

James L. Cosgrove, M.D.



Tri Rivers
CONSULTING SERVICES

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Education

University Health Centers of Pittsburgh Physical Medicine & Rehabilitation Residency	1983 – 1986 Pittsburgh, PA
University Health Centers of Pittsburgh Physical Medicine & Rehabilitation Internship	1983 – 1986 Pittsburgh, PA
George Washington University Doctor of Medicine	1979 – 1983 Washington, DC
Cornell University Bachelor of Arts	1974 – 1978 Ithaca, NY

Board Certification

American Board of Physical Medicine and Rehabilitation certificate #2584	1987
Subspecialization in Pain Medicine Recertification, certificate #403	2003 2012, 2023, 2024, 2025
American Board of Electrodiagnostic Medicine certificate #235	1989
National Board of Medical Examiners	1984

Current Licensure

Pennsylvania Medical License
New Mexico Medical License

Clinical Practice Experience

Tri Rivers Musculoskeletal Centers	Jan. 2015 – Present
Tri Rivers Surgical Associates, Inc. Physical Medicine & Rehabilitation Experts	May 2007 – Dec. 2014 Sept. 2003 – April 2007
Physical Medicine & Rehabilitation Experts-UPMC	Sept. 1997 – Sept. 2003
University of Pittsburgh Medical Center	1997 – 2003
Private Practice	1986 – 1997
Harmarville Rehabilitation Center	1986 – 1988

Current Hospital Affiliations

UPMC Passavant Hospital
Butler Memorial Hospital
UPMC Jameson Hospital

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Teaching Appointments

University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Clinical Assistant Professor	1989 - 2014
University of Pittsburgh School of Medicine Physical Diagnosis of the Musculoskeletal System Instructor	1986 - 1993
University of Pittsburgh School of Medicine Department of Orthopedic Surgery Division of Rehabilitation Medicine Clinical Instructor	1986 - 1989
Cornell University Department of Psychology Teaching Assistant	1976 - 1977

Professional Appointments

American Journal of Physical Medicine and Rehabilitation Reviewer	1999 - Present
Archives of Physical Medicine and Rehabilitation Manuscript Reviewer	1997
UPMC Passavant Hospital Executive Committee	1989 - 1994, 1996 - 1997, 1999 - 2001, 2002 - 2007
UPMC Passavant Hospital Credentials Committee	1992
UPMC Passavant Hospital Quality Care Medical Advisor	2004 - 2007
Pennsylvania Medical Society Committee on the Practice of Medicine	1999
Kids-On-The-Go Student Arts Project Reviewer	1998 - 2001
Highmark Blue Cross/Blue Shield Consultant	1998 - 1999
American Association of Electrodiagnostic Medicine State of Pennsylvania Liaison	1997 - 2000
UPMC Passavant Hospital Medical Director, Subacute Rehabilitation Unit	1997 - 2001
Pennsylvania Medical Society Pennsylvania Academy of Physical Medicine and Rehabilitation Delegate, Interspecialty Section	1996 - 2004
American Association of Electrodiagnostic Medicine Board Examiner	1996 - 2001
UPMC Passavant Hospital Chairman, Credentials Committee	1996 - 1997, 1999 - 2001, 2002 - 2007



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Variety Club (Pittsburgh Chapter) Board of Directors	1996 - 1998
Commonwealth of Pennsylvania Task Force Member, IMPACCT PA	1996 - 1997
American Association of Electrodiagnostic Medicine Professional Practice Committee	1995 - 1996
Pennsylvania Medical Society Pennsylvania Academy of Physical Medicine and Rehabilitation Alternate Delegate, Interspecialty Section	1994 - 1995
Boy Scouts of America Learning for Life Program	1993
Pennsylvania Blue Shield/Medicare Carrier Advisory Committee Delegate	1992 - 1995
Pennsylvania Medical Society Member, Subcommittee on Continuing Medical Education	1992 - 1994
Pennsylvania Medical Society Advisor, Physicians Health Programs	1992 - 1993
Pennsylvania Academy of Physical Medicine and Rehabilitation President	1991 - 1994
Vice President	1990 - 1991
Secretary/Treasurer	1989 - 1990
Program Director	1987 - 1989
Pennsylvania Academy of Physical Medicine and Rehabilitation Chairman, Ad Hoc Committee on Practice Parameters	1991 - 1992
UPMC Passavant Hospital "Bicycle Safety" Speaker's Bureau	1990 - 1995
UPMC Passavant Hospital Chairman, Institutional Review Board	1990 - 1993
Presbyterian University Hospital Acting Director, Division of Rehabilitation Medicine	1990
UPMC Passavant Hospital Chairman, Department of Physical Medicine	1989 - 2002
Association of Academic Psychiatrists Education Committee	1989 - 1992
American Academy of Physical Medicine and Rehabilitation Reviewer, Scientific Abstracts Program Committee	1989 - 1991
Workwell, Inc. Medical Director	1989 - 1990
Pittsburgh Physiatry Society Board Member	1988 - 1995
University of Pittsburgh Department of Physical Education Referee for Doctoral Dissertations, Division of Exercise Physiology	1988 - 1990



