilkins; 2013. 211-216.

Miciano, A, **Sokolof JM**, Nampiaparampil, D. Injectable Agents. PM&R Knowledge NOW/American Academy of Physical Medicine and Rehabilitation. <http://now.aapmr.org/rehabessentials/special-assessment-mgmtstrategy/Pages/Injectableagents.aspx> Published 9/20/13

Sokolof JM, Nampiaparampil DE, Chimes GP. *Use of medial branch blocks before radiofrequency ablation for lumbar facet joints*. *PM R*. 2012 Jul;4(7):521-6.

Keole, N, Stubblefield M, **Sokolof JM**. Breast Cancer. PM&R Knowledge NOW/American Academy of Physical Medicine and Rehabilitation. <http://now.aapmr.org/medrehab/cancerorgantransplant/Pages/Breast-cancer.aspx> Published 10/15/12, Modified 12/27/12.

Caryannopoulous A, Borg-Stein J, **Sokolof JM**, Meleger A, Rosenberg D. Prolotherapy vs. Corticosteroid Injections for *Treatment of Lateral Epicondylitis*: A Randomized Controlled Trial *PM R* 2011;3:706-715.

Sokolof JM. Aghalar, M, Stubblefield M. Cancer Rehabilitation. *In: UpToDate, Savarese DM (Ed), UpToDate, Waltham, MA, 2010*.

Slovik DM, **Sokolof J**: Osteoporosis, *In: Essentials of Physical Medicine and Rehabilitation: 2nd Ed* (Frontera W, Silver J). Elsevier, 2008. 753-759.

Sokolof J, Knight R: Deep Vein Thrombosis, *In: Essentials of Physical Medicine and Rehabilitation: 2nd Ed* (Frontera W, Silver J). Elsevier, 2008. 657-663.

Atkinson K, **Sokolof J** : Rheumatoid Arthritis, *In: Essentials of Physical Medicine and Rehabilitation: 2nd Ed* (Frontera W, Silver J).Elsevier, 2008. 833-837.

Sokolof J. Central Hypersensitivity in Chronic Pain. *In: The Painless Messenger: A Practitioner's Resource for Chronic Pain Management*. 2006.

Goldberg RT, **Sokolof JM**, Lipson ML: Physiotherapy and rehabilitation in the new millennium, *In: The Practice of Minimally Invasive Spinal Technique: 2005 Ed* (Savitz MH, Rauschnig W, Chiu JC, et al.,eds), AAMISS Press, New York, NY, 2005, pp 194-207.

Esses D, Gallagher EJ, Iannaccone R, Bijur P, Srinivas VS, Rose H, Kunkel L, **Sokolof J**. Sixhour versus 12-hour protocols for AMI: CK-MB in conjunction with myoglobin. *Am J Emerg Med*. May 2001;19(3):182-186.

PRESENTATIONS

Jonas S. Oncological Rehabilitation for the ABPMR Examination: NYU/Rusk. Rehabilitation Annual Board Review Course. Lecturer. Course held virtually, January, 2023.

Jonas S. Integrating Lifestyle Medicine into the Rehabilitation of People Living With and Beyond Cancer: Treating the Cause: American College of Osteopathic Physical Medicine and Rehabilitation Annual Meeting Philadelphia, MA. April 1, 2023.

Jonas S. Chronic Pain Explained: A Primer for Personal Injury Attorneys. New York State Trial Lawyers Academy of Trial Lawyers Continuing Law Education Live Virtual Event August 2, 2023.

Jonas S. Treating the Source: A Functional Medicine Approach to Oncological Rehabilitation. Miami Cancer Institute 3rd Annual Cancer Rehabilitation Symposium. Live Virtual September 9, 2023.

Jonas S. 2nd Annual NYU Oncology Rehabilitation Summit: Optimizing Rehabilitation Outcomes through Exercise. Course Director. Meeting held virtually, October 30, 2022.

