



Manhattan Pain Medicine

Digital Press Kit

Jason W. Siefferman, MD | *Pain, Answered* | *Care Beyond the Pain*

CORE THESIS

Complex pain is too often treated before it is truly understood.

Dr. Siefferman's broader mission is to help transform the practice of pain medicine by setting a higher benchmark for how chronic pain is understood and approached: what hurts, why it hurts, how it developed, and why it persists.

This media kit provides journalist-ready background on Dr. Jason W. Siefferman, Manhattan Pain Medicine, *Pain, Answered*, *Care Beyond the Pain*, available story ideas, interview topics, and approved media assets.

What's Included

- Dr. Jason W. Siefferman | bios, credentials, clinical focus
- Manhattan Pain Medicine | overview and Discovery → Treatment → Maintenance model
- *Pain, Answered* | book description, synopsis, and cover placeholder
- *Care Beyond the Pain* | podcast description and artwork placeholder
- Story territories
- Approved website and social links
- Media asset checklist and press contact
- Press releases as separate supporting files

Media Contact

Alex Rose

arose@manhattanpainmedicine.com | 646-580-3538

2 Fifth Avenue, Suite 7, New York, NY 10011

www.ManhattanPainPedicine.com

Media Snapshot

A concise overview for journalists, producers, editors, and podcast teams.

Primary Expert	Jason W. Siefferman, MD Founder & Medical Director
Core Focus	Complex, persistent, overlapping, and difficult-to-explain pain
Clinical Model	Discovery → Treatment → Maintenance
Book	Pain, Answered
Podcast	Care Beyond the Pain filmed long-form series

Available for Media

- Expert commentary and written responses
- Phone, Zoom, or in-person interviews in New York City
- Broadcast and podcast appearances
- Background conversations on complex pain and diagnostic reasoning
- Selected multidisciplinary MPM specialists when the subject requires another clinical perspective

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Jason W. Siefferman, MD

Physician • Educator • Clinical Thinker • Founder / Medical Director • Author



100-WORD BIO

Jason W. Siefferman, MD, is founder and medical director of Manhattan Pain Medicine in New York City. Triple board-certified in Physical Medicine and Rehabilitation, Pain Medicine, and Headache Medicine, he leads a diagnosis-first, discovery-led approach to complex pain. His clinical focus includes spine and nerve conditions, headache and facial pain, pelvic and pudendal neuralgia, joint hypermobility and instability, and neuromodulation.

Dr. Siefferman earned his medical degree from Rush Medical College and completed his PM&R residency and Interventional Pain Management fellowship at Mount Sinai. He has published peer-reviewed articles and book chapters and presented nationally on pain care and advanced therapies.

50-Word Bio

Jason W. Siefferman, MD, is founder and medical director of Manhattan Pain Medicine in New York City. Triple board-certified in Physical Medicine and Rehabilitation, Pain Medicine, and Headache Medicine, he specializes in complex pain, headache and facial pain, spine and nerve conditions, pelvic pain, hypermobility, and advanced interventional pain care.

Professional Profile

Dr. Siefferman leads a diagnosis-first, discovery-led approach to people with complex, persistent, or difficult-to-explain pain. His broader work focuses on helping patients and clinicians understand chronic pain as a clinical journey: what hurts, why it hurts, how the problem developed, why it may be persisting, and what those answers mean for treatment. His goal is to help establish a higher benchmark for pain medicine through clinical care, research, and education. He is the author of *Pain, Answered* and host of *Care Beyond the Pain*.

CREDENTIALS

Training, Certifications & Clinical Focus

Board Certifications

- Physical Medicine and Rehabilitation
- Pain Medicine
- Headache Medicine

Medical Education & Training

- MD, Rush Medical College, Chicago
- Internship, Rush University Medical Center
- Research Fellowship, Rehabilitation Medicine, Mount Sinai School of Medicine
- Residency, Physical Medicine and Rehabilitation, Mount Sinai
- Fellowship, Interventional Pain Management, Mount Sinai

Clinical Focus

- Complex chronic pain
- Spine and nerve conditions
- Headache and facial pain
- Pelvic and pudendal neuralgia
- Joint hypermobility and instability
- Neuromodulation
- Advanced interventional pain care

Academic & Professional Work

- Peer-reviewed articles and book chapters
- National presentations on pain medicine, spine and nerve disorders, and advanced interventional therapies

THE PRACTICE

Manhattan Pain Medicine

A multidisciplinary New York City practice focused on complex, persistent, and difficult-to-explain pain.



