

Complex Pain Requires More Than Guesswork



We look **beyond symptoms** to understand what's **driving pain** and guide **targeted care**. ➔

MISSION AND VISION

Transforming Pain Medicine

Manhattan Pain Medicine is setting a new standard for pain medicine by empowering patients through precision diagnosis, coordinated specialist care, education, and research.

We dive deeper to uncover what's really driving pain. Our specialists work together to provide targeted care that delivers sustained relief and restores function.



APPROACH

The Chronic Pain Journey

People with persisting, deepening pain must often sort through symptoms, diagnoses, providers, and find answers on their own.

We guide patients through each phase of this journey: Discovery, Treatment, and Maintenance. By identifying the *What/How/Why* of pain and establishing a structured plan of care, we empower patients with the tools, knowledge, and confidence to manage their health and reclaim life beyond pain.

From Discovery to Sustained Progress.



DISCOVERY

A thorough diagnosis must include understanding of what hurts, why, how it came to hurt, and why it's not improving.



TREATMENT

We collaborate to develop a stepwise treatment plan, refining it together based on what we learn and how you respond.



MAINTENANCE

After identifying and treating the sources of pain, patients re-enter the world with a greater sense of control over their function.

ZONES OF EXPERTISE

Expertise Built for Complex Pain

Pain rarely fits neatly within one medical specialty. Our *Zones of Expertise* bring together relevant clinical perspectives for overlapping conditions and systems that contribute to pain and dysfunction.

Each zone provides a focused starting point for evaluation and creates a clear roadmap for care. Our specialists collaborate across disciplines, connect findings, and coordinate with existing care teams.

Through this joint multispecialty care, we offer a complete analysis, integrated treatment plan and preparedness for patients to manage their long-term care.





Complex Chronic Pain

We approach persistent, complex pain through comprehensive evaluation, targeted treatments, and coordinated care to simultaneously reduce pain and restore function.

RELATED CONDITIONS

Fibromyalgia · Complex Regional Pain Syndrome (CRPS) · Central Pain Syndromes
Small Fiber Neuropathy



Hypermobility & Joint Pain

We address connective tissue disorders and joint instability through coordinated evaluation, targeted interventions, and strategies to improve stability and function.

RELATED CONDITIONS

Ehlers-Danlos Syndrome (EDS) · Hypermobility Spectrum Disorder · Joint Instability
Mast Cell Activation Syndrome (MCAS) · Postural Orthostatic Tachycardia Syndrome (POTS)



Headache (Including Facial Pain & TMJ dysfunction)

We identify and treat the underlying contributors to headache, facial, and jaw pain through specialized evaluation and individualized treatment.

RELATED CONDITIONS

Chronic Migraine · Cluster Headache · Trigeminal Neuralgia · Craniocervical Instability (CCI)



Autoimmune and Inflammatory Disorders

We diagnose and treat autoimmune and inflammatory conditions, combining rheumatologic expertise with targeted care to reduce symptoms and preserve function.

RELATED CONDITIONS

Rheumatoid Arthritis · Lupus · Psoriasis and Psoriatic Arthritis · Sjögren's Syndrome



Pelvic Pain

We identify and treat the muscular, neurologic, and structural contributors to pelvic pain through individualized treatment and coordinated specialist care.

RELATED CONDITIONS

Endometriosis · Pelvic Floor Dysfunction · Pudendal Neuralgia · Hernia Pain



Musculoskeletal Issues

We diagnose and treat spine, joint, muscle, and nerve conditions using dynamic imaging, targeted interventions, and individualized rehabilitation strategies.

RELATED CONDITIONS

Neck and Back Pain · Arthritis Joint Pain · Disc Herniations · Tendinopathy



Autonomic Dysfunction

We evaluate autonomic disorders and their overlapping conditions, coordinating specialist care to address symptoms and improve daily function.

RELATED CONDITIONS

Postural Orthostatic Tachycardia Syndrome (POTS) · Small Fiber Neuropathy
Mast Cell Activation Syndrome (MCAS) · Gastroparesis



Psychology of Pain

We integrate pain psychology and mind-body strategies to help patients manage symptoms, build resilience, regain control, and improve quality of life.