Jonas S. Oncological Rehabilitation Medicine Considerations in Gynecological Cancers: Northwell Health, Department of Physical Medicine and 2022 Rehabilitation Annual Cancer Rehabilitation Summit. Meeting to be held virtually, December 3, 2022.

Jonas S. Exercise is Medicine in Oncology from Vision to Reality: 2021 American College of Sports Medicine Annual Meeting to be held virtually, 2021

Jonas S. NYU Oncology Rehabilitation Summit: Optimizing Rehabilitation Outcomes Through Exercise. Course Director. Meeting held virtually, October 1, 2021.

Jonas S. 1st Annual NYU Perlmutter Cancer Center Breast Cancer 101: Selected Topics in Breast Cancer Survivorship. Exercise as Rehabilitation In Oncology. Meeting to be held virtually, 2021

Jonas S. Essentials of Cardiac Rehabilitation in Cardio-Oncology. American Association of Cardiovascular and Pulmonary Rehabilitation, Annual Conference. September 30-October 1, 2020

Jonas S. Exercise is Medicine: Breaking the Barriers in Cancer Survivors, 2020 American Academy of Physical Medicine and Rehabilitation Annual Assembly, Meeting to be held virtually, 2020

Jonas S. Moving Through Cancer: Exercise is Medicine in Oncology, 2020 American College of Sports Medicine, New York Chapter, Key Note Address New York, NY, 2020

Jonas S. Leveraging the Cardio-Pulmonary Rehab Model in Oncology to Improve Clinical Outcomes, 2019 American Academy of Cardiovascular and Pulmonary Rehabilitation Annual Meeting Portland, OR, 2019

Jonas S. Exercise Is Medicine in the Field of Oncology, 2019 NYU-Langone, Perlmutter Cancer Center, Annual Cancer Survivorship Symposium New York, NY, 2019

Jonas S. Comprehensive Management of Head and Neck Cancer: Optimizing Outcomes Through a Multidisciplinary Approach, 2019 American Congress of Rehabilitation Medicine Annual Meeting Chicago, IL, 2019

Jonas S. Incorporating Lifestyle Medicine into Oncological Rehabilitation, 2019 Association of Academic Physiatrists Annual Meeting San Antonio, TX, 2019

Jonas S. Lifestyle Medicine: Enhancing the Physiatry Toolbox. Association of Academic Physiatrists Annual Meeting Las Vegas, NV, 2017

Jonas S. Integrating Lifestyle Medicine Into the Rehalation of the Cancer. Patient, Treating the Cause Course Director 93rd Annual American. College of Rehabilitation Medicine Conference, Chicago, IL, 2016

Jonas S. Advisory Board Member, Fidia Pharma USA, Thought Leader Meeting, Marriot Marquis, Washington, DC, 2016

Jonas S. Introduction to Osteopathic Medicine, Grand Rounds Presentation, Department of Anesthesia Division of Pain Medicine, Weill College of Medicine of Cornell University, New York, NY, 2015

Jonas S. Basics of Manual Manipulation In Physiatry: Start Here! Academy of Physical Medicine and Rehabilitation Annual Assembly and Technical Exhibition in Boston, Massachusetts on October 1-4, 2015

Jonas S. The Role of Lifestyle Medicine in the Rehabilitation of the Cancer Survivor, 2014 Second Annual Cancer Rehabilitation Symposium Memorial Sloan-Kettering Cancer Center, New York, New York, 2014

Jonas S. Aromatase Inhibitor Induced Pain. , 2012 American Academy of Physical Medicine and Rehabilitation, Annual Assembly, Atlanta, Georgia, 2012

Jonas S. The Role of Interventional Physiatry in Cancer Rehabilitation. Course Director, 2012 American Academy of Physical Medicine and Rehabilitation, Annual Assembly, Atlanta, Georgia, 2012

Jonas S. Lifestyle Medicine as it applies to the Rehabilitation of the Cancer Patient and Or Cancer Survivor. Kessler Institute for Rehabilitation. West Orange, NJ, 2011