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University of Pittsburgh Referee for Doctoral Dissertations, Graduate School of Public Health	1988 - 1990
Upjohn Pharmaceutical Company President, Professional Advisory Committee	1987 - 1989
American Rehabilitation Network Medical Advisor	1987 - 1989
Physical Medicine and Rehabilitation Keystone Peer Review Organization Specialty Reviewer	1987 - 1989
Harmarville Rehabilitation Center Medical Director, Head Injury Program	1986 - 1988
Social Security Disability Medical Examiner	1985 - 1992
Twenty-Ninth Annual National Wheelchair Olympics Volunteer Medical Staff	1985
Pittsburgh Marathon Wheelchair Participants Volunteer Medical Staff/Coordinator	1985
Mt. Lebanon High School Football Team Resident Physician	1984
University of Pittsburgh Research Assistant, Department of Orthopedic Surgery	1978 - 1979
Professional Memberships	
American Academy of Physical Medicine and Rehabilitation	
American Association of Electrodiagnostic Medicine	
Association of Academic Physiatrists	
International Spine Intervention Society	
Pennsylvania Academy of Physical Medicine and Rehabilitation	
Pennsylvania Medical Society	
Allegheny County Medical Society	
Academic Honors	
Cornell University Laubengayer Chemistry Award	1975
Fox Chapel High School Distinguished Alumni Award	1991
Research Grants	
March of Dimes, Principal Investigator Quantitative Evaluation of Muscle Strength in Post-Polio Survivors	1989 - 1991



Publications

- Cosgrove, J. L. (2012). Structural Etiology of Chronic Low Back Pain Due to Motor Vehicle Collision (letter to the editor). *Pain Medicine*, 13: 1095.
- Cosgrove, J. L., Bertolet, M., Chase, S. L., & Cosgrove, G. K. (2011). Epidural Steroid Injections in the Treatment of Lumbar Spinal Stenosis Efficacy and Predictability of Successful Response. *American Journal of Physical Medicine & Rehabilitation*, 90(12): 1050-1055.
- Cosgrove, J. L., Chase, P. M., & Mast, N. J. (2002). Thenar Motor Syndrome: Median Mononeuropathy of the Hand. *American Journal of Physical Medicine & Rehabilitation*, 81(6): 421-423.
- Cosgrove, J. L., Chase, P. M., Mast, N. J., & Reeves, R. (2002). Carpal Tunnel Syndrome in Railroad Workers. *American Journal of Physical Medicine & Rehabilitation*, 81(2): 101-107.
- Cosgrove, J. L. (2000). Carpal Tunnel Syndrome: Magnetic Resonance Imaging in the Evaluation of Carpal Tunnel Syndrome: A Literature Review. *Journal of Clinical Neuromuscular Disease*, 1(4): 175-180.
- Bayles, C. M., Metz, K. F., Robertson, R., Goss, F. L., Cosgrove, J. L., & McBurney, D. (1990). Perceptual Regulation of Prescribed Exercise. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 10(1): 25-31.
- Cosgrove, J. L., Vargo, M., & Reidy, M. E. (1989). A Prospective Study of Peripheral Nerve Lesions Occurring in Traumatic Brain-Injured Patients. *American Journal of Physical Medicine & Rehabilitation*, 68(1): 15-17.
- Cosgrove, J. L., Nicholas, J. J., Barmak, J., Brewer, C., Mientus, J. M., McConnell, R. L., & Rinaldo, D. (1988). Team Treatment: Does a Specialized Unit Improve Team Performance? *American Journal of Physical Medicine & Rehabilitation*, 67(6): 253-260.
- Cosgrove, J. L. (1987). Be Alert for New Problems in Former Polio Patients. *Journal of Musculoskeletal Medicine*, 35-50.
- Cosgrove, J. L., Welch, D. A., Richardson, G. S., & Nicholas, J. J. (1987). Diaper Doer's Hand: Stenosing Tenosynovitis in the Postpartum Period. *Clinical Rehabilitation*, 1(3): 219-223.
- Cosgrove, J. L., Alexander, M. A., Kitts, E. L., Klein, M. J., Swan, B. E., & Bauer, R.E. (1987). Late Effects of Poliomyelitis. *Archives of Physical Medicine and Rehabilitation*, 68: 4-7.
- Evans, C. H., Mears, D. C., & Cosgrove, J. L. (1981). Release of Neutral Proteinase from Mononuclear Phagocytes and Synovial Cells in Vitro. *Bioch et Biophys Acta*, 677: 287-294.

