

Jeffrey Citara, D.O.

Dr. Citara is a physiatrist who specializes in the non-operative treatment of musculoskeletal disorders primarily involving the neck, back and pelvic regions. After graduating medical school at Philadelphia College of Osteopathic Medicine, he completed an internship at Saint Joseph's Hospital in Philadelphia and a residency in Physical Medicine & Rehabilitation at Baylor College of Medicine in Houston, Texas.

Dr. Citara treats both adolescents and adults in the West Chester and Kennett Square offices. He understands the physiological and psychosocial complexities involved in treating neck and back disorders and strives to find the cause of the pain in order to formulate a comprehensive treatment plan. Dr. Citara believes that the majority of these disorders can be successfully treated in a non-operative manner.

A treatment plan is developed after a detailed history and physical examination, as well as any necessary additional testing, has been performed. The plan may include any combination of medication, physical therapy, osteopathic manipulative treatment (OMT), as well as advanced fluoroscopically guided spinal injections. The treatment goal is to not only reduce pain, but also to help restore function and activity level.

Treatments:

- Selective epidural injections
- Facet joint injections
- Sacroiliac joint injections
- Trigger point injections
- Osteopathic manipulative treatment (OMT)
- Electrodiagnostic studies (EMG)
- Botox injections for torticollis

Private Practice

Affiliated with Chester County Orthopaedics 2008-present

Physical Medicine & Rehabilitation Residency

Baylor College of Medicine, Houston, TX, 2005-2008

Internship

Saint Joseph's Hospital, Philadelphia, PA, 2004-2005

Medical Degree

Philadelphia College of Osteopathic Medicine, Philadelphia, PA, 2000-2004

Graduate Degree

Columbia University, New York, NY

M.S. in Applied Physiology & Nutrition, 1995-1997

Undergraduate Degree

Ursinus College, Collegeville

Professional Memberships

- American Academy of Physical Medicine & Rehabilitation (AAPMR)
- American Association of Neuromuscular & Electrodiagnostic Medicine (AANEM)
- International Spinal Intervention Society (ISIS)