

## Hallie J. Robbins, D.O.



Physical Medicine and Rehabilitation (BC-FAAPMR, BC-AOA-AOBPMR)  
Addiction Medicine (BC-AOA-AOAAM)  
Osteopathic Neuromusculoskeletal Manipulative Medicine  
Medicolegal Consultation Services  
Telemedicine and In-Person Care – Utah, New York & other locations

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Health is more than the absence of disease, and healthcare is more than medicine. Stress and strain impact people in all walks of life. Somatic dysfunctions, functional lifestyle concerns, pain and fatigue can make it tough to attain, regain and maintain well-being when every day and perhaps every breath might take effort and determination.

Hallie Robbins, DO, is an osteopathic physician specializing in Physiatry (PM&R) and Osteopathic Neuromuscular Manipulative Medicine (OMM/NMM) since 1998. She chose an integrative approach that uses touch for diagnosis and treatment to address mind-body-spirit conditions and behavioral concerns without a taboo against touch. She helps people find ways and words to be well and resilient. Experienced in chronic pain management and substance use disorder recovery, in 2021 she also became board certified in Addictionology. When doing medicolegal consults, Dr. Robbins “translates medicalese” through case reviews and structure-function analysis to provide physiologically and biomechanically relevant interpretation of injuries and sequelae.

Dr. Robbins evaluates and treats patients of all ages who want to optimize wellness and prevent or recover from disease, “dis-ease” and dysfunction. Conditions may result from illness, injuries, surgery, and survivorship (cancer, ICU, trauma), work, sports, performance, and other circumstances. Diagnoses include but are not limited to: headache, tinnitus, TMJ; brain injuries; posttraumatic stress (PTSD); whiplash; somatic dysfunctions and pain (head, neck, back, pelvis, limbs); central sensitization (fibromyalgia, myofascial pain); post-viral syndromes (polio, Covid).

Functional restoration and rehab goals are customized using conventional and innovative approaches such as osteopathic manipulation, trigger point injections, medications, supplements, nutrition, self-care strategies, movement awareness, ergonomics, and neurotechnology. Webinars, training, and other events are available.

### Education:

- **BA:** Swarthmore College, Psychobiology special major. Senior thesis: *Etiology, Physiology and Psychological Aspects of Pain and Muscle Spasm*
- **Rubinfeld Synergy Method** Certification. Body-awareness centered psychotherapy combining Alexander Technique, Feldenkrais Method, Gestalt Psychotherapy
- **DO:** New York [Institute of Technology] College of Osteopathic Medicine. Honors: Toxicology; Osteopathic Manipulative Medicine • **Internship:** Botsford General Hospital (Osteopathic)
- **Residency:** Physical Medicine and Rehabilitation (PM&R); MetroHealth Medical Center
- **NIH PM&R Research Fellowship/Chief Fellow:** University of Medicine & Dentistry of New Jersey, Kessler Institute for Rehabilitation

Current Employment and Affiliations:

- Integral Rehabilitation, LLC: since 1998: CEO and Osteopathic Physician – UT, NY, clinical care and telemedicine
- Next Level Recovery and [MedicalMindshare.org](https://www.MedicalMindshare.org)
  - since 2024: Medical Director, staff activities, laboratory supervision, telemedicine
  - since 2018: Medical Consultant for new program including team formation of new NPO clinic
  - 2015-2018: Administrative Medical Director
- Subacute Rehabilitation Physiatry consultant in skilled nursing facilities, NY and NJ, 2020, 2023, 2024
- CompHealth Group – Aug-Oct 2022: Locum Tenens PM&R at Elmhurst Medical Center, affiliated Mount Sinai Medical Center AmpAndAt Holdings, LLC: since 2017: CEO – R&D IP of clinical, educational, and innovative work of HJR and IR, LLC
- Traumatic Stress Injury Medicolegal and Clinical Consultant for MiCare Network since 2020; and for [MediMentalCare.com](https://www.MediMentalCare.com) since 2022 (affiliated with CEO since 2019 pre-MMC formation)
- [DO-Touch.Net](https://www.DO-Touch.Net) research group member since 2010
- [Cymatrax.com](https://www.Cymatrax.com) Chief Medical Advisory Board since 2022

Past Employment:

- VA Medical Centers: Attending Physician:
  - 1996-97: New Jersey – Rehabilitation Medicine Service
  - 2015-16: Utah – Holistic Medicine Service: Osteopathic Manipulative Medicine & Noninterventional Pain Management

Faculty Appointments:

- University of New England College of Osteopathic Medicine: 2019-22: Adjunct Assistant Professor, Research and Specialty Medicine
- New York Institute of Technology College of Osteopathic Medicine at Arkansas State University: 2017-2018: Assistant Professor, Osteopathic Manipulative Medicine
- University of Utah School of Medicine: 2014-2016: Adjunct Assistant Professor, PM&R

Recent Activities:

- Presentation: “Computer user strain relief and osteopathic medicine.” New York Area ComputerClub, May 9, 2024.
- Interviewed in Debra Nardi’s book, [Freedom from Sexual Abuse and Trauma](https://www.FreedomFromSexualAbuseandTrauma.com) (Amazon, 2022). [www.debranardi.com](https://www.debranardi.com)
- Presentation: “Whiplash as total body injury: Biomedical and non-economic elements.” Utah Association of Justice, CLE series, May 7, 2021
- Presentation/CME: “Short and long-term effects of Covid-19.” Arizona Osteopathic Medical Association, open access during 99<sup>th</sup> Annual Convention, April 7-10, 2021. [www.thecmecenter.org/item/short-long-termeffects-covid19-419900](https://www.thecmecenter.org/item/short-long-termeffects-covid19-419900)
- Curriculum contributing editor: “Hydrogen Sulfide and PTSD.” University of Texas Medical School, accepted for CME course, December 2020