What is PM&R?

- Physical Medicine and Rehabilitation
- Established medical specialty
- Restore or maximize function
- “Quality of Life” specialty
Conditions

- Low back pain
- Sports related injury
- Birth defect
- Trauma recovery
- Spinal cord injury
- Multiple sclerosis
- Brain injury
- Stroke
- Amputation

- Nerve injury
- Neck pain
- Arthritis
- Tendinitis
- Work related injury
- Repeat stress injury
- Muscular dystrophy
- Cancer
Education/Training

- Must understand all major body systems and impact on function
- Four years of College
- Four years of Medical School
- Four years of Residency
- Subspecialty Training
"I'M THE ONE WITH THE MEDICAL DEGREE. I'LL DETERMINE IF YOUR BACK IS BOTHERING YOU, OR NOT..."
The PM&R Approach

- Comprehensive care
- Individualized Approach
- Preventive medicine
- Nonsurgical treatment
- Teamwork
- Goal directed care
Subspecialities

- Stroke
- Traumatic brain Injury
- Spinal cord injury
- Pediatric
- Musculoskeletal

- Amputee
- Electrodiagnostic medicine
- Pain
- Interventional Pain
- General