

Svetlana Zaydman, DO, a Pain Management Specialist with Valley Medical & Wellness

Get to know Pain Management Specialist Dr. Svetlana Zaydman, who serves patients in Minnesota.



New York, New York City, Aug 2, 2021 ([Issuewire.com](https://www.issuewire.com)) - A chronic pain specialist, Dr. Zaydman specializes in pain management, rehabilitation, and interventional headache pain management at Valley Medical & Wellness with offices in Burnsville, Minneapolis, and Woodbury, Minnesota.

With a true passion for improving lives with pain management and wellness therapies, she takes a comprehensive approach to pain management, utilizing therapies, medication, exercise, nutrition, and other lifestyle changes to relieve both acute and chronic pain. Each patient receives individualized care to develop a unique treatment plan to achieve positive, lasting results.

With a keen understanding of the human body's anatomy and function, Dr. Zaydman is dedicated to relieving patients' pain and discomfort, so they gain renewed hope and improved quality of life. She believes in the powerful effect that people's daily wellness choices have on their overall quality of life.

Before joining Valley Medical & Wellness, she was on the medical staff at The Atkins Center for Complementary in New York City, New York, where she worked under Dr. Robert Atkins, developer of the low-carbohydrate diet. As part of her comprehensive therapy protocols, she provides education and guidance on diet, exercise, and alternative wellness treatments to help patients feel they're very best.

A graduate from the New York Institute of Technology College of Osteopathic Medicine in Old Westbury, Dr. Zaydman completed her residency in pain management and rehabilitation at the Albert Einstein College of Medicine in the Bronx, New York.

A Diplomate of the American Academy of Physical Medicine and Rehabilitation, she is triple-board-certified in physical medicine and rehabilitation, pain medicine, and addiction Medicine.

In good standing with a number of professional organizations, Dr. Zaydman is an active member of the American Osteopathic Association, the American Medical Association, the American Association of Physicists in Medicine, the Associates in Physical Medicine & Rehabilitation, and the North American Spine Association. She attributes her success to a great staff and great patients, developing a good rapport with them, and offering a boutique style of treatment with each patient. She provides education, guidance, and alternative wellness treatments to help them feel their best.

Pain management is a branch of medicine employing an interdisciplinary approach for easing suffering and improving the quality of life of those living with chronic pain. A pain management specialist is a doctor who specializes in pain medicine, focusing on the evaluation, treatment, and prevention of pain.

Outside of the office, Dr. Zaydman enjoys traveling, listening to music, going to the opera, visiting museums, fine art, skiing, playing tennis, and running. Her favorite professional publications are the American Academy of Physical Medicine and Rehabilitation Journal and the Journal of Pain Medicine.

Learn More about Dr. Svetlana Zaydman:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/8134995-Svetlana-Zaydman-Burnsville-Minnesota-55337> or through Valley Medical & Wellness, <https://www.valleymedical.com/provider/svetlana-zaydman-do>

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