The Arnot Health Human Motion Institute is a unique program offering comprehensive orthopedic treatment within an integrated healthcare delivery system. Our goal is simple: to return you to normal function as quickly and safely as possible.
We strive to return you to normal function as quickly and safely as possible. The medical professionals at the Arnot Health Human Motion Institute enlist a comprehensive, leading edge approach to the prevention, assessment, treatment and rehabilitation of orthopedic and musculoskeletal injuries.

Our talented team works with you and your primary care physician to develop a treatment plan specifically for you. By combining extensive clinical expertise with a compassionate, caring treatment philosophy, we have created a program known for its quality of care. Our highly qualified staff has particular expertise in the operating room and in patient recovery and rehabilitation.

If surgery is the right solution, the Human Motion Institute physicians have the training and skill you can be confident in. Regardless of your needs, the Arnot Health Human Motion Institute has the ability to treat a wide range of musculoskeletal conditions. Specific services offered include:

- Joint Replacement & Reconstruction
- Spine Care
- Hand & Upper Extremity
- Foot & Ankle
- Sports Medicine
- Rehabilitation

Our joint replacement program was the first in New York State to receive the Joint Commission gold seal of quality and has been named a BlueCross BlueShield Blue Distinction Center.
Orthopedic Services Providers

William C. Bishop, M.D. specializing in general orthopedic, total joint surgery Elmira NY

Thomas E. Boman, M.D. specializing in general orthopedic, total joint surgery Elmira NY

Beth Dollinger, M.D. specializing in general orthopedic, foot and ankle surgery Horseheads NY, Bath NY

Peter T. Remec, M.D. specializing in general orthopedic, total joint surgery Horseheads NY

Mark Gibson, M.D. specializing in general orthopedic, total joint surgery Elmira NY

Kevin M. Coughlin, M.D. specializing in general orthopedic, total joint surgery Elmira NY

Shakeel Durrani, M.D. specializing in general orthopedics and spine surgery Horseheads NY

Kristin Thomas, M.D. specializing in general orthopedics, total joint surgery Horseheads NY

Matthew R. Brand, M.D. specializing in general orthopedic, total joint surgery and sports medicine Elmira NY

Kenneth P. Subin, M.D., M.P.H., Treatment Center specializing in adult acute and chronic non-operative musculoskeletal care Elmira NY

David C-Y Kung, M.D. specializing in Neurosurgery Elmira NY
Orthopedic Services Providers

1. Eileen Feltner, FNP-C
   specializing in general orthopedic care
   Elmira NY

2. Kenneth D. Wrigley, RPA-C
   specializing in general orthopedic care
   Elmira NY

3. Jennifer L. Burfiel, FNP-C
   specializing in general orthopedic care
   Elmira NY

4. Allison Gorenflo, RPA-C
   specializing in general orthopedic care
   Elmira NY

5. Brenda Miller, FNP-C
   specializing in general orthopedic care
   Elmira NY

Locations

1. 100 John Roemmelt Drive
   Horseheads, NY
   607-795-1666

2. 300 Hoffman Street
   Elmira, NY
   607-734-4110

3. 200 Madison Avenue
   Elmira, NY
   607-734-4110

4. HMI Treatment Center
   and Occupational Health
   600 Ivy Street
   Elmira, NY
   607-737-4539

5. 7571 State Route S4
   Bath, NY
   607-795-1666

6. David C-Y Kung, M.D.
   Neurosurgery
   300 Madison Avenue
   Elmira, NY
   607-734-2574
Joint Replacement & Reconstruction
Total Joint Advantage

Just because you come to the hospital for a elective joint replacement doesn’t mean you’re sick. It can mean the opposite; maybe you refuse to let joint pain or discomfort get in the way of your active lifestyle and good health. That’s why the Arnot Health Human Motion Institute Total Joint Advantage Program uses a comprehensive and innovative “well model” for people undergoing elective joint replacement. This unique program, a combination of the most effective, successful practices in the field of joint replacement, has most people walking out of the hospital in only three short days.

