

B. Allyn Behling-Rosa, DO, Physiatrist with North Shore Osteopathic, LLC

Get to know Physiatrist Dr. B. Allyn Behling-Rosa, who serves patients throughout Southern New Hampshire.



New York City, New York Apr 1, 2024 ([Issuewire.com](https://www.issuewire.com)) - Initially starting her practice on Long Island, New York, and moving to New Hampshire just over five years ago, Dr. Behling-Rosa continues to provide individualized care in the fields of supportive and restorative physical medicine and rehabilitation.

Physical medicine and rehabilitation, also known as Physiatry, is a medical subspecialty that aims to enhance functional ability and quality of life in those with physical impairments or disabilities. Physiatrists treat a wide variety of medical conditions affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons. They also support Primary Care and other Specialists in managing patients with degenerative or debilitating conditions such as advanced heart failure, lung disease, kidney failure, neurodegenerative diseases, movement disorders, brain injuries, or polytraumas.

In the effort to reduce pain, restore function, and improve activity tolerance for those individuals struggling with poorly managed or worsening symptoms, Dr. Behling-Rosa welcomes collaboration with other providers so that they as a team can better support their shared patients' physiological, psychological, and spiritual needs. Dr. Behling-Rosa strives to provide medical counseling and procedures to all ages and genders, from adolescents through every age. She also provides support and education to her patients' family members, friends, and care providers.

Originally from rural Michigan, Dr. Behling-Rosa hadn't planned to pursue Medicine. However, eventually, it became clear that she would become known for advocacy and resourcefulness, two determinants that make a successful healthcare provider. She went on to graduate from Lake Erie College of Osteopathic Medicine in 2011 reinforced with the additional skills of Osteopathic Manipulative Medicine. She then went on to complete her traditional rotating internship at Peconic Bay Medical Center on Long Island, NY from 2011-2012, where she took on additional electives in surgery and radiology to further her neuromusculoskeletal expertise so as to better prepare for her residency at Northwell Health - Hofstra University in Physical Medicine and Rehabilitation. It was during residency training that Department Leadership supported her efforts to start a private medical practice. Dr. Behling-Rosa built and maintained that practice throughout residency, through her Chief Resident year, as well as through her fellowship in Hospice and Palliative Care Medicine.

Fewer than five percent of Physiatrists pursue Palliative Care Fellowships, but Dr. Behling-Rosa maintains that it was this fellowship that gave her the most insight into how best to listen to patients, as well as how to 'meet and support patients where they are.' Dr. Behling-Rosa also credits her success to an earnest investment in patient relationships and thorough examinations and has been distinguished as a Diplomate of the American Board of Physical Medicine and Rehabilitation (ABPMR). The ABPMR is an organization that provides board certification to qualified physicians who specialize in the treatment of patients with neuromusculoskeletal dysfunctions, impairments, or disabilities.

Dr. Behling-Rosa's career trajectory follows her as a Teaching Associate at Northwell Health - Hofstra from 2015 to 2017 a member of the Pharmacy & Therapeutics Committee from 2015 to 2016, while simultaneously managing her own private patients through North Shore Osteopathic, LLC. She then was presented with an opportunity to serve as Medical Director of an Acute Inpatient Rehabilitation for Lakeland Health - Watervliet Hospital from 2017-2018, overseeing the 18-bed inpatient unit, while also providing in-hospital consultations and outpatient physical medicine clinic coverage. She also provided practical applications and insight into medication management practices as a member of the Pharmacy & Therapeutics Committee at Lakeland Health - St. Joseph.

From there, Dr. Behling-Rosa transitioned into a new setting within the Integrated Pain Care Clinic at the Manchester Veterans Administration Medical Center (VAMC), in Manchester, New Hampshire. There she introduced many Veterans and other medical providers to Osteopathic Manipulative medicine and specialized care for medically complex and advanced illnesses. Subsequently, she was elected by the Chief of Staff to sit as a clinical member on the High-Reliability Organization Advisory Board from 2021 to 2022 and also served as a clinical member of the Evidence-Based Practice Committee from 2022 to

2023. She supported the VA mission for nearly five years, during which she was able to establish strong affiliations with several regional medical and surgical providers. With their support and encouragement, so far she has started out successfully building and expanding her subspecialty services through North Shore Osteopathic, LLC, now located in Amherst, New Hampshire.

Among her professional affiliations, Dr. Behling-Rosa is an active member of the New Hampshire Osteopathic Association, the American Academy of Physical Medicine and Rehabilitation, the American Academy of Hospice and Palliative Medicine, the American Osteopathic Association, and the American Osteopathic College of Physical Medicine & Rehabilitation.

Lastly, Dr. Behling-Rosa has also demonstrated a commitment to community education and advocacy. From 2001 to 2004, Dr. Behling-Rosa co-founded the non-profit organization Diabetes Awareness X-Country (Team DAX) and participated as one of five members who bicycled from San Francisco to New York City as the kick-off event. In 2011-2012, she sought to develop a screening tool for Peconic Bay Medical Center that would assist in predicting hip fractures for patients over the age of 60. From January 2020 to February 2024, she contributed time to review research for the Manchester VAMC Integrated Pain Care Clinic Online Library. Since her first exposure to the Veteran experience during her medical school years, Dr. Behling-Rosa has been working to redefine how pain syndromes are evaluated and managed through a novel transdisciplinary program - Bridging Resources Across Veteran Options (BRAVO) - and hopes to continue developing this program to make a positive impact on the lives of veterans, their families, and their communities.

Learn More about Dr. B. Allyn Behling-Rosa:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/431108-B-Allyn-Behling-Rosa-Physiatrist-Physical-Medicine> or through North Shore Osteopathic, LLC, <http://northshoreosteopathic.com/>

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