



## LENA SHAHBANDAR, MD

*Board-Certified Physiatrist*

Board-certified in Physical Medicine and Rehabilitation, Dr. Shahbandar emphasizes quality of life and comprehensive care with patients suffering from spine-related disorders. She graduated from Northwestern University Feinberg School of Medicine. After completing her residency at the Rehabilitation Institute of Chicago, she practiced outpatient musculoskeletal spine and pain medicine in the near Western suburbs of Chicago.

Dr. Shahbandar focuses on bringing the most advanced aspects of spine care together in a multidisciplinary practice to empower patients to reclaim function and improve health. She treats patients medically, coordinating carefully with physical therapy, injections and surgery to address the biopsychosocial needs of her patients. She has published on nonoperative care of the lumbar spine as well as cervical strain and sprain. Additionally, she has a clinical interest in women's musculoskeletal health.

Dr. Shahbandar is a member of the North American Spine Society and the American Academy of Physical Medicine and Rehabilitation. She is affiliated with Edward Hospital.

To schedule an appointment, please call 630-967-2225.



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