Jonas S. Physical Examination of the Knee Joint, Grand Rounds Presentation, Department of Anesthesia Division of Pain Medicine, Weill College of Cornell University, New York, NY, 2011

Jonas S. The Role of Lifestyle Medicine in the Rehabilitation of the Cancer Patient and Survivor , Grand Rounds Presentation, Department of Rehabilitation Medicine, Weill College of Medicine of Cornell University. New York, NY, 2010

Jonas S. Interventional Physiatry and the Management of Cancer-Related Musculoskeletal Pain, Grand Rounds Presentation, Department of Rehabilitation Medicine, Weill Cornell Medical College, New York, NY, 2010

Jonas S. Introduction to Musculoskeletal Rehabilitation, Grand Rounds Presentation, Department of Anesthesia Division of Pain Medicine, Weill Cornell Medical College, New York, NY, 2010

Jonas S. Basic Injection Techniques for the Upper Extremity, American Academy of Physical Medicine and Rehabilitation Annual Assembly, Austin, Texas, 2009

Jonas S. Physical Examination of the Hand and Wrist, Weekly Resident. Physician Didactic Series, Kessler Institute for Rehabilitation, West Orange, NJ, 2008

Jonas S. The Role of Platelet Rich Plasma In the Treatment of Musculoskeletal. Conditions, Grand Rounds, Department of Physical Medicine Harvard. Medical School/Spaulding Rehabilitation Hospital, Boston, MA, 2007

TEACHING ACTIVITIES

Clinical Associate Professor of Rehabilitation Medicine
NYU-Grossman School of Medicine, New York, NY (2018-2023)

Clinical Preceptor for medical students, residents, and fellows
NYU-Grossman School of Medicine, New York, NY (2018-2023)

Clinical Assistant Professor of Rehabilitation Medicine
Weill Cornell Medical College, New York, NY (2008-2018)

Clinical Preceptor for medical students, residents, and fellows *Weill Cornell Medical College, New York, NY (2008-2018)*

Stanley Schiowitz Osteopathic Manipulative Medicine Undergraduate Teaching Fellow *New York College of Osteopathic Medicine/NYIT, Old Westbury, NY (2001-2003)*

AWARDS

Rehabilitation Medicine Teacher of The Year Award (2017)
New York Presbyterian/Columbia University/Weill Cornell Medical Department

Award for Recognition of Endeavors to Enhance the Field of PM&R (2007)

Harvard Medical School Department of Physical Medicine and Rehabilitation Manuel Lipson

Undergraduate Teaching Fellowship (2000)

New York College of Osteopathic Medicine Stanley Schiowitz Department of Osteopathic Manipulative Medicine

State University of New York at Albany Cum Laude Graduate (1996)

NATIONAL COMMITTEES AND COMMUNITY SERVICE

Volunteer in the NYU-Langone Covid Army, Nocturnist (Hospitalist) for the Covid-19 Surge Peak NYU-Langone Long Island Hospital, Mineola, NY (2020)

American College of Sports Medicine, Moving Through Cancer Executive Taskforce Steering Committee Member (2018-Present)

Member Participant, American College of Sports Medicine Scientific Roundtable on Exercise in Cancer (2018-Present)

Co-Chair American College of Rehabilitation Medicine Lifestyle Medicine Group (2017)

Co-Chair American College of Lifestyle Medicine Fitness Working Group (2017)

GRANTS RECEIVED

Assessment of an Exercise Intervention for Neo-Adjuvant Pancreatic Cancer and Impact on Peripheral and Intra-tumoral Immunity. NYU Laura & Isaac Perlmutter Cancer Center Developmental Projects Program.

Amount granted \$107,013. Co-PI (2021-2022)

Musculoskeletal Complaints in Traumatic Brain Injury Associated Spasticity – Review of a 7-Year Experience. Scholarship to Advance Research in Spasticity (STARS) Program. *Amount granted: \$5000, Co-PI (2007-2008)*