Volunteers are the fuel that power the Academy. With every new volunteer, AAPM&R becomes more energized, more diverse and inclusive and better equipped to reach our common goals.

More than 600 members volunteer with the Academy each year to advance our vision for the future of the specialty. Join your PM&R peers who are contributing their time and expertise to support the mission, vision and core values of the Academy.

EXPLORE VOLUNTEER OPPORTUNITIES TO FIT EVERY SCHEDULE

**CHEER LOUD**
Schedule packed but you still want to root? Your voice is important, lend it when you can.

**SPRINT FAST**
Ready to take on a leg of the relay? You can volunteer in short but impactful bursts!

**GO THE DISTANCE**
Able to tack-on additional mileage? You’re needed on long-term runs with Team Physiatry.

**COACH YOUR TEAM**
Already a Team Physiatry player and ready for more? Coaches are needed for a variety of Academy initiatives.

HOW TO GET STARTED
Join the growing roster of Team Physiatry volunteers.

Learn more at [www.aapmr.org/volunteer](http://www.aapmr.org/volunteer).

#aapmr21