

Sonali Lal, MD, a Aesthetic Medicine & Regenerative Medicine Specialist with Beauty by Dr. Lal

Get to know Physical Medicine, Aesthetic Medicine. & Regenerative Medicine Specialist Dr. Sonali Lal, who serves patients in Manhattan and New York City, New York.



New York City, Jul 31, 2019 ([IssueWire.com](http://www.IssueWire.com)) - Dr Lal is a Physical Medicine, Aesthetic Medicine. & Regenerative Medicine Specialist. She serves as the Medical Director of Integrative Spine and Sports in Manhattan, New York. Integrative Spine and Sports is a practice devoted to musculoskeletal and sports medicine. There, Dr Lal and her team offer services that concentrate on integrative non-surgical treatments designed to meet the needs of individuals suffering from acute injuries and chronic conditions. Their focus is on promoting healing, restoring function, and alleviating pain, while also educating patients so they are more well-equipped to lead active, pain-free lives while avoiding future injury.

Dr Lal is also seeing patients at her aesthetic medicine & regenerative medicine practice - Beauty by Dr Lal - in New York City, New York. Beauty By Dr Lal brings patients of New York City a unique, non-invasive, and comprehensive patient care for anti-aging treatments. Dr Lal and her team approach each

patient's aesthetic needs not from a single angle, but from a holistic and global approach.

In addition to serving as the Medical Director of Integrative Spine and Sports, Dr Lal also works as an Attending Physician at New York-Presbyterian Hospital and as an Assistant Clinical Professor at Columbia University. She also teaches medical residents at the Columbia-Cornell School of Medicine.

Dr Lal is board-certified to diagnose and treat common and complex spine, joint, tendon, muscle and nerve problems. Using non-invasive orthopaedic medicine, her goal is to prevent unnecessary surgeries and to get busy New Yorkers back to work or play as quickly and painlessly as possible. She is dedicated to providing compassionate care backed by a personalized, comprehensive, and holistic approach that combines cutting-edge techniques with traditional therapies and rehabilitation.

Dr Lal earned her medical degree from Kasturba Medical College, Manipal. She completed her internship at Hurley Medical Center and her residency at Brooklyn Jewish Hospital. Dr Lal has been selected by New York Magazine and Castle Connolly as one of the Best Doctors in NYC for 2016. She has also been named one of the Best Doctors in America for 2011 – 2012 and 2013-2014.

Dr Lal is an active member of the American Academy of Physical Medicine and Rehabilitation, the American Institute of Ultrasound in Medicine, the International Spine Intervention Society, and the New York Physical Medicine and Rehabilitation Society.

Physical medicine and rehabilitation, also known as physiatry, is a branch of medicine that aims to enhance and restore functional ability and quality of life to those with physical impairments or disabilities. A physician having completed training in this field may be referred to as a physiatrist.

Aesthetic medicine is an extensively broad term for specialties that focus on improving cosmetic appearance through the treatment of conditions including scars, skin laxity, wrinkles, moles, liver spots, excess fat, cellulite, unwanted hair, skin discoloration, and spider veins. Regenerative medicine is a branch of translational research in tissue engineering and molecular biology which deals with the "process of replacing, engineering or regenerating human cells, tissues or organs to restore or establish normal function". As an aesthetic medicine & regenerative medicine specialist, Dr Lal tends to patients' health and wellness, while bringing out their natural beauty with subtle but striking results.

Learn More about Dr Sonali Lal:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/81227189-Sonali-Lal-Physiatrist-%28Physical-Medicine%29>, through Integrative Spine and Sports, <http://www.integrativespineandsports.com/our-team/dr-sonali-lal/> or through Beauty by Dr Lal, <https://www.beautybydr Lal.com/contents/aboutus>

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