Published Abstracts

- Cosgrove, J. L., Chase, S. L., & Cosgrove, G. K. (2010). Contribution of Electrodiagnostic Studies in Lumbar Spinal Stenosis (abs). *Muscle Nerve*, 42: 665-666.
- Cosgrove, J. L. (2000). The Prevalence of Carpal Tunnel Syndrome in a General Population. *Journal of the American Medical Association*, 283(8): 1000.
- Cosgrove, J. L., & Mast, N. J. (2000). Thenar Motor Syndrome: Median Mononeuropathy of the Hand (abs). *Muscle Nerve*, 23: 1634.
- Cosgrove, J. L. (1988). Shoulder Harness Palsy: Neuromuscular Injury Secondary to Passenger Restraint Mechanism. *Archives of Physical Medicine and Rehabilitation*, 69: 800.
- Cosgrove, J. L., Vargo, M., & Reidy, M.E. (1988). Peripheral Nerve Injuries in Traumatic Brain Injured Patients. *Archives of Physical Medicine and Rehabilitation*, 69: 745.



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Cosgrove, J. L., & Nicholas, J. J. (1986). The Effectiveness of Team Treatment on a Specialized Unit. *Archives of Physical Medicine and Rehabilitation*, 67: 632.

Cosgrove, J. L., & Alexander, M.A. (1985). Late Effects of Poliomyelitis. *Archives of Physical Medicine and Rehabilitation*, 66:531.

Presentations

Cosgrove, J. L. (2017, November 11). *Thoracic Outlet Syndrome*. Presentation given at the Rangos School of Health Sciences, Physical Therapy Continuing Education Series, Pittsburgh, PA.

Cosgrove, J. L. (2016, November 19). *Advances in Chronic Pain Medicine*. Presentation given at the Rangos School of Health Sciences, Physical Therapy Continuing Education Series, Pittsburgh, PA.

Cosgrove, J. L. (2016, May 3). *Chronic Opioid Therapy/Compounding Medications*. Presentation given at the Fourth Annual Trends in Musculoskeletal Care Seminar, Cranberry Township, PA.

Cosgrove, J. L. (2015, May 12). *Common Pain Syndromes*. Presentation given at the Third Annual Trends in Musculoskeletal Care Seminar, Cranberry Township, PA.

Cosgrove, J. L. (2014, May 6). *Chronic Opioid Therapy: Updated*. Presentation given at the Second Annual Trends in Musculoskeletal Care Seminar, Cranberry Township, PA.

Cosgrove, J. L. (2010, October). *Contribution of Electrodiagnostic Studies in Lumbar Spinal Stenosis*. Poster presentation given at AANEM Annual Meeting, Quebec City, QC, Canada.

Cosgrove, J. L. (2006, March). *Carpal Tunnel Syndrome*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation EMG Course, Pittsburgh, PA.

Cosgrove, J. L. (2006, March). *Public Reporting and the 21st Century Physician*. Presentation given at Allegheny General Hospital/Triangle Medical Meetings. Farmington, PA.

Cosgrove, J. L. (2005, September). *Core Measures and Their Implications*. Presentation given at UPMC Medical Staff, Pittsburgh, PA.

Cosgrove, J. L. (2002, March). *Electrodiagnosis in Carpal Tunnel Syndrome*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Annual Course of Electrodiagnosis and Electromyography, Pittsburgh, PA.

Cosgrove, J. L. (2000, September). *Thenar Motor Syndrome*. Presentation given at American Association of Electrodiagnostic Medicine Annual Meeting, Philadelphia, PA.

