

Physical Medicine and Rehabilitation

Physical medicine and rehabilitation (PM&R), also called physiatry, is the branch of medicine that focuses on function and individualized treatment over a broad range on conditions and ages. PM&R emphasizes the prevention, diagnosis, and treatment of disorders that may produce temporary or permanent impairment. Most commonly treated are conditions affecting the central and peripheral nerves, muscles, connective tissue and bones, ranging from traumatic brain or spinal cord injury to low back pain and sports injuries. PM&R provides integrated care in both inpatient and outpatient settings to enhance quality of life and patient performance .

This is intended as a resource for UCD medical students applying to residency in PM&R.

Tips:

The PM&R Program Director, Dr. Carol Vandenakker, is available to meet with you to discuss the specialty, the application/matching process and give individual advice on PM&R programs. You can also contact the Residency Coordinator, Michelle Anapolsky, or the Medical Student Education Coordinator, Bailey Mathews, to set up an appointment, arrange shadowing, or discuss a clerkship.

Acting Internships/Away Rotations: Away rotations are not necessary but recommended. PM&R programs look at your experience in the specialty. California residencies are competitive and an in-person experience could augment your CV.

Letters of Recommendations: A minimum of 3 LOR's with at least one from a PM&R physician. The others can be from any specialty but at least one from an in-patient rotation. PM&R does not require a Chair letter.

Resources:

- **The American Academy of Physical Medicine and Rehabilitation (AAPM&R)**
<http://www.aapmr.org/career/students/Pages/default.aspx>
- **The Association of Academic Physiatrists (AAP)**
http://www.physiatry.org/?page=resident_fellow_med

Please feel free to contact us with questions but this should get you started!

Contacts

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Timeline:

- MS 1-3: contact Medical Student Education Coordinator for shadowing experience; consider PM&R elective as MS3.
- February-March: Contact PM&R department to arrange meeting with Dr. Vandenaeker
 - Meet for a quick assessment of your application and discussion of strategies
 - Openly discuss your scores, evaluations, and CV to determine competitiveness and possible programs
 - Discuss letter writers: need three letters
- March: 4th year schedule into Eflight. It is recommended to take PMR 461 in blocks 1-4.
- April: Apply for 1 away rotation through VSAS. We recommend 1 away, 2 if you would like. These are in addition to your PMR440 or 461 rotation
- May-August: Acting Internship, PMR461, USMLE II, 1 away PMR rotation (Identify potential PM&R letter writers during rotations)
- June-July:
 - "Meet" with letter writers by phone, email, or in-person
 - Have your first draft of your Personal Statement and CV ready to review with your advisor by July 1st
- August: meet with advisor to review ERAS application (may complete via email)
 - Review and Finalize ERAS application, PS, and confirm LORs are in by Aug 31st
 - All ERAS elements should be in by 9/1 (to submit 9/15)
- October-January: Interviews
- January-February: Post-interview review with your advisor
 - What programs did you like? Did you follow up with your favorite programs? (controversial)
 - Start putting Match list together with your advisor. Rank list due mid-February.
- March: MATCH!!!



Please contact Michelle Anapolsky or Bailey Mathews if you are interested in PM&R to arrange clinical or research experiences.

Final Thoughts

Physical Medicine and Rehabilitation residency is becoming a competitive specialty. UC Davis has had a rich tradition of matching students into PM&R. We have recent UC Davis SOM graduates in our program and as alumni. Due to increasing demand for residency spots and the small size of the specialty, please note that students may have to relocate beyond the Western time zone to match in this specialty. PM&R has great programs around the nation and keeping an open mind is a must! Please do not hesitate to email Dr. Carol Vandenaeker if you have questions about the specialty.