



## **Alex Gometz, DPT, CIC**

PRESIDENT Prehab USA, Sports Injury Prevention  
Director of Sports Injury prevention at Buckley School  
FOUNDER Concussion Management of New York  
Owner of EastSide Rehab PC. and Aysley Town  
Rehabilitation.

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<b>Email</b>	<b>Alex@prehab.com</b>
<b>Specialty</b>	<b>Sports injury prevention Gait Analysis Vestibular Rehabilitation Sports related Concussions Researcher</b>
<b>Certifications</b>	Differential Diagnosis Clinician Orthopedic Injury rehabilitation Vestibular Rehabilitation specialist Concussion Management clinician and instructor Doctor of physical therapy
<b>Clinical Focus</b>	Sports injury prevention and treatment Gait Analysis in Sports and Optimization
<b>Education</b>	DPT, Sage University, Troy, NY, Clinical Doctorate Degree. PT, Sports Physical Therapy, New York University, Dept. of Education. Residency. Rehabilitation; Rusk Institute, New York Hospital and North Shore University Hospital.

### **Biography**

Dr. Gometz is a graduate of the New York University Physical Therapy Program and Sage University Doctorate program on sports injury prevention. He founded The Prehab Network, Prehab Magazine and Eastside Rehabilitation NYC and Aysley Town Rehabilitation in Charlotte, North Carolina.

Dr. Gometz created the trademarked injury prevention technique for The Prehab Network™, and has recently presented injury prevention lectures at Montefiore Hospital, Long Island University, New York University, and Hospital for Special

Surgery. He was featured in articles for both the New York Times and Newsday. Gometz has extensive experience in treatment of movement and vestibular disorders and neuropathy. He is a leading mentor in gait analysis, sport injury prevention, concussion management and rehabilitation.

### **Industry Relationships**

He is known for his collaboration with key practitioners such as neurologists, neurosurgeons, orthopedists and nutritionists. Dr. Gometz passion for athletics and research of injury preventative methods has led him to create a successful sports injury prevention method, Prehab, concussion management programs for professional athletes and both public and private New York schools. Over the years of his practice, he carefully crafted an injury prevention technique that he later trademarked for others to use. Dr. Gometz lectures at reputable institutions such as Montefiore Hospital, Long Island University, and Hospital for Special Surgery, New York University.

### **Research Interests**

Sports related brain injury prevention

Gait analysis and optimization

Development of new methods to predict current concussion treatment outcomes.

Creation of data measurement tools and analytics.

Pre-surgery conditioning and Pre-hab methods for orthopedic and Spine surgery.

Different forms of Neuropathy and innovative treatments

### **Publications**

Haskvitz E, Thomas M, Gometz, A. *A comparison of two methods of cervical traction for patients with cervical radiculopathy*, 2008

Choudhri T, Gometz A. *A review of modifying factors affecting usage and diagnostic rating scales in concussion management*. 2014

Rasouli J, Lovell M, Gometz A. *Concussion Incidence in the 2012-13 and 2013-14 Football Seasons: A Position-Specific Analysis with the Use of a Novel Metric*. 2015.

Dessy A M, Yuk F J, Maniya A Y, Gometz, A, et al. (December 07, 2017) Review of Assessment Scales for Diagnosing and Monitoring Sports-related Concussion. *Cureus* 9(12): e1922. DOI 10.7759/cureus.1922.

Gometz A, Maislen D, Youtz C, et al. (May 23, 2018) The Effectiveness of Prehabilitation (Prehab) in Both Functional and Economic Outcomes Following Spinal Surgery: A Systematic Review. *Cureus* 10(5): e2675. DOI 10.7759/cureus.2675

Adams R, Li A Y, Dai J B, Gometz, et al (October 31, 2018) Modifying Factors for Concussion Incidence and Severity in the 2013-2017 National Hockey League Seasons. *Cureus* 10(10): e3530. DOI 10.7759/cureus.3530

Haider S, Kaye-Kauderer H P, Maniya A Y, Gometz, A, et al. (November 23, 2018) Does the Environment Influence the Frequency of Concussion Incidence in Professional Football?. *Cureus* 10(11): e3627. doi:10.7759/cureus.3627