Dr. Ross has treated persons with chronic pain since 1998 in Augusta Maine. About half of his patients have spinal pain; the rest span the pain spectrum. He practices OMT and cranial field osteopathy on about half of his patients. His treatment modalities include exercise prescription, diet and lifestyle counseling, scrambler therapy, injections—corticosteroid, Botox, or prolotherapy—and pharmacotherapy. Dr. Ross practices tai chi, qigong, yoga, and meditation, which inform his approach to patient care.

He earned a BS in Biology from the City College of New York in 1990, and a MD from Columbia College of Physicians and Surgeons in 1994. He survived internship at Maine Medical Center, and completed his residency in Physiatry—also known as Rehabilitation Medicine—at the University of Michigan in 1998. He is board certified in Physiatry.

Dr. Ross owes a debt of gratitude to the University of New England College of Osteopathic Medicine, where he has taken many OMT and cranial courses.

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