Contributors

Derek Spinney, PT, CSCS Derek Spinney, Director of Rehabilitation Services, Eisenhower Medical Center, has 21 years of experience in the field of Physical Therapy specializing in orthopedics, geriatrics and neurological rehabilitation. He is currently the Chief Representative of the Inland Counties District of the American Physical Therapy Association and has recently achieved distinction as Certified Strength and Conditioning Specialist.

Joel Hirschberg, MD Joel Hirschberg,MD, Medical Director,Arthritis Education Program, Eisenhower Medical Center, earned his medical degree at George Washington University in 1976. He did his internship and his residency in medicine at the University of Pittsburgh. Between 1979 and 1981, he was a Fellow in Rheumatology at the University of California, Los Angeles.Today, in addition to his private practice,Dr. Hirschberg is also Section Chief of Arthritis/Rheumatology at Eisenhower Medical Center.

Neal Hermanowicz, MD Neal Hermanowicz,MD, Medical Director of the Phillip and Carol Traub Parkinson's Center, received his medical degree from Temple University School of Medicine in Philadelphia in 1985. He did his residency in neurology at the University of Wisconsin from 1985 to 1989. Dr. Hermanowicz also took two more years of training in movement disorders at the University of Michigan from 1989 to 1991. In addition to his clinical practice,Dr. Hermanowicz is also an Associate Professor of Neurology at the University of California, Irvine.

Elke Jost-Vu, MD Elke Jost-Vu, MD, Medical Director, Diabetes Program, Eisenhower Medical Center, received her medical degree from the University of Heidelberg Medical School in Germany in 1981. She completed her residency in medicine at Community Hospital in Stuttgart, Germany. She also did an internship and residency in internal medicine at Kern Medical Center, Bakersfield, California, between 1986 and 1989, and a Fellowship in Endocrinology and Metabolism at Los Angeles County University of Southern California Medical Center between 1989 and 1991.

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