Belmont Bay
Rehabilitation & Healthcare Center

For Immediate Release

Belmont Bay Rehab & Healthcare in Woodbridge, Va., Welcomes Orthopedic Surgeon to Clinical Leadership Team

Dr. Cyrus Press Leading Established OrthoWIN Program

WOODBRIDGE, Va. (Oct. 28, 2026) — Belmont Bay Rehabilitation & Healthcare Center in Woodbridge welcomes Cyrus Press, MD, to its clinical leadership team. The well-respected orthopedic surgeon and Physical Medicine and Rehabilitation (PM&R) specialist is directing the skilled nursing center's established OrthoWIN program, a highly specialized subacute care initiative for orthopedic recovery.

Dr. Press is a board-certified orthopedic surgeon with specialized expertise in shoulder and elbow surgery. He serves as the chair of orthopedics at Sentara Northern Virginia Hospital and also maintains his own practice based in Woodbridge.

Belmont Bay's PM&R-centered OrthoWIN care model caters to patients recovering from a range of orthopedic surgeries and injuries; it is ideal for those with co-morbidities or without the social support to recover at home independently. PM&R, also known as Physiatry, focuses on the restoration of health and function with an integrated treatment plan including pain management and physical therapy.

"Belmont Bay is fortunate to have Dr. Press leading the OrthoWIN program; his commitment to delivering personalized evidence-based care to help patients regain function and improve quality of life aligns perfectly with that of the center's interdisciplinary clinical team," said Megan Shilling, regional vice president of market development, Virginia, at Marquis Health Consulting Services, which supports Belmont Bay. "Under Dr. Press' direction, Belmont Bay will continue to help bridge the gap between hospital and home for replacement care and fracture care patients who are unable to transition directly home following a surgery or injury."

The Prince William County center's OrthoWIN platform – with its clear quality measures and a standardized approach – features a guided PM&R plan, seven-days-per-week therapy services as warranted, coordination with a patient's surgical team on preferences, and wound care management. OrthoWIN's "whole body" approach offers customized support to manage complex cases. OrthoWIN also includes patient and

caregiver education, as well as a virtual or in-person home evaluation prior to discharge.

Dr. Press completed his medical degree at the University of Illinois, where he was inducted into the prestigious Alpha Omega Alpha Honor Medical Society and Gold Humanism Honor Society, and his orthopedic surgery residency, serving as chief resident. Dr. Press has been elected to the prestigious American Shoulder and Elbow Surgeons Society and has earned consistent regional "Top Doctor" recognitions.

Located at 14906 Richmond Highway, Belmont Bay provides post-hospital care, short-term rehab and long-term residential care; the 120-bed skilled nursing facility has an established reputation for quality care and services. Belmont Bay has accreditation from The Joint Commission, the nation's oldest and largest standards-setting body in healthcare, and maintains a Five-Star Quality Measures rating from the Centers for Medicare & Medicaid Services (CMS).

More information on Belmont Bay can be found at belmontbayrehab.com.

Marquis Health Consulting Services provides administrative consulting services to skilled nursing facilities and senior living communities along the Eastern Seaboard. The company's "Care, anew" philosophy supports its mission to help clients transform industry processes, mindsets and outcomes. Marquis-serviced skilled nursing centers have access to an evolving suite of clinician-led specialty care models, signature services and comfort features – enabling innovation, compassion and purpose in every aspect of care.

PHOTO CAPTION: Belmont Bay Medical Director Dr. Wessam Moustafa (left) with Dr. Cyrus Press

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About Belmont Bay Rehabilitation & Healthcare Center
14906 Richmond Highway, Woodbridge, Va. 22191

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Media Contact:
Sandy Crisafulli / David Wilderotter
Caryl Communications
201-796-7788
sandy@caryl.com / david@caryl.com