We are committed to helping patients reach their full potential

Physicians, therapists and staff at Mount Sinai South Nassau Physical Medicine and Rehabilitation provide coordinated care during more than 20,000 visits per year that encompass a range of conditions related to the nerves, bones and muscles.

Each individual presents his or her own unique set of challenges and treatment goals and receives excellent care from a team of professionals committed to helping the patient reach his/her full potential. These include:

- a young adult struggling to overcome a sports injury and get back in the game
- a “weekend warrior” who needs a quick return to his/her active lifestyle and tips on avoiding re-injury
- a senior citizen working hard to regain muscle strength after undergoing joint replacement or cardiac surgery; or an individual relearning the techniques of verbal communication following a stroke
All under one roof

Mount Sinai South Nassau Physical Medicine and Rehabilitation is a wheelchair accessible facility offering a full range of rehabilitative services under one roof. The 8,500-square-foot facility in Oceanside includes a wide range of equipment for rehabilitation and therapy. The facility also houses a 3,400-square foot “gymnasium” devoted to physical and occupational therapy.

Some of the unique features and innovations include:

- An innovative technology to improve hand and arm strength, the Bioness® system, which uses electrical impulses to control muscles in the hand and forearm used for reaching and grasping
- A Biodex Balance System™ SD to help patients with vestibular (ear-related) balance and dizziness problems
- Cybex exercise equipment for conditioning and strength
- Complete decongestive treatment for patients with lymphedema, which can occur from cancer related treatments and/or surgeries, vascular insufficiencies, infection or trauma
- Post-concussion follow-up with a concussion management professional
- Other treatment options may include low-dose electrical stimulation to reduce inflammation and pain; ultrasound to relax muscles and improve circulation; exercise and balance machines; and strength and conditioning equipment. We often use these therapies along with “manual” therapy, where the therapists use techniques like myofascial release, joint and soft tissue mobilization.

About the physician

Ricardo (Eric) Cruz, MD
Director, Department of Physical Medicine and Rehabilitation

Dr. Cruz is board-certified in Physical Medicine and Rehabilitation as well as Brain Injury Medicine. He was fellowship trained in neurologic rehabilitation at the Weill Cornell Medical College. Aside from general physiatry, his other interests include stroke and traumatic brain injury.

At Mount Sinai South Nassau, Dr. Cruz heads the inpatient rehabilitation department as well as Outpatient Physical Medicine and Rehabilitation Therapy in Oceanside, where he sees patients with sports injuries, neuromusculoskeletal disorders and performs EMG and nerve conduction tests.


Dr. Cruz is fluent in Filipino and English and can speak basic Spanish.

For more information or to schedule an appointment, please call
516-255-8200