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Multi-Specialty Clinics

Marcia Elfenbaum, MD

Board-Certified Physical Medicine and Rehabilitation

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BOARD CERTIFIED

- ☑ Physical Medicine and Rehabilitation

Marcia Elfenbaum, M.D., is a board-certified physician specializing in Physical Medicine and Rehabilitation with over two decades of experience in pain management, neurorehabilitation, and trauma recovery. She is dedicated to improving patient outcomes through advanced, evidence-based practices in rehabilitation medicine.

She earned her B.A. in Integrative Biology and Psychology from UC Berkeley and her medical degree from the Sackler School of Medicine, an American based medical program in Tel Aviv, Israel. After completing an internship in Internal Medicine at California Pacific Medical Center in San Francisco, CA, she pursued a residency in Physical Medicine and Rehabilitation at Baylor College of Medicine, in Houston, TX, gaining expertise in the rehabilitation and treatment of patients with spinal cord injuries, brain injuries, amputation, strokes, and musculoskeletal trauma.

Dr. Elfenbaum has combined clinical practice with research and academic contributions, presenting at national and international conferences and publishing in the American Journal of Physical Medicine and Rehabilitation and in the journal Practical Pain Management.

She has extensive experience working with patients facing complex trauma, chronic pain, and neurological impairments in both private practice and hospital settings across San Diego, CA. Her work includes roles at Scripps Memorial Hospital La Jolla, Scripps Mercy Hospital, and Sharp Memorial Hospital, as well as within acute rehabilitation units.

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