

Applicant Information

Applications for both our Categorical (PGY-1) and Advanced (PGY-2) training programs are processed through the Electronic Residency Application Service (ERAS) only.

The following must be submitted with the application:

- Updated CV (with no gaps)
- USMLE/COMLEX board scores
- Personal statement
- Medical school transcript
- Three letters of recommendation
- Dean's letter (MPSE)

Categorical - NRMP 1652340C0

Advanced - NRMP 1652340A0

PGY-1 offerings:

- Transitional Year (NRMP 1652999P3)
- UPMC Prebysterian Prelim Year (NRMP 1652140P0)
- UPMC Presbyterian Year (NRMP 1652999P0)



Wendy Helkowski, MD

Professor

Director, Residency Program

For more information contact:

Stacey Snead-Peterson, MS

GME Academic Manager

Department of PM&R

412-232-8949

sneadpetersons@upmc.edu

rehabmedicine.pitt.edu



Physical Medicine & Rehabilitation Residency



University of
Pittsburgh

Department of Physical
Medicine & Rehabilitation

UPMC
LIFE CHANGING MEDICINE

Rehabilitation Institute



The UPMC Physical Medicine and Rehabilitation Residency Program strives to train a diverse group of residents to become expert clinicians, leaders, educators and researchers in the field of Physical Medicine and Rehabilitation.

Overview

The Department of Physical Medicine & Rehabilitation offers ACGME accredited 3- and 4- year residency training programs.

The 1st year (PGY-1), consists of rotations in internal medicine, inpatient rehab, rheumatology, neurology and radiology, and elective time.

Years 2-4 (PGY 2-4) are devoted primarily to rehab rotations in inpatient and outpatient settings including:

- UPMC Mercy - Rehabilitation Institute
- UPMC Presbyterian
- Children's Hospital of Pittsburgh
- UPMC St. Margaret
- UPMC Passavant
- UPMC Center for Assistive Technology

Inpatient Rotations

Resident training in stroke, brain injury, spinal cord injury, and general rehabilitation are centered at UPMC Mercy - RI, a Level 1 Regional Resource Trauma Center. This exposes the resident to medical care from point of injury to acute care, from inpatient to outpatient care. Inpatient treatment teams are headed by a PM&R physiatrist and composed of both medical and rehab experts. Each expert brings discipline-specific expertise to bear on the shared central task of maximizing patient recovery.

OUTPATIENT EXPERIENCES

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

Spinal Cord Injury Program exposes the resident 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 Spinal Cord Injury (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 resident program. The department's EMG faculty is certified by the American Board of Electrodiagnostic Medicine.

LECTURES AND ACTIVITIES

The didactic portion of the program is based on the educational guidelines set by the American Board of Physical Medicine & Rehabilitation.

Didactics include the following courses:

- Introduction to PM&R
- Physical Examination Techniques Modalities
- Geriatrics and Cancer Rehabilitation Orthotics and Prosthetics
- Spinal Cord Injury Neurorehabilitation (Stroke and TBI) Anatomy
- Pediatric Rehabilitation
- EMG
- Cardiac and Pulmonary Rehabilitation
- Musculoskeletal/Sports Medicine

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

Panther Rehab Rounds, our grand rounds lecture series, is presented by experts from other institutions and/or departments covering topics of interest to the residents and faculty.

Resident Grand Rounds and **Journal Club** are presented by the residents with faculty present for questions and answers.

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

Residents have won numerous national awards for their research. Poster and oral presentations at conferences are encouraged and funded by the department.