MANHATTAN
PAIN MEDICINE

Short Boilerplate

Manhattan Pain Medicine is a multidisciplinary New York City practice focused on complex, persistent, and difficult-to-explain pain. Its multidisciplinary, diagnosis-first model brings together clinical expertise across pain medicine, headache medicine, rheumatology, rehabilitation, pain psychology, regenerative medicine, and related disciplines through a structured process of Discovery, Treatment, and Maintenance.

Practice Overview

Manhattan Pain Medicine was built around the principle that complex pain deserves more than trial-and-error treatment. Care begins with Discovery, a diagnosis-first process designed to understand what is generating the pain, how it developed, what may be maintaining it, and how multiple symptoms or diagnoses may relate. Treatment is guided by what that process reveals. It may bring together interventional pain medicine, headache medicine, rheumatology, physical medicine and rehabilitation, pain psychology, regenerative medicine, medication strategy, movement-based care, and coordinated specialty referrals.

Once meaningful progress is achieved, Maintenance focuses on protecting functional gains, recognizing changes and flare patterns, improving patient understanding, and giving patients the knowledge and tools to manage their health more independently. Manhattan Pain Medicine remains available for support when flares, setbacks, or new problems arise, but long-term dependence on care is not the objective.

The broader mission is to help transform the practice of pain medicine by establishing a higher benchmark through clinical discovery, multidisciplinary collaboration, research, patient and provider education, and long-term support.

Discovery → Treatment → Maintenance

A connected framework for complex-pain care.

Discovery

Discovery begins by asking what hurts, why it hurts, how the problem developed, and why it may be persisting or failing to heal. The team develops and tests a working clinical hypothesis using history, examination, imaging review, dynamic assessment, symptom patterns, prior treatment responses, diagnostic procedures, and multidisciplinary perspectives when appropriate.

Treatment

Treatment is guided by what Discovery reveals. Depending on the underlying drivers, care may include targeted procedures, medication strategy, rheumatologic care, rehabilitation, pain psychology, regenerative medicine, movement-based treatment, neuromodulation, or coordinated specialty care. The patient's response becomes additional clinical information that can confirm, refine, or challenge the working hypothesis.

Maintenance

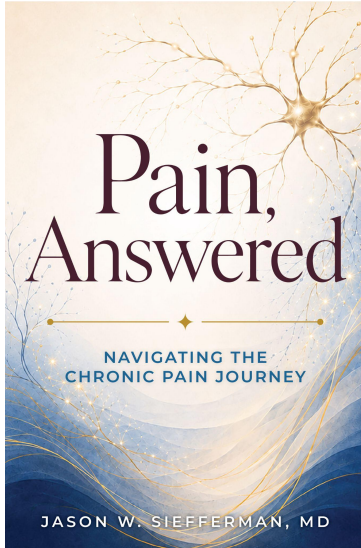
Maintenance begins once meaningful progress has been achieved. The objective is to protect gains, recognize flare patterns or meaningful changes, improve body literacy, and give patients the understanding and tools to manage their health as independently as possible. Ongoing support remains available when flares, setbacks, or new problems require it.

The phases are connected rather than strictly linear. Discovery and Treatment can move iteratively back and forth as treatment response generates new information and the clinical hypothesis is refined.

BOOK

Pain, Answered

A framework for understanding and navigating the chronic pain journey.



DESCRIPTION

Pain, Answered is a patient-centered book by Jason W. Siefferman, MD, that reframes chronic pain as a journey with identifiable stages rather than an endless cycle of treatments, diagnoses, and uncertainty.

The book examines where the current approach to pain medicine can fall short and provides a framework for understanding what must happen for care to move forward through Discovery, Treatment, and Maintenance. It is designed to help patients better understand how to approach chronic pain, navigate care, ask more useful questions, and identify a path toward healing.

Synopsis

Pain, Answered begins with a familiar experience for many people living with chronic and complex pain: appointments, imaging, diagnoses, medications, procedures, specialists, and treatment plans that accumulate while a useful explanation for why the pain persists remains elusive.

Dr. Siefferman examines the limitations of treating pain as a series of isolated problems and introduces the chronic pain journey as a process with essential clinical milestones. Discovery asks what hurts, why it hurts, how the problem developed, and why it may not be getting better. Treatment is guided by that understanding, while treatment response itself becomes new information that can refine the diagnosis. Maintenance focuses on protecting progress, improving understanding, and helping patients become increasingly capable of managing their health independently.

The book does not offer a single solution to pain. It provides clarity about the process through which patients and clinicians can approach diagnosis, treatment, recovery, and a path toward healing.

