

About Dr. Sonali

Dr. Sonali Lal is a board-certified sports medicine doctor and regenerative medicine specialist. Dr. Sonali is the Medical Director at Integrative Spine and Sports, Manhattan's premier office for non-surgical pain relief and physical rehabilitation, and Co-Founder of RejuvaMed, a top aesthetic medicine and wellness spa in New York City.

Through non-invasive orthopedic medicine, Dr. Sonali helps prevent unnecessary surgeries and gets you back to work or play as quickly and painlessly as possible.

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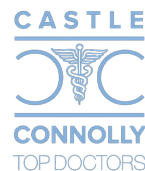
Health Management for a Better Lifetime

"I'm passionate about preventing my patients from undergoing unnecessary surgeries and getting them back to their lives as quickly and painlessly as possible. I treat every case with a personalized, comprehensive approach that combines cutting-edge techniques, traditional therapies, rehabilitation, and compassionate care."

Dr. Sonali has been featured in the New York Times and recognized as a Castle Connolly NY Magazine Top Doctor from 2016- 2021. She is a Clinical Professor at Columbia-Cornell School of Medicine and an Attending Physician at New York-Presbyterian Hospital.

 Live Life Better

Dr. Sonali





INTEGRATIVE SPINE & SPORTS

Sports Medicine

Integrative Spine and Sports is a practice devoted to musculoskeletal and sports medicine in Manhattan, NY. The team focuses on promoting healing, restoring function, alleviating pain, and educating patients to become better equipped to lead active, pain-free lives while preventing future injury.

Services:

- Sports Medicine
- Physical Therapy
- Pain Management
- Regenerative Medicine
- Chiropractic Care
- Graston Technique
- Active Release Technique
- Pelvic Floor PT
- Joint Injections
- Non-Surgical Spinal Disc Decompression
- Therapeutic Botox Injections
- Trigger Point Injections
- Spinal Injections
- IV Vitamins
- and more

Common conditions we treat: back, neck, knee, and shoulder pain, herniated disc, rotator cuff injuries, migraines/headaches, postural problems, sciatica, fibromyalgia, pain associated with pregnancy, Tennis/Golfer's Elbow, TMJ, Myofascial Pain Syndrome, meniscus tears, runner's knee, labral tears, hamstring sprains/strains, and more.

nyciss.com

Aesthetic Medicine

RejuvaMed brings patients unique, non-invasive, and comprehensive care for anti-aging treatments. The RejuvaMed team provides cutting-edge, integrative medicine combined with aesthetic procedures to help you look and feel your best.



RejuvaMed

Services:

- Botox Cosmetic
- IV Vitamin Drip
- Dermal Fillers
- Clear + Brilliant® Laser
- Aqua Gold™
- Chemical Peels
- Kybella
- O-Shot, P-Shot
- Hair Restoration PRP
- Vampire Facial
- Microneedling
- Vitamin Injections
- IV Glutathione
- QWO Cellulite Injections
- EMSculpt
- Botox Lip Flip
- and more

Boost your wellness & confidence at RejuvaMed.

rejuvamedny.com



Regenerative Medicine

Regenerative medicine offers safe and effective alternatives to surgery. In this cutting-edge specialty, cells are harvested from your own body. These cells "wake the body up" when injected into an injured site. Each procedure is performed in the office with little downtime.

- **PRP:** Platelet-rich plasma (PRP) contains growth factors and proteins that stimulate your body's healing properties to repair damaged tissue.
- **BMAC:** Bone Marrow Aspirate Concentrate (BMAC) injections contain stem cells and growth factors from your bone marrow.
- **Adipose/Lipogems:** Stem cells from fat tissue are harvested, washed, and injected into injured tendons, ligaments, or joints. This procedure has proven highly successful in the regenerative process.