

# MEET OUR SPINE & PAIN SPECIALISTS

Commonwealth Spine & Pain Specialists is the premier pain management center in the Central Virginia region. With a combined experience of **over 35 years of clinical experience** in diagnosing and effectively treating pain, our providers, Drs. John M. Barsanti and Stephen P. Long have built a reputation as one of the most respectable, knowledgeable, and dedicated pain management practices in the area.

The doctors of Commonwealth Spine & Pain Specialists have been consistently voted by other physicians as the **“Top Pain Doctors”** in the bi-annual Richmond Magazine Top Doctors issue for over 10 years. Additionally, both physicians are listed in the **Guide to America’s Top Physicians** for pain management. Both doctors maintain **double board certification in the practice of Anesthesiology and Pain Medicine.**



## DR. JOHN M. BARSANTI

### SPINE & PAIN SPECIALIST

Dr. John M. Barsanti graduated with distinction from the University of Virginia. He subsequently obtained his medical degree from the Medical College of Virginia. After an internship at Riverside Regional Medical Center, he then completed his residency in Anesthesia at the Medical College of Virginia. Dr. Barsanti was the first to complete a sub-specialty fellowship in Pain Management at

MCV and then remained at the Medical College as an Assistant Professor. While at MCV, Dr. Barsanti served as the director of the Cancer Pain Clinic and Co-Director of the Pain Management Center at MCV. He was involved in numerous studies and co-authored several research papers.

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## DR. STEPHEN P. LONG

### SPINE & PAIN SPECIALIST

Dr. Stephen P. Long is a Phi Beta Kappa graduate of Randolph-Macon College and Virginia Commonwealth University's School of Medicine, where he completed two years of surgical residency followed by an anesthesiology residency at the Medical College of Virginia Hospitals. He subsequently completed specialty training and board certification in Pain Medicine and remained on faculty as co-director of the VCU Pain Management Center from 1991 until 1998. He is an Associate Clinical Professor of anesthesiology at VCU, where he still actively teaches 2nd and 4th-year medical students.

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## **MECHOLE RAJAB, LPN**

### **NURSE/CLINICAL COORDINATOR**

Mechole Rajab graduated from the Practical Nursing Program at the Richmond School of Health and Technology. Mechole is extremely passionate about her work. In addition to making sure patients understand their diagnosis and treatment, she makes an effort to get to know her patients and understand their needs.

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## **SYDNEY A. PLUM, MSN, APRN, FNP-C**

### **FAMILY NURSE PRACTITIONER**

Sydney Plum is a board-certified Family Nurse Practitioner with a strong foundation in both academic and private practice settings. She brings multiple years of experience in comprehensive pain management to patients in the Richmond area.

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