Publication Details

Publisher: Manhattan Pain Medicine Doctor, PLLC | Publication Date: 9/16/25

Book URL: <https://a.co/d/0gu6mKy2>

Care Beyond the Pain

Long-form conversations exploring the chronic pain journey from multiple perspectives.



Description

Care Beyond the Pain is a filmed long-form podcast hosted by Jason W. Siefferman, MD, exploring the clinical and human realities of complex healthcare. Through conversations with physicians, clinicians, healthcare leaders, patients, caregivers, and other experts, the series examines diagnosis, treatment, multidisciplinary care, chronic illness, recovery, and what happens when medical problems do not have simple answers.

About the Series

The series explores what is involved in the patient-care journey for chronic pain through the perspectives of the people who experience and shape it. Conversations may examine Discovery, Treatment, and Maintenance; specific treatment approaches; finding the right clinicians; recognizing whether a treatment is working; navigating setbacks; accessing support and community resources; and the practical realities of healthcare delivery, including insurance and access to care.

Care Beyond the Pain extends the educational mission behind Manhattan Pain Medicine and *Pain, Answered* by creating space for deeper conversations with voices beyond the practice itself.

Launch

September 2026. Available on all major streaming platforms.

Interview & Commentary Topics

Dr. Siefferman is available for interviews, expert commentary, broadcast, podcasts, and background conversations.

- Why complex pain is often treated before it is fully understood
- What hurts, why it hurts, how it developed, and why it persists
- Why where a patient hurts is not always where the problem starts
- Patients navigating multiple specialists and diagnoses
- Diagnostic delay versus an incomplete clinical explanation
- What unsuccessful treatment can teach clinicians
- When a diagnosis should be reconsidered
- Fragmentation and diagnostic ownership in complex healthcare
- Chronic pain as a journey: Discovery ↔ Treatment → Maintenance
- Chronic pain and sensitization
- Hypermobility and complex pain
- Headache, migraine, and facial pain
- Pelvic and pudendal neuralgia
- Spine, nerve, and musculoskeletal pain
- Neuromodulation and advanced interventional pain care
- Multidisciplinary pain medicine
- Women, complex pain, and under-recognition across specialties
- Patient education and clinical decision-making
- The chronic pain journey and the ideas behind *Pain, Answered*
- Care Beyond the Pain and interdisciplinary conversations about complex healthcare
- The next evolution of pain medicine and diagnosis-first care

Additional Manhattan Pain Medicine specialists may be available when a story requires rheumatology, rehabilitation, pain psychology, pelvic pain, or another clinical perspective.

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RESOURCES

Media Assets, Links & Contact

Approved assets should be supplied in high-resolution and web-ready versions where possible.

Visual Assets

- Approved Dr. Siefferman headshots
- Pain, Answered book cover
- Pain, Answered author photo
- Care Beyond the Pain podcast artwork
- Approved Manhattan Pain Medicine logos

Primary Links

- Manhattan Pain Medicine <https://www.ManhattanPainMedicine.com>

Priority Press Links

- Dr. Jason W. Siefferman, MD | Professional Profile:
<https://www.manhattanpainmedicine.com/team/jason-w-siefferman-md/>
- Manhattan Pain Medicine | Our Approach
<https://www.manhattanpainmedicine.com/our-approach/>
- Manhattan Pain Medicine | Zones of Expertise
<https://www.manhattanpainmedicine.com/zones-of-expertise/>

Social / Media

- Facebook: <https://www.facebook.com/mpainmed/>
- Instagram: <https://www.instagram.com/manhattanpainmed/>
- TikTok: <https://www.tiktok.com/@manhattanpainmedicine>
- LinkedIn: <https://www.linkedin.com/company/manhattan-pain-medicine-pllc1/>
- YouTube: <https://www.youtube.com/@mpainmed>

Press Contact

MANHATTAN PAIN MEDICINE

Media Inquiries, Interviews & Expert Commentary

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SUPPORTING MATERIALS

Included With This EPK

PRESS RELEASE

Attached to this email and also available via this link:

<https://www.manhattanpainmedicine.com/press/>

MEDIA ASSETS

<https://drive.google.com/drive/folders/1TaaBZwwcZrT--MRXWUCnNit1iITSYC-d>

PAIN, ANSWERED - PDF Book Version

https://www.manhattanpainmedicine.com/wp-content/uploads/2026/09/6x9-Pain-Answered_SPREAD.pdf

Care Beyond the Pain - Podcast Link

<https://www.manhattanpainmedicine.com/podcast-care-beyond-the-pain/>

For any specific requests, additional documents, or questions, please contact:

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Media Inquiries, Interviews & Expert Commentary

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