Our approach to joint surgery produces outstanding clinical and patient satisfaction results. This integrated process enables our clinical team to properly evaluate your condition and prepare you mentally and physically for the procedure, and then we continuously monitor and manage the entire pre- and postsurgical performance and progress. This full service solution, which integrates your primary care physician and surgeon with a host of clinical support staff, is designed to return you to maximum function as quickly and safely as possible.

EDUCATION
Before your joint replacement, an education course, taught by a team of expert therapists, nurses and case managers, will help you prepare for the coming challenges of joint replacement surgery. Your joint class will give you detailed information about your procedure, make you familiar with the steps you will follow through surgery and recovery, and give you advance knowledge of important rehabilitation exercises that will help you recover faster after your joint replacement.
Of course, we don’t expect you to do it alone. The Arnot Health Human Motion Institute Total Joint Advantage Program encourages anyone undergoing joint replacement to bring a family member or support person to their joint education class.

Our comprehensive education program consists of physical therapy and rehabilitation planning, including early mobilization, exercises and ambulation with assistive devices, and:

- Detailed, step-by-step information about your actual procedure and recovery
- Discharge planning
- Pain management options
- Medication management
- Incision management
- Activities of daily living management

Our staff will have you up and out of bed the same day you have your procedure, so your recovery and rehabilitation can begin immediately. The day after your procedure, daily physical therapy and rehabilitation sessions take place in our new group gym.

Your family or support person is encouraged to join you as you work in these group sessions with our experienced physical therapists. Our specially trained staff will continue to work with you in the evening, so your progress continues smoothly around the clock, until your discharge.

**CONTINUING YOUR REHABILITATION**

If you require additional physical therapy after discharge, our convenient outpatient physical therapy locations in Elmira and Horseheads, NY provide easy access to caring, continued physical therapy and specialized post-operative care. Both facilities offer full rehabilitation capabilities including therapeutic pools, fully equipped gyms and private treatment rooms, staffed by our physical, occupational and rehabilitation therapists.
Spine Care

Taking care of an injured spine is more than making a diagnosis. It is the skilled hands-on evaluation and appropriate diagnostic testing that determines the best overall plan of care; remembering of course, that you are not just treating back pain, but a person. Eight of ten Americans will experience a lifestyle-altering episode of back pain. Ninety percent of single episodes of back pain become recurrent. At the Arnot Health Human Motion Institute, preventing and providing relief for back pain and spinal disorders is one of our specialties.

We apply our clinical expertise to establish an accurate diagnosis quickly and develop a plan of care that fits the needs of each patient suffering from a spinal injury or pain. Although conservative treatment is right for some of our patients, others may need surgery. If a surgical procedure becomes the right choice, our team of specialists is trained to effectively correct problems related to:

- Traumatic and overuse injuries to the spine
- Spinal deformities, both acquired and congenital
- Whiplash injuries
- Systemic diseases affecting spinal function
- Degenerative spinal conditions
- Spondylolysis and spondylolisthesis
- Herniated disc lesions
- Soft tissue sprains, strains, and contusions
- Work-related back pain
- Mechanical back dysfunction
- Fractures, dislocations, subluxations
Hand & Upper Extremity

This area of the human body is uniquely complex and includes the joints, bones and muscles of the fingers, hand, wrist, arm, elbow and shoulder. Its intricate and mobile design coupled with the use and abuse sustained each day can make this region of the body highly susceptible to injury.

Evaluation, treatment and rehabilitation of the hand require a special skill set. Our staff works together to diagnose and effectively treat the problem and that the recovery process is as effective and efficient as possible. Our physicians that perform hand and upper extremity surgery have particular expertise in the operating room.

Reaching, grabbing, writing, driving, lifting, or waving are all activities that we take for granted. Each of these seemingly simple daily activities and many, many more are only possible because of the versatility and flexibility of the upper extremity. At the Arnot Health Human Motion Institute, we apply our clinical expertise to establish an accurate diagnosis quickly and develop a plan of care that fits your needs.

