Introduction to Physical Medicine and Rehabilitation
Overview

Definitions / Background
Scope of Field
Subspecialties
Path into PM&R
Q&A
Definitions

Physiatry: Greek *physikos (physical)* & *iatreia (art of healing)*

- Physical Medicine and Rehabilitation, PM&R
- Physical and Rehabilitation Medicine, PRM
- “Physiatry”
- “Rehab”
- “Plenty of Money & Relaxation”
Historical roots

- Modern specialty emerged after WWI & II
Historical roots

- Diversified in context of modern society, medicine
  - Longer lives, more chronic illness & disability
  - Therapeutic and assistive technologies
  - Finding niches in healthcare landscape
What do we actually do?

Restore *function*

“Whole-istic” medicine: treat the whole person
Focus on *function and quality of life*
How do we restore function?

- Diverse field, many subspecialties
  - MSK and neuro
  - Adult and peds
  - Outpatient and inpatient
- Interventional (procedural) and Non
  - Procedures, Dx and Tx: spine, joint, EMG, chemodenervation
  - More often, Rx exercise, therapy, medication, equipment, etc.
- Leads multidisciplinary teams
  - MDs, DOs, PTs, OTs, SLPs, RTs, Psychologists, RNs, etc…
Patient population?

All ages, all functional abilities and goals
Scope of the field

**Boarded Subspecialties**
- Brain Injury Medicine
- Spinal Cord Injury
- Sports Medicine
- Pain Medicine
- Pediatric Rehab
- Neuromuscular Medicine
- Hospice and Palliative

**ABPM&R Certified**
- Stroke rehab
- Cancer rehab
- Amputee Rehab
- Spasticity
- Cardiopulmonary
- Electrodiagnostics
- Multiple sclerosis
- Neurorehabilitation
- Occupational medicine
- Geriatrics
- Osteoporosis
- Etc.
Everyday life in PM&R

- General PM&R
  - Hospital based job, outpatient clinics

- Stroke Specialist
  - Inpatient or outpatient

- TBI Specialist
  - Inpatient, outpatient

- Spinal Cord Injury
  - Inpatient, outpatient, adaptive sports, wound care
Everyday life in PM&R

• Spine, Pain
  • Injections, clinic

• Sports, MSK
  • Outpatient, sports coverage, ultrasound/injections

• Neuromuscular
  • Outpatient, EMGs
Consider PM&R if you like…

- musculoskeletal system
- neurologic system
- sports / exercise / fitness
- technology & engineering
- leadership opportunities
- balanced lifestyle
- young people
- old people
- making a difference in patients’ quality of life
Pathway into PM&R

- Med school: grades, boards, letters, research
  - show interest, get exposure
- Application: above, + personal statement and CV
- Prelim year: Medicine, Surgery, or Transitional
- Residency: 3 years (~20% programs categorical)
  - Inpatient, outpatient, consults, MSK, neuro, peds
- ABPM&R Boards
- Optional: subspecialty fellowship (1-2 years)
To learn more about PM&R

AAPM&R: www.aapmr.org
AAP: www.physiatry.org
AAMC Careers in Medicine: https://www.aamc.org/students/medstudents/cim/
ISPRM: www.isprm.org

Or talk to us:
• http://healthcare.utah.edu/rehab/
• Dr Godfrey: bradeigh.godfrey@va.gov
• Dr Duncan: christopher.duncan@hsc.utah.edu
Nerve Conduction Studies
Electromyography (EMG)

Figure 6-20 Electromyography
Interventional Spine / Pain

Transforaminal epidural steroid injection

©MMG 2005

© Mayfield Clinic
Spasticity Management
Sports/MSK Medicine
Prosthetics
Bionics?
Questions?