

About Dr. Cheikin



Board Certified
Physical Medicine
Pain Management
Spinal Cord Medicine
Electrodiagnostic Medicine
Licensed Medical Acupuncture

Dr. Cheikin received his MD magna cum laude from Downstate Medical Center in New York in 1980. He served his internship in Family Practice and Psychiatry and residency in Physical Medicine and Rehabilitation ("Physiatry").

For over ten years, Dr. Cheikin served as the Medical Director of Chestnut Hill Rehabilitation Hospital, where he developed and ran programs for Integrated Wound Care, Wheelchair Users, Chronic pain, Fibromyalgia, and Carpal Tunnel/Thoracic Outlet Syndrome, Spasticity and Contracture management, Workers Compensation and Integrated Medicine. He was previously on the faculty of Temple University School of Medicine. He is the Associate Medical Director of Inglis House and the Institutes for the Achievement of Human Potential.

Dr. Cheikin has been studying and practicing yoga and other mind-body techniques for over 25 years, and specializes in the application of conventional and "complementary" methods for acute and chronic pain, the special needs of wheelchair users and other disabilities, and other medical problems that elude conventional care. He also utilizes metabolic testing, medical acupuncture, nutrition, special laboratory tests, and special diets to help his patients.

He accepts most insurance plans for consultation.

Hours:

Weekdays, 7am to 8pm (varies by day)
Weekend Hours by Special Appointment

Location



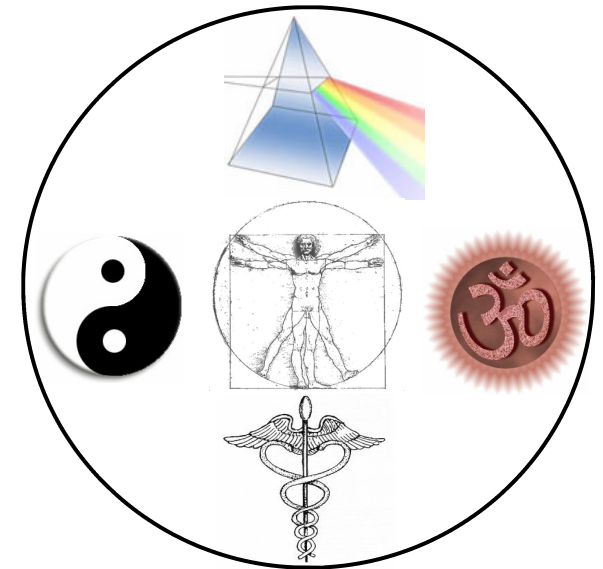
ACCESSIBLE, FREE PARKING

Conveniently located 1 mile West of the Plymouth Meeting mall (old IKEA location), near the intersection of 476 and the PA Turnpike & 1.4 miles East of 202.

Center for Optimal Health
Plymouth Valley Professional Center
832 Germantown Pike, Suite 3
Plymouth Meeting, PA 19462

Michael Cheikin, M.D. Holistic Physician

Integrating
Eastern & Western Medicine
for Your Healing Journey



610-239-8626
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Most Insurance Plans
Accepted

Holistic Medicine

Holistic Medicine or "Integrative Medicine" combines conventional modern medicine with traditional ancient medicine.

Most diseases of modern humanity can not be diagnosed by a simple blood test or treated by a single drug. Today's commercial emphasis on drugs, genes and surgery forget that 80% of current disease and medical care is related to stress and lifestyle.

Dr. Cheikin uses a unique multi-dimensional approach to search for the root causes of illness. Evaluation includes traditional history, physical exam and diagnostic tests coupled with exploration of the emotional, nutritional, spiritual and energetic realms.

Coordinated Care

Dr. Cheikin can coordinate care with a network of the following like-minded practitioners:

Primary Care

Ayurveda

Chinese Medicine

Chiropractic

Gynecology

Homeopathy

Massage and Body Work including: Swedish, Thai, Shiatsu and others

Midwifery

Physical, Occupational and Speech Therapy

Pilates

Psychology and Psychiatry

Other Medical and Alternative Practitioners

Conditions Treated

Adrenal Fatigue

Allergies

Alzheimer's Prevention

Anxiety & Depression

Arthritis

Asthma

Attention Deficit

Disorder: Child

& Adult

Cancer:

Support/Prevention

Carpal Tunnel

Cholesterol management

Chronic Pain

Detoxification

Diabetes

Eczema

Endometriosis/Fibroids

Environmental Toxicity

Epilepsy

Fatigue

Fibromyalgia

GERD & IBS

Headaches/Migraines

Heart Diseases

Hypertension

Immune System Problems

Infertility Support

Mercury and Heavy

Metals

Metabolic Syndrome

Mood Disorders

Multiple Sclerosis

Muscle Spasticity

Neurological Disorders

Osteoporosis

Peripheral Neuropathy

PMS/Peri/Menopause

Postural Evaluation

Recurrent Infection:

Sinusitis, Bladder

Rheumatic Conditions

Sleep Disorders

Smoking Cessation

Sports Injuries:

Acute and Chronic

Stress Reduction

Surgery Support:

Pre & Post

Thoracic Outlet

Thyroid and Hormonal

Disorders

Weight management

Wellness

Work Injuries

Wounds

Yoga Injuries

And... Other Chronic

and Obscure Conditions

Services Offered*

Conventional Physiatry: prescription and management of physical, occupational, speech and vocational therapy; brace and shoe needs, electrodiagnostic testing (board certified), and rehabilitation of sports, orthopedic, neurologic, cardio-pulmonary, and other conditions.

Management of Pain and Fatigue: using a comprehensive 9-step approach that combines the best of conventional and alternative medicine.

Medical Acupuncture and Related Services: for pain, arthritic conditions, sports medicine, hormonal imbalance, depression and anxiety, smoking cessation, and other conditions

Hormonal and Metabolic Testing & Treatment: testing of blood, urine, stool, hair for hormones, heavy metals, other toxins, vitamins and minerals, genes and allergies; and designing natural programs to restore balance.

Nutritional/Dietary Counseling and Treatment: supplement analysis and simplifications; whole foods diets, chelation (oral), detoxification, elimination diets, weight management

Medical Yoga and Yogic Therapy: for prevention, sports, pain management, anxiety and depression, sleep disorders, and other mind-body conditions; private, groups and classes

Special Needs: Wheelchairs, Spasticity, Wounds: wheelchair evaluation and prescription, spasticity management including Botox, and wound prevention and treatment.

Second Opinions and Independent Medical Evaluations: options regarding surgery, workers compensation, long term disability, and childrens disabilities

Energy Medicine and Mind-Body Techniques including NMT (neuromodulation technique), medical hypnosis, allergy elimination, and other methods

* some services are not covered by conventional insurance plans but may be reimbursed under a health care saving account