Physical Medicine and Rehabilitation is more than any one illness, injury, patient or physician. It is a diverse specialty, practiced in a variety of settings. AAPM&R wants to celebrate and unite the specialty in its work, because TOGETHER, our impact is magnified. Here’s how you can participate.

**Ways to Advance the Specialty TOGETHER on #PhysiatryDay**

- Apply to be a volunteer and leader
- Thank a mentor or colleague, or better yet, become a mentor
- Connect with your community on PhyzForum
- Share your PM&R pride on social, Zoom and everywhere you go
- Add your voice to advocate for the specialty
- Prepare to share your expertise at #AAPMR22

Tell us how you’re planning to celebrate and visit our site for more ideas, quick links and Physiatry Day digital goodies at [physiatryday.org](http://physiatryday.org).