



The Children's Institute

Amazing Kids. Amazing Place.

Physical Medicine & Rehabilitation at The Children's Institute of Pittsburgh

Located at our Squirrel Hill campus, our Physical Medicine & Rehabilitation practice is a critical part of The Children's Institute team, serving children, teens and young adults, offering individual treatment plans that optimize each child's functional ability.

Our Physical Medicine & Rehabilitation physicians focus on improving function and quality of life in a non-surgical way. These physicians are nerve, muscle and bone experts with a focus on developing comprehensive programs to restore and improve movement.



The PM&R Team

Mary Louise Russell, MD has over 25 years of experience in pediatric rehabilitation. Her expertise ranges from congenital disorders such as muscular dystrophy and cerebral palsy to brain and spinal cord injuries.

Justin Berthold, DO and **Timothy Burg, DO** treat teens and young adults. They specialize in maximizing the function of the musculoskeletal system, offering expertise in a number of holistic procedures to improve function and reduce pain. These physicians take a holistic approach to treatment, focusing on the body as a whole.

How Our Team Can Help

Our team can treat a wide range of conditions utilizing a variety of approaches and procedures:



Conditions

- Traumatic brain injury
- Concussion and headaches
- Stroke
- Spinal cord injury/conditions
- Orthopedic injury
- Cerebral palsy
- Spina bifida
- Pain disorders
- Neurological disorders
- Spasticity
- Sports injury
- Scoliosis

Procedures

- Osteopathic manipulation
- Exercise prescription
- Trigger point injections
- Dry needling
- Intramuscular stimulation
- Joint and tendon injections
- Botox for spasticity

To learn more or to make an appointment, please contact us at 412.420.2561 or visit www.amazingkids.org