

## **David Perna, MD, a Sports Medicine Specialist with AIM Health Spine and Regenerative Medicine Institute of NY and NJ & M**

Get to know Sports Medicine Specialist Dr. David Perna, who serves patients in Livingston, New Jersey.



**New York City, New York Jan 19, 2022 ([IssueWire.com](http://www.IssueWire.com))** - A board-certified sports medicine specialist, Dr. Perna works with patients at his private practice - AIM Health Spine and Regenerative Medicine Institute of NY & NJ - in Livingston, New Jersey. The goal of the practice is to bring big-city specialized medicine to New Jersey without the hassle and burden of bridge and tunnel traffic.

In addition, he serves as an attending physician and Assistant Professor in the Orthopedics Department of the prestigious Mount Sinai Medical Center. His areas of clinical interest include back pain, sciatica, herniated disk, shoulder pain, hip pain, and muscle strain.

Hailing from Northern New Jersey, Dr. Perna received his undergraduate education at Johns Hopkins University. While there, he was a decorated athlete. As a two-time captain of the Johns Hopkins football team, he garnered All American Honors in both his junior and senior years. A two-sport athlete, he also competed in Olympic weightlifting under the tutelage of famous NFL strength and conditioning coach, Bill Starr.

The doctor has continued to compete in Olympic weightlifting under the coaching of NJ Hall of Fame athlete, Robert Giordano. He has won the Garden State Games, The New Jersey State Championship, and he competed in the USA Weightlifting National Championships. In 2015, he was inducted into the Johns Hopkins University Athletic Hall of Fame.

The passion for athletics, injury recovery, and human performance lead Dr. Perna into his current profession. He graduated with his medical degree from St. George's University Medical School and performed his internship in general surgery at SUNY Stony Brook Medical Center. He completed his residency training in physical medicine and rehabilitation at SUNY Downstate Medical Center of Brooklyn, and his fellowship training in sports medicine and interventional spine pain management at The Beth Israel Medical Center in Manhattan.

Following his training, the doctor attained board certification in sports medicine and physical medicine & rehabilitation through the American Board of Physical Medicine & Rehabilitation (ABPMR). Founded in 1947, the ABPMR is the medical certifying board for the specialty of physical medicine and rehabilitation. It is one of 24 medical specialty boards that make up the American Board of Medical Specialties (ABMS).

Sports medicine is a branch of medicine that deals with physical fitness and the treatment and prevention of injuries related to sports and exercise. A sports medicine specialist is a physician with significant specialized training in both the treatment and prevention of illness and injury.

In 2017, Dr. Perna was elected by his peers as an up-and-coming star in the New York Times SUPERDOCTORS edition.

### **Learn More about Dr. David Perna:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1625889-David-Perna-Physiatrist-Physical-Medicine>, through AIM Health and Regenerative Medicine Institute of NY and NJ, <https://www.aimspinesports.com/about> or through Mount Sinai Medical Center, <https://www.mountsinai.org/profiles/david-j-perna>

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