Physical Medicine & Rehabilitation Residency Program

Program Details
The Department of Physical Medicine & Rehabilitation (PM&R) offers ACGME accredited three- and four-year residency training programs. PM&R faculty are vested in providing the best education in areas such as clinical care, rehabilitation research and technologies, spinal cord medicine, musculoskeletal and sports medicine, brain injury medicine, and cognitive rehabilitation.

Residency Program Director
Wendy Hekowski, MD
Associate Professor

"Advancing the Science and Practice of Rehabilitation Medicine" — This is more than a motto to us, it defines our goals in teaching, patient care, and research.

Rotations
The 1st year (PGY1), consists of rotations in internal medicine, inpatient rehabilitation, rheumatology, neurology and radiology, and elective time. Years two through four (PGY2-PGY4) are devoted primarily to rehabilitation rotations in inpatient and outpatient settings including:

- UPMC Rehabilitation Institute at Mercy Hospital
- UPMC Presbyterian
- Children Hospital of Pittsburgh
- UPMC St. Margaret
- UPMC Center and Assistive Technologies
- As well as other outpatient clinic sites

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<tr>
<th>ROTATIONS</th>
<th>PGY2</th>
<th>PGY3</th>
<th>PGY4</th>
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<tr>
<td>Inpatient</td>
<td>8 months</td>
<td>4 months</td>
<td>2 months</td>
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<tr>
<td>Outpatient</td>
<td>3 months</td>
<td>4 months</td>
<td>7 months</td>
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<td>General Physiatry</td>
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<td>Private Practice</td>
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<td>Pediatrics</td>
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<td>Musculoskeletal</td>
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<td>Sports</td>
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<td>Electives</td>
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<td>EMG</td>
<td>2 months</td>
<td>3 months</td>
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<td>Consults</td>
<td>2 months</td>
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<td>Research</td>
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Inpatient Rotations
UPMC Mercy is a Level 1 Regional Resource Trauma Center and exposes residents to medical care from point of injury to acute care, from inpatient care to outpatient care. Inpatient treatment teams are headed by a PMR physiatrist and composed of medical and rehab experts such as neurosurgeons, therapists, and neuropsychologists. Each expert brings discipline-specific expertise to bear on the shared central task of maximizing patient recovery.

Outpatient Rotations
Brain Injury Rehabilitation Program provides resident training in specialized services for and treatment of physical, cognitive, and behavioral deficiencies associated with BI. This program provides exposure to research in both medical and neuropsychology aspects of BI.

Spinal Cord Injury Program exposes residents to specialized medical and rehabilitation training in the treatment and management of such conditions as spasticity, neurogenic bowel and bladder, and sexual dysfunction associated with SCI. the NIDILRR-funded University of Pittsburgh Model Center for SCI (UPMC-SCI) provides exposure to research in the areas of assistive technology and the mechanics of propulsion and related injuries.

Stroke and General Rehabilitation Program broadens the training focus of illness and injury beyond SCI and TBI. Inpatient treatment is linked directly to outpatient services through team physiatrists and addresses more advanced recovery goals involving community reintegration and the resumption of work, recreation, and family participation.

Musculoskeletal and Sports Medicine Program provides training in a wide variety of musculoskeletal conditions and sports injuries. Residents will receive training at both the UPMC Sports Center and the UPMC Lemieux Sports Complex. Hands-on experience and workshops on diagnostic and procedure-guidance musculoskeletal ultrasound are part of the curriculum.

EMG Clinic provides extensive exposure to electromyography (EMG) and electrodiagnostics throughout the program. The department’s EMG faculty is certified by the American Board of Electrodiagnostic Medicine.
Lectures & Activities
The didactics portion of the residency consists of a broad range of topics and activities based on the educational guidelines set by the American Board of Physical Medicine & Rehabilitation. Didactics are scheduled as weekly course-based lectures facilitated by a faculty member. The series is completed in 18 months allowing each resident to be exposed to each course twice.

Board reviews are held in preparation for the PM&R written board examination.

Grand Rounds
- Resident Grand Rounds — Scheduled during PGY-3, each resident presents a lecture on a topic of their choosing with faculty mentor guidance.
- Panther Rehab Grand Rounds — Invited guest speakers from other institutions and/or departments are invited on a monthly basis to present lectures covering topics relevant to PM&R.

PM&R residents have won numerous national awards for this research. Poster and oral presentations at conferences are encouraged and funded by the department.

Residency Life
Residents are engaged through:
- Clinical Experience
- Didactics
- Research

Resident well-being is a priority for the program. Wellness initiatives include team building retreats, monthly activities, and mindfulness seminars.

Courses include:
- Introduction to PM&R
- General Rehabilitation
- Spinal Cord Injury
- Neurorehabilitation
- Pediatric Rehabilitation
- Pain Medicine
- EMG
- Musculoskeletal/Sports Medicine
- Orthotics and Prosthetics
- Geriatric and Cancer Rehabilitation
- Ultrasound

Additional Educational Opportunities:
- Six-week Anatomy Cadaver Course
- Prosthetics and Orthotics Workshop
- MSK Ultrasound Workshops
- Joint Injection Workshop
- Professional Development Lecture Series
- Monthly Clinical Case Reviews
- Radiology Rounds
- Resident Journal Club
- Monthly Chair Lectures

Find out more about living in Pittsburgh, PA here.
Application Process

Application deadline is November 30.

Required materials must be submitted via the Electronic Residency Application Service (ERAS) only. The following materials must be submitted before the applicant is invited for an interview:

- Common ERAS application form
- Curriculum Vitae (with no gaps)
- Personal Statement
- Medical school transcript
- USMLE/COMLEX board scores
- Minimum of 3 recommendation letters from full-time faculty—preferably one letter from PM&R faculty
- Dean’s letter of recommendation

International medical graduates must have graduated from a school that is certified by the Educational Commission for Foreign Medical Graduates. In addition, they must have graduated from medical school in the past 5 years. Traditionally, international applicants who have been most successful in gaining admission are those who have two-digit scores over 95 in the USMLE and have prior clinical training in the US. The UPMC Medical Education Program sponsors the J-1 visa for applicants who are accepted.

For additional information regarding the application process, contact Stacey Snead-Peterson, MS (sneadpetersons@upmc.edu or 412-232-8949).

Interview Day

Interviews for both the Categorical (starting in PGY-1) and Advanced (starting in PGY) positions take place on Mondays and Thursdays from late October through mid-January. Applicants who have applied to both programs are only required to come to one interview.

*Interviews for the 2020-2021 application cycle will be conducted virtually. More information is forthcoming.*

Salary & Contract

Information regarding residency stipends and UPMC contracts are available online. Click [here](#) for more to visit the Stipends and Benefits page, and [here](#) to review UPMC contracts.