



KIRTLAND

REHABILITATION AND CARE



Meet Dr. Tamayo

Niña Carmela R. Tamayo, DO MS MPH is a physiatrist currently working for Integrated Rehab Consultants. Dr. Tamayo will bring her expertise and passion for neurorehabilitation with a special focus on spinal cord and brain injury. She also has extensive experience treating spasticity, pain, musculoskeletal and rheumatological disorders/ injuries and practices osteopathic manipulative medicine.

Dr. Tamayo is highly involved in public health and clinical research regarding travel and disability, accessibility and universal design, community integration for spinal cord injury individuals, and health care technology. She has particular interest in quality improvement in health care delivery, improving access to rehabilitation services, and medical education.

BENEFITS OF AN IN-HOUSE PHYSIATRIST

- Reduction in re-admission rates
- Reduction in length of stay
- Special focus on prevention. By closely monitoring patients as they progress through therapy, physiatrists develop close relationships with patients enabling them to help manage their pain, expectations and ensure patients recover as quickly and safely as possible.
- Improves therapy outcomes by providing additional oversight of patient progress, reducing pain and motivating patients and their families
- Performs joint injections as needed, including knees, shoulders, wrist and ankles
- Performs trigger point injections as needed, to help manage pain and reduce the need for pain medication