Our surgical team specializes in the treatment of:

- Soft tissue sprains, strains, and contusions
- Overuse and traumatic injuries to the upper extremity and hand
- Degenerative and rheumatoid arthritis
- Rotator cuff tears
- Impingement syndromes of the shoulder, elbow, and wrist
- Carpal tunnel syndrome
- Instability of the shoulder
- Fractures, dislocations, subluxations
Foot & Ankle

At the Arnot Health Health Human Motion Institute we employ the use of a variety of assessment and treatment tools, including the latest technological advancements, to establish an accurate diagnosis quickly and develop a plan of care that fits the needs of each patient suffering from foot or ankle pain. Our priority is to get you back to the things that matter most.

Each foot contains 26 bones and a multitude of joints and muscles that work in sync to provide mobility and stability. The intricate design allows for the up-and-down motion used when walking or climbing stairs, as well as the side-to-side movements required for navigating uneven surfaces and switching directions. Given that the average person takes about 10,000 steps each day, foot and/or ankle pain can often be debilitating.

Eighty percent of Americans will suffer from some form of foot or ankle pain during their lives. This pain can be caused by an injury, ill-fitting shoes, diseases such as arthritis and diabetes, poor circulation, genetic abnormalities, or simply wear and tear over time. No matter what the cause, the result can be the same: discomfort and limited mobility.

However, if a surgical procedure becomes the right choice, our team of specialists is well versed in:

- Sports-related injuries of the foot and ankle
- Complex fracture care
- Custom casting and splinting
- Reconstructive surgery related to trauma
- Fitting of custom braces and orthotics
- Reconstructive surgery related to arthritis or deformity
Sports Medicine

Our sports medicine program offers non-surgical and surgical treatments. If it is at all possible, non-surgical solutions are used, but if surgery is the right solution, the Human Motion Institute physicians have the training and skill you can be confident in.

We understand taking care of an injured athlete is more than applying a sophisticated brace. It is the skilled hands-on evaluation and appropriate diagnostic testing that determine the best overall plan of care; remembering first and foremost that you’re not just another injured athlete, but a human being.

You may be a professional whose physical performance is your livelihood, or a student who pursues sports in conjunction with academics, or even an avid amateur who participates in sports for recreation and physical fitness. Unfortunately, injuries that occur during or related to athletic competition have become common among today’s active population. At the Human Motion Institute, our philosophy is to provide all athletes – professional and recreational – with the same high quality level of care.

Arnot Health’s Human Motion Institute has the ideal setup for helping you recover from injury or surgery. The Sports Therapy program offers strengthening, conditioning and rehabilitative services to restore and improve athletic function. The combination of a variety of therapeutic exercise machines and a full range of traditional and cutting-edge treatment methods outfit the department with all the necessary interventions including aquatic therapy, which is available at our Horseheads and Elmira, NY offices.
Rehabilitation and Physical Therapy

Rehabilitation is more than applying a brace or specific technique. It is a comprehensive program designed not only to eliminate the deficits of an injury or musculoskeletal problem, but also prevent it from returning.

Our team devotes their efforts toward achieving optimal function for you. We employ a variety of advanced techniques designed to restore normal strength, motion, flexibility and reduce pain as quickly and safely as possible, and specialize in the treatment of neurological and musculoskeletal disorders, including pre-and post-operative care programs.

The Arnot Health Physical Therapy and Rehabilitative staff provides treatment in two locations. The Horseheads, NY office is in a spacious first-floor suite that includes a fully equipped 4,200 square-foot gym, a resistance therapy pool and a suite of private treatment rooms. The Elmira, NY office is located on the Arnot Ogden Medical Center campus in a brand new, expansive, outpatient Rehabilitation Department. This site offers the benefits of a 20 by 25-foot therapeutic pool and all of the high-tech equipment necessary for a full recovery.

We work with your physician to establish an accurate diagnosis quickly and develop a plan of care that fits your needs. Our rehabilitation staff specializes in:

- Sports Therapy
- Aquatic Therapy
- Spine Care
- Women’s Services
- Wound Care
- Wrist Rehabilitation
- Lymphedema
- Ergonomic & Worksite Assessment
- Pediatric Therapy
- Pulmonary Dysfunction
- TMJ Dysfunction
- Vertigo-dizziness
- Occupational Therapy
- Speech and Swallowing Therapy
- Joint Replacement Clinic
For more information about the Arnot Health Human Motion Institute ask your primary care physician or call Health on Demand at 607-737-4499 or 1-800-952-AOMC.