Cosgrove, J. L. (2000, September). *Carpal Tunnel Syndrome in Railroad Workers*. Presentation given at Association of American Railroads Annual Claims Meeting, Norfolk, VA.

Cosgrove, J. L. (2000, September). *Repetitive Motion Disorders*. Presentation given at Tri-State Occupational Medicine Association, 2000 Scientific Session.

Cosgrove, J. L. (1999, March). *Controversy in Cervical and Lumbar Spine Disorders*. Presentation given at Allegheny County Bar Association.

Cosgrove, J. L. (1999, March). *Current Concepts in Carpal Tunnel Syndrome*. Presentation given at UPMC Rehabilitation Hospital Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1999, February). *Carpal Tunnel Syndrome in Railroad Workers*. Presentation given at Association of Academic Psychiatrists, Orlando, FL.



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Cosgrove, J. L. (1996, December). *Reflex Sympathetic Dystrophy: Diagnosis and Treatment*. Presentation given at Pennsylvania Defense Institute.

Cosgrove, J. L. (1996, November). *Subacute Rehabilitation: What Is It? How Does It Work?* Presentation given at UPMC Passavant Hospital Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1996, February). *Low Back Pain*. Presentation given at UPMC Passavant Hospital Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1995, September). *Disability: Medical, Sociologic and Economic Effects*. Presentation given at The Rehabilitation Institute of Pittsburgh Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1995, July). *Carpal Tunnel Syndrome*. Presentation given at UPMC Passavant Hospital Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1995, June). *Medical-Legal Aspects of Physical Medicine and Rehabilitation*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.

Cosgrove, J. L. (1994, November). *Low Back Pain: Meta-Analysis and Literature Review*. Presentation given at Interpose Symposium.

Cosgrove, J. L. (1994, August). *Prevention and Treatment of Back Pain*. Presentation given at Society of Automotive Engineers.

Cosgrove, J. L. (1993, December). *Rehabilitation of Endocrine Disorders—Parts I and II*. Presentation given at Slippery Rock University Department of Physical Therapy, Slippery Rock, PA.

Cosgrove, J. L. (1993, June). *Osteoporosis*. Presentation given at The Rehabilitation Institute of Pittsburgh Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1993, March). *Treatment of Low Back Pain and Related Disorders*. Presentation given at University of Pittsburgh School of Health-Related Sciences Division of Occupational Therapy, Pittsburgh, PA.

Cosgrove, J. L. (1992, May). *Quality in the Delivery of Physical Medicine and Rehabilitation Services in the Competitive Marketplace*. Presentation given at Harmarville Rehabilitation Center Distinguished Medical Lectureship, Pittsburgh, PA.

Cosgrove, J. L. (1991, October). *Case Histories in Worker's Compensation*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.

Cosgrove, J. L. (1991, September). *Disability Examinations in Physical Medicine and Rehabilitation*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.

Cosgrove, J. L. (1991, May). *Cardiovascular Conditioning*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.

Cosgrove, J. L. (1991, May). *Plexopathy and Neuropathy*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation, Post-Graduate Course on Electrodiagnosis and Electromyography, Pittsburgh, PA.

Cosgrove, J. L. (1991, May). *Critical, Social, Medical and Economic Issues in the Rehabilitation of the Injured Worker: How Much is Enough?* Presentation given at Interpose Insurance Group.



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Cosgrove, J. L. (1991, March). *Management of Low Back Pain*. Presentation given at University of Pittsburgh School of Health-Related Sciences Division of Occupational Therapy, Pittsburgh, PA.

Cosgrove, J. L. (1991, January). *Biologic, Social and Psychologic Aspects of Low Back Pain*. Presentation given at University of Pittsburgh School of Health-Related Sciences Division of Occupational Therapy, Pittsburgh, PA.

Cosgrove, J. L. (1991, January). *Management of Patients with Upper Extremity Amputations*. Presentation given at University of Pittsburgh School of Health-Related Sciences Division of Occupational Therapy, Pittsburgh, PA.

Cosgrove, J. L. (1991, January). *Post-Polio Syndrome*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.

Cosgrove, J. L. (1990, December). *Rehabilitation of the Head Injured Patient: Where Have We Failed?* Presentation given at Visiting Professor at New Medico Corporation, Canonsburg, PA.

Cosgrove, J. L. (1990, November). *Pre-Prosthetic Evaluation and Training*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.

Cosgrove, J. L. (1990, October). *Prescription of Lower Extremity Orthotics*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.

