

# Physical Medicine & Rehabilitation Residency

**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. In-patient treatment teams are headed by a PM&R physiatrist and composed of both medical and rehab experts. Each team member brings discipline-specific expertise to bear on the shared central task of maximizing patient recovery.

## 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 1652340CO**

**Advanced - NRMP 1652340AO**

*PGY-1 offerings:*

- UPMC PM&R Transitional Year Track (NRMP 1652999P3)
- UPMC Presbyterian Medicine Prelim Year (NRMP 1652140P0)
- UPMC Transitional Year (NRMP 1652999P0)

For more information contact:

**Stacey Snead-Peterson, MS**

GME Academic Manager, Department of PM&R  
412-232-8949 | [sneadpetersons@upmc.edu](mailto:sneadpetersons@upmc.edu)  
[rehabmedicine.pitt.edu](http://rehabmedicine.pitt.edu)



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# Outpatient Experiences

## Brain Injury Rehabilitation

Provides resident training in specialized services for and treatment of physical, cognitive, and behavioral changes associated with brain injury. This program provides exposure to research in both medical and neuropsychology aspects of brain injury.

## Spinal Cord Injury

Exposes the resident to specialized 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 such as the mechanics of propulsion and related injuries.

## Stroke and General Rehabilitation

Broadens the training focus of neurologic 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

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.

## Electrodiagnosis

Provides extensive exposure to electrodiagnosis (EMG) 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 and Modalities
- Geriatrics and Cancer Rehabilitation
- Orthotics and Prosthetics
- Neurorehabilitation (SCI, TBI, Stroke)
- Pediatric Rehabilitation
- EMG
- Cardiac and Pulmonary Rehabilitation
- Musculoskeletal/Pain/Sports Medicine

## Board reviews

Are held in preparation for the PM&R Part 1 and Part 2 board examination.

## Panther Rounds, Resident Grand Rounds and Journal Club

Our Panther 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 Clubs are presented by the residents with mentorship from the faculty.

## Resident Wellness

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

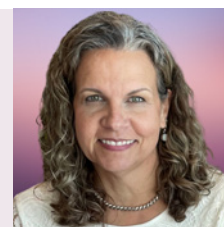
## Resident Research

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



## Wendy Helkowski, MD

Professor  
Director, Residency Program



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