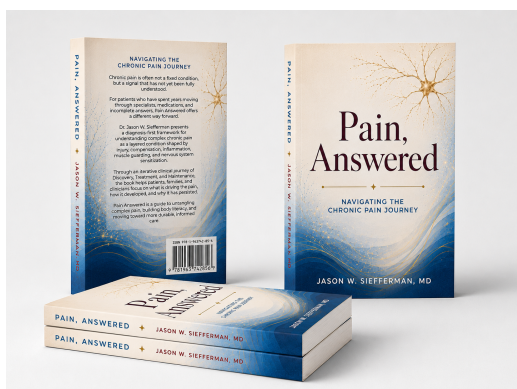


FOR IMMEDIATE RELEASE

Pain, Answered: New York Physician Jason W. Siefferman, MD, Reframes Chronic Pain as a Clinical Journey

Manhattan Pain Medicine founder outlines a diagnosis-first framework built around Discovery, Treatment, and Maintenance as part of a broader mission to establish a higher benchmark for pain medicine.



NEW YORK, NY, DATE. For many people living with chronic pain, medical care can become a long sequence of medications, physical therapy, imaging, procedures, specialist visits, and changing diagnoses. Yet after years of treatment, one fundamental question may remain unanswered: Why do I still hurt?

Jason W. Siefferman, MD, founder and medical director of Manhattan Pain Medicine, believes that question deserves greater attention.

In *Pain, Answered*, Dr. Siefferman reframes chronic pain as a clinical journey rather than an endless cycle of treatments, diagnoses, and uncertainty. The book grew in part from years of caring for people who had already seen multiple specialists and from repeatedly hearing the same questions: Why did the treatment fail? Why do different physicians offer different explanations? Why do I have several diagnoses but still no clear understanding of what is happening?

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

Dr. Siefferman is triple board-certified in Physical Medicine and Rehabilitation, Pain Medicine, and Headache Medicine. His clinical work focuses particularly on patients whose symptoms are persistent, overlapping, difficult to explain, or resistant to straightforward treatment.

That experience helped shape both *Pain, Answered* and the clinical framework developed at Manhattan Pain Medicine.

From Discovery to Treatment to Maintenance

Manhattan Pain Medicine organizes complex-pain care around three connected phases: Discovery → Treatment → Maintenance.

Discovery asks what hurts, why it hurts, how the problem developed, and why it may be persisting or failing to heal. History, examination, imaging, movement, previous treatment responses, diagnostic procedures, and perspectives from different specialties may all contribute to developing and testing a working clinical hypothesis.

Treatment is guided by what Discovery reveals, but the relationship is iterative. A treatment response becomes additional clinical information that can confirm, refine, or challenge the working explanation and, when necessary, return the process to Discovery.

Maintenance begins once meaningful progress has been achieved. The goal is to protect that progress, improve patients' understanding of their own bodies, recognize flares or meaningful changes, and give them the knowledge and tools to manage their health as independently as possible, with ongoing support available when needed.

The approach is particularly relevant when symptoms cross traditional medical boundaries. A patient may experience headache, pelvic pain, joint symptoms, nerve pain, inflammatory concerns, or musculoskeletal problems and appropriately see several different specialists.

"The patient experiences one body, while medicine necessarily divides expertise among many specialties. For complex patients, the challenge is not eliminating specialization. It is making sure we continue asking how the different pieces of the clinical picture may relate."

Pain, Answered is intended to give patients a framework for understanding and navigating that journey: what a diagnosis actually explains, what can be learned when treatment does not work as expected, how the clinical picture may need to be reconsidered, and what must happen for care to move forward toward healing.

Continuing the Conversation

The educational mission will also extend through *Care Beyond the Pain*, a filmed podcast hosted by Dr. Siefferman and launched in September 2026.

Through long-form conversations with physicians, clinicians, patients, caregivers, healthcare leaders, and other experts, the series will explore the chronic pain journey from multiple perspectives, including diagnosis, treatment, recovery, finding appropriate care, support, and the practical realities of navigating a complex healthcare system.

Together, *Pain, Answered*, *Care Beyond the Pain*, and the clinical work at Manhattan Pain Medicine reflect Dr. Siefferman's broader mission: helping transform the practice of pain medicine by establishing a higher benchmark through clinical care, research, education, and a structured journey of Discovery, Treatment, and Maintenance.

About Jason W. Siefferman, MD

Jason W. Siefferman, MD, is the founder and medical director of Manhattan Pain Medicine in New York City. He is triple board-certified in Physical Medicine and Rehabilitation, Pain Medicine, and Headache Medicine. His clinical work includes complex chronic pain, headache and facial pain, spine and nerve conditions, pelvic and pudendal neuralgia, hypermobility and instability, and other conditions in which symptoms may cross conventional diagnostic or specialty boundaries. He is the author of *Pain, Answered* and host of *Care Beyond the Pain*.

About Manhattan Pain Medicine

Manhattan Pain Medicine is a multidisciplinary medical practice in New York City focused on the evaluation and management of complex pain. Its clinical model is organized around Discovery, Treatment, and Maintenance, emphasizing diagnostic reasoning, individualized treatment, multidisciplinary collaboration, patient education, and long-term support.

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