RELATED CONDITIONS

Medical PTSD · Pain Processing · Fibromyalgia · Central Pain Syndromes

MEET THE TEAM

Personal Care, Shared Expertise



Jason W. Siefferman, MD

Founder & Medical Director | Interventional
Pain Management | Headache Medicine

Dr. Siefferman is triple board-certified in Physical Medicine and Rehabilitation, Pain Medicine, and Headache Medicine. He leads MPM's discovery-led approach to complex pain, combining comprehensive evaluation, targeted treatments, and coordinated specialist care to guide treatment and support long-term function.



Nino Mikaberidze, MD

Director of Rheumatology & Internal Medicine

Dr. Mikaberidze is board-certified in Internal Medicine and Rheumatology. She specializes in autoimmune and inflammatory disorders, hypermobility, and complex systemic conditions. She integrates comprehensive evaluation, targeted treatment, and coordinated specialist care to address overlapping symptoms and improve long-term function.

Luis Aranguren, MD

Interventional Pain Management

Dr. Aranguren specializes in complex chronic pain, spine and nerve conditions, hypermobility, and autoimmune-related pain. He combines comprehensive evaluation with targeted interventions and coordinated specialist care to address underlying pain sources, improve function, and support long-term relief.





Tayyaba Ahmed, DO

Physical Medicine & Rehabilitation | Pelvic Pain

Dr. Ahmed specializes in complex pelvic pain, pelvic floor dysfunction, and sexual pain conditions. She combines comprehensive evaluation with individualized treatment to address muscular, neurologic, and structural contributors to pain, helping patients improve comfort and function.



Adam Rosenberg, PA-C

Board-Certified Physician Assistant |
Orthopedic & Spine conditions

Adam specializes in comprehensive pain evaluation and the management of complex musculoskeletal and spine conditions. He helps patients navigate diagnosis, treatment, and follow-up care, working closely with MPM's specialists to coordinate individualized treatment plans and support long-term progress.

Deborah Barbieri, Psy.D., L.Ac.

Pain Psychology

Dr. Barbieri integrates pain psychology, acupuncture, and mind-body approaches to address the physical and emotional dimensions of chronic pain. She helps patients develop practical coping strategies, build confidence, and improve daily function through individualized care and ongoing support.



Jordan Shankle, PA-C

Board-Certified Physician Assistant |
Rheumatology & Neurology

Jordan specializes in rheumatology, neurology, and complex pain care, with a focus on autoimmune conditions, headache, and neuropathic pain. She combines comprehensive evaluation with individualized treatment planning, working closely with MPM's physicians to coordinate care and support improved function.



FOR THE COMMUNITY

Pain Support Group

Our free monthly virtual support group, led by pain psychologist Dr. Deborah Barbiere, offers a welcoming space to share experiences, explore the challenges of living with chronic pain, and connect with others who understand.



ADVANCING PAIN MEDICINE

Research

Our commitment to advancing pain medicine extends beyond clinical care. Through research and collaboration, we explore complex pain conditions, share clinical insights, and contribute to a deeper understanding of diagnosis and treatment.



Understanding pain goes beyond the visit.

PODCAST

Care Beyond the Pain

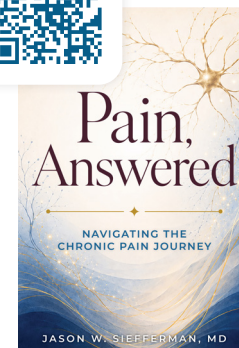
Hosted by Dr. Jason W. Siefferman, our podcast brings together clinicians, patients, and other voices to explore the questions, discoveries, and experiences that shape the journey through chronic pain.



BOOK

Pain, Answered

In his book, Dr. Jason W. Siefferman explores a direct approach to complex pain, guiding readers through Discovery, Treatment, and Maintenance to better understand pain, navigate care, and work toward lasting progress.





MANHATTAN

PAIN MEDICINE



Request an Appointment

We're here to help. Our team will listen to your needs and help guide your next steps toward healing.



Refer a Patient

Connect your patient with our specialists for comprehensive evaluation and collaborative care.

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