Cosgrove, J. L. (1990, August). *Interpretation of Radiographs*. Presentation given at Slippery Rock University Department of Physical Therapy, Slippery Rock, PA.

Cosgrove, J. L. (1990, February). *Nutritional Aspects of Ultra-Endurance Events*. Presentation given at Harmarville Rehabilitation Center Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1990, January). *Biologic, Social and Psychologic Aspects of Low Back Pain*. Presentation given at University of Pittsburgh School of Health-Related Sciences Division of Occupational Therapy, Pittsburgh, PA.

Cosgrove, J. L. (1990, January). *Unusual Presentations of Low Back Pain*. Presentation given at Harmarville Rehabilitation Center Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1989, October). *Functional Assessment of the Disabled Worker*. Presentation given at Southwestern PA Association of Rehabilitation Nurses.

Cosgrove, J. L. (1989, October). *Management of the Disabled Worker*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.

Cosgrove, J. L. (1989, April). *Management of Post-Polio Patients*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.

Cosgrove, J. L. (1989, March). *Nutritional Management During Ultra-Endurance Events*. Presentation given at Chinese University of Hong Kong International Sports Medicine Conference.

Cosgrove, J. L. (1989, January). *Paralysis Periodica Paramyotonia: Case Report and Review of the Literature*. Presentation given at Harmarville Rehabilitation Center Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1988, October, and 1989, November). *Therapeutic Uses of Pneumatic Compression and Massage*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.



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Cosgrove, J. L. (1987, October, and 1989, November). *Treatment of Decubitus Ulcers and Burns*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.

Cosgrove, J. L. (1988, October). *Shoulder Harness Palsy: Neuromuscular Injury Secondary to Passenger Restraint Mechanism*. Presentation given at American Academy of Physical Medicine and Rehabilitation Annual Meeting.

Cosgrove, J. L. (1988, June). *Peripheral Nerve Injuries in Traumatic Brain Injured Patients*. Presentation given at XII Conference Post-Graduate Course on Rehabilitation of the Brain Injured Adult and Child, Williamsburg, VA.

Cosgrove, J. L. (1987, October). *Carpal Tunnel Syndrome*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.

Cosgrove, J. L. (1987, June). *Novel Use of CPM/FES in the Prevention of DVT*. Presentation given at XI Conference Post-Graduate Course on Rehabilitation of the Brain Injured Adult and Child, Williamsburg, VA.

Cosgrove, J. L. (1986, May). *The Effectiveness of Team Treatment on a Specialized Unit*. Presentation given at Pennsylvania Academy of Physical Medicine and Rehabilitation Annual Meeting.

Cosgrove, J. L. (1986, June, and 1987, June). *The Management of the Agitated Patient*. Presentation given at University of Pittsburgh School of Medicine Department of Physical Medicine and Rehabilitation Resident Lecture Series, Pittsburgh, PA.

Cosgrove, J. L. (1986, April). *EMG of the Cranial Nerves*. Presentation given at Costa Rican Medical Society International Symposium on Rehabilitation.

Cosgrove, J. L. (1986, April). *Rehabilitation of the Patient with a Closed Head Injury*. Presentation given at Costa Rican Medical Society International Symposium on Rehabilitation.

Cosgrove, J. L. (1986, March). *Regional Anatomy of the Hip*. Presentation given at Rheumatology Residents and Fellows Lecture Series.

Cosgrove, J. L. (1986, March). *Pituitary Disease Following Closed Head Injury*. Presentation given at Harmarville Rehabilitation Center Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1985, November). *The Role of Physical Therapy in Dance Injuries*. Presentation given at Pittsburgh Dance Medicine Symposium, Pittsburgh, PA.

Cosgrove, J. L. (1985, October). *The Management of Muscle Spasm*. Presentation given at Harmarville Rehabilitation Center Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1985, October). *Unusual Presentations of Tenosynovitis*. Presentation given at Harmarville Rehabilitation Center Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1985, April). *Late Effects of Poliomyelitis*. Presentation given at Pennsylvania Academy of Physical Medicine and Rehabilitation Annual Meeting.

Cosgrove, J. L. (1985, March). *Rehabilitation Aspects of Huntington's Disease*. Presentation given at Harmarville Rehabilitation Center Grand Rounds, Pittsburgh, PA.

Cosgrove, J. L. (1983, October). *Current Theories and Treatment of Osteoporosis*. Presentation given at Harmarville Rehabilitation Center Grand Rounds, Pittsburgh, PA.

