

# Excelsior Orthopaedics expands pain management program

## Welcomes Dr. John Swinarski to its staff

**BY PATRICK J. BRADLEY**  
Senior Contributing Reporter

Excelsior Orthopaedics, a regional provider of orthopedic medical care with an office in Niagara Falls, has expanded its pain management offerings with the addition of a fellowship-trained physician who is board-certified in physical medicine and rehabilitation.

Dr. John P Swinarski, DO, is a Western New York native and graduate of SUNY Niagara (then Niagara County Community College), Buffalo University (then SUNY Buffalo) and the New York College of Osteopathic Medicine. After serving residencies at the nationally ranked Ohio State University Wexner Medical Center and the prestigious Johns Hopkins University, Swinarski chose to return Western New York with his wife and four children.

"I chose to practice in Western New York because I grew up

in Western New York and really enjoyed it here," he said. "It's a great place to raise the family. I also enjoy the change in seasons and, of course, cheering for the Buffalo sports teams."

Osteopaths, or DOs, receive the same medical education as MDs. In addition, they receive training in the use of osteopathic manual therapy (OMT), which is a hands-on manipulation of the soft tissue similar to chiropractic.

"We do perform the adjustments that the chiropractors do, but there are also other manual treatments that we perform," Swinarski explained.

Physical medicine and rehabilitation, Swinarski's area of expertise, consists of nonsurgical care for the management of acute or chronic pain caused by an injury or medical condition. It takes a holistic approach that addresses a patient's physical, emotional, medical, vocational and



Dr. John P Swinarski, DO

social needs. Physical medicine includes cervical, thoracic and lumbar spine procedures, epidurals, joint injections, and spinal cord stimulation.

"We learn how the body is func-

### About Excelsior Orthopaedics

Established in 2002, Excelsior Orthopaedics provides surgical, nonsurgical and rehabilitative care, with offices in Buffalo, Amherst, East Amherst, Orchard Park, Elma and Niagara Falls.

Its recently expanded Niagara Falls center is located at 10195 Niagara Falls Blvd., across from the Niagara Falls International Airport.

To learn more, visit [excelsiorortho.com](http://excelsiorortho.com) or call 716-250-9999.

tioning normally and what may happen to the body due to trauma or injury that causes damage to the body," Swinarski said. "We use our skills and knowledge to evaluate the injury and how the

patient is compensating for it."

The rehabilitation component of care focuses on restoring the function patients had prior to their injury or trauma.

"Every time I'm able to help somebody and they say, 'I feel back to myself,' or 'I feel 80-90% better,' no matter how bad their pain was, (it) makes me feel better and want to continue to do this as a practice," he added.

Swinarski joins Dr. James Behr as the second such specialist to join Excelsior's team of physicians in their efforts to meet the community's need for progressive pain management therapies.

Swinarski is accepting new patients at Excelsior Orthopaedics offices in Orchard Park, Amherst and East Amherst. To learn more, visit [excelsiorortho.com](http://excelsiorortho.com). To schedule an appointment, call 716-250-9999.

## Sensory space for children with special needs

Press Release

Thanks to funding from the Peter and Elizabeth Tower Foundation, sensory space programming will be offered for children with developmental disabilities or other special needs through the Youngstown Recreation Department. A grant supporting the purchase of equipment, toys and oth-

er items was secured through the Friends of Youngstown Inc., and Recreation Director Jeff Gruarin is working with Niagara County's Children & Youth with Special Health Care Needs program to lead the bimonthly program for families in the area.

Children with autism and other special needs may struggle to

process certain types of information. Sensory activities can help develop language and social skills, setting up the child for future learning success.

"We are incredibly excited to launch this program," Gruarin said. "Families in and around Youngstown have expressed a need for this type of resource, and we hope it will help a lot of parents and caregivers who are looking for help."

Programming will be held Wednesday and Friday evenings, with one session for children ages 7 and younger, and a second for those ages 8 and above. There will also be limited Saturday sessions planned. Details can be found online at <http://youngstownnewyork.us/departments/recreation/>.

Anyone with additional questions can contact [jgruarin@youngstownnewyork.us](mailto:jgruarin@youngstownnewyork.us).

*Friends of Youngstown is a newly formed nonprofit organization dedicated to supporting the community of Youngstown in its efforts to revitalize, improve and ensure long-term sustainability. Our focus is on promoting active lifestyles, preserving the historical significance, and environmental efforts to ensure a healthy and thriving community for generations to come. Visit Friends of Youngstown online at [www.foyl14174.com/](http://www.foyl14174.com/).*



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## Town of Wheatfield Lions Club to host annual 'Service Club Steak Night'

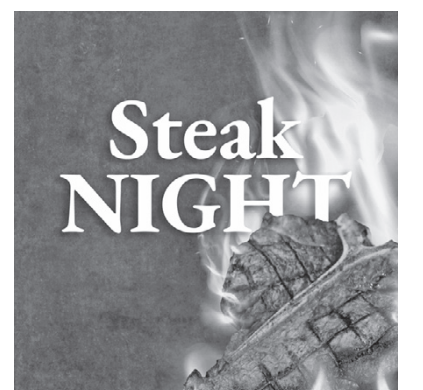
The Town of Wheatfield Lions Club will host its ninth annual "Service Club Steak

Night" at 6 p.m. Thursday, Aug. 22, at the club's Five Senses Park, 6535 Ward Road, near the American Legion Post.

The attending service clubs, besides the Wheatfield Lions Club, will include the Niagara Wheatfield Kiwanis Club, Niagara County Rotary Club, Town of Niagara Lions Club, Wheatfield Business Association, and the Sanborn Business and Professional Association.

The "Service Club Steak Night" has become both a regional and international event with the presence of the St. David's Canadian Lions Club.

The special night will include much fellowship and goodwill, but will also provide each service club with the opportunity to present their community support programs. The



service clubs will also discuss ways to work together for the betterment of the community with jointly sponsored programs.

Tickets are \$30 per person and includes a steak (10 ounces), potato, corn, pepper/onions, beer, wine, water and pop.

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## Town of Lewiston to host luau

Submitted by the Town of Lewiston Recreation Department

The Town of Lewiston will host its first luau from 11 a.m. until 2 p.m. Saturday, Aug. 24, at Kiwanis Park.

Organizers said, "Join us for a luau. This is a family-friendly event with a day of fun and games! We will be serving chicken, hamburgers and hot dogs. Please bring a dish to pass."

For more, visit [www.facebook.com/lewistonrecreation1818](http://www.facebook.com/lewistonrecreation1818).