Your guide to mē—AAPM&R’s home for the essential clinical and practice resources physiatrists need for continuing education.

Explore your Academy’s wide range of educational resources designed to advance your skills and career.

me.aapmr.org
Focused Education

AAPM&R's Focused Education resources include our most diverse group of clinical topics and learning formats. From the robust Annual Assembly Rewind, to the intensive Nonclinical Career Options and Regenerative Medicine courses, to the helpful Abridged SAE-R exams, these resources dive deep into the specific clinical and practice topics physiatrists need.

**KEY TOPICS:**
- Cancer Rehabilitation Medicine
- Career & Practice
- Concussion
- In-Training/Early-Career
- Leadership
- New Technologies
- Pain Management
- Pediatric Rehabilitation
- Ultrasound
- And more!

**CME:** Up to 125 AMA PRA Category 1 Credits™
**MEMBER PRICE:** $0-450
**NONMEMBER PRICE:** $0-550

---

WATCHmē® Instructional Videos

The WATCHmē® collection of 30-50 minute instructional videos features expert demonstrations from PM&R thought-leaders and covers several topics—with more on the way! These videos are unique in that you can watch (and re-watch) an expert complete a procedure, giving you the chance to study the techniques to apply in your own practice.

**KEY TOPICS:**
- Sports Medicine: Physical Examination of the Ankle, Hip, Knee, and Shoulder
- Ultrasound-Guided Botulinum Toxin Injections: Upper Limb
- Ultrasound-Guided Botulinum Toxin Injections: Lower Limb
- And more coming soon!

**CME:** Up to 1.5 AMA PRA Category 1 Credits™
**MEMBER PRICE:** $35-150
**NONMEMBER PRICE:** $45-215

---

Journal CME

Journal-based CME is available every month through the study of designated articles within PM&R, the Academy’s official scientific journal. Learners need to read the designated article in their journal or online at pmrjournal.org and then log in to me.aapmr.org to answer an assessment question and claim their CME.

**KEY TOPICS:**
- Musculoskeletal Medicine
- Pain Management
- Spinal Cord Injury
- Sports Medicine
- Telemedicine
- Technology
- And more!

**CME:** 1 AMA PRA Category 1 Credit™ per designated article
**MEMBER PRICE:** $0
**NONMEMBER PRICE:** $25

---

Self-Assessments for Practitioners (SAE-Ps)

SAE-Ps are educational resources that help you identify your knowledge gaps and provide feedback with explanation and references for each question, upon completion. Learners will read a series of articles about a particular topic and then assess what they’ve learned with a 25-30 question exam.

**KEY TOPICS:**
- Bone Health
- Concussion
- Geriatrics
- Opioid Management
- Osteoarthritis
- Spasticity
- Spinal Cord Injury
- Stroke
- Ultrasound
- And more!

**CME:** 8 AMA PRA Category 1 Credits™
**MEMBER PRICE:** $115
**NONMEMBER PRICE:** $165

---

*One complimentary SAE-P is included with Fellow and Associate membership! Use the coupon code you received with your membership renewal to meet your annual American Board of Physical Medicine and Rehabilitation (ABPMR) Maintenance of Certification® (MOC®) Part II requirement!*
Focused Review Courses

Focused Review Courses provide a deep dive into some of the most popular PM&R clinical areas of care to help you assess and improve your knowledge. Featuring a helpful chapter format that breaks down the content into easily manageable sections, these resources allow you to complete the review at your own pace.

**KEY TOPICS:**
- Cardiac and Cancer Rehabilitation
- Electrodiagnosis
- Joint and Connective Tissue Disorders
- Spinal Cord Injury
- Stroke Rehabilitation

**CME:** Up to 2 AMA PRA Category 1 Credits™

**MEMBER PRICE:** $99

**NONMEMBER PRICE:** $199

---

Career and Practice Resources

From podcasts to slide lectures to full online courses, the Academy’s collection of career and practice resources has something for every physiatrist at every stage of their career. Learn how to make the most of your career and establish efficient practice management and leadership skills.

**KEY TOPICS:**
- Career Diversification
- Coding and Documentation
- Early-Career
- Practice Management
- And more!

**CME:** Up to 18.75 AMA PRA Category 1 Credits™

**MEMBER PRICE:** $0-299

**NONMEMBER PRICE:** $0-399

---

Practice Improvement Projects (PIPs)

The self-guided PIPs allow you to assess your knowledge and current implementation of evidence-based treatments in your practice through a systematic chart review, identifying areas for improvement and implementing an improvement plan.

**KEY TOPICS:**
- Deep Vein Thrombosis
- Low Back Pain
- Osteoporosis
- Stroke Rehabilitation

**CME:** 20 AMA PRA Category 1 Credits™

**MEMBER PRICE:** $0

**NONMEMBER PRICE:** $275

---

More for Members

AAPM&R provides members with the education and training to set physiatric practice apart in competitive landscapes. We do this by offering cutting-edge clinical and practice management resources, which help you stay current on hot-button topics and equip you for success. From live courses to online training, the Academy has resources to suit every learning style and educational need—all with significant savings for members!

Visit [www.aapmr.org/membership](http://www.aapmr.org/membership) to renew or join today.

In 2016, the Academy conducted an in-depth PM&R Compensation Survey. The 250+ page summary document is available on me.aapmr.org to help physiatrists with job negotiations and important career decisions, and it is free for members!
My Education (ME) is where you will find activities you are enrolled in and the tools you need to claim and manage your continuing medical education (CME) credits.

My Enrollments

My Enrollments is where you will find the educational activities that you have enrolled in and are in the process of completing. Once you have completed the activities, they will appear on the My Transcript tab.

My Transcript

My Transcript is where you can claim CME credit and find data for all of the educational activities that you have completed with AAPM&R in the last 10 years. The PDF of your transcript is sufficient documentation for proof of credit for a variety of organizations, including American Board of Physical Medicine and Rehabilitation (ABPMR), state licensure, the American Medical Association (AMA), and more.

Enter non-AAPM&R Credits

Use this members-only service to stay organized and manage your CME history. This tab allows you to enter and add AMA PRA Category 1 Credits™ earned from other organizations to your transcript—making mē® your personal CME repository. AAPM&R automatically transfers CME activity data on a weekly basis, including non-AAPM&R credits entered, to the ABPMR. Just click Add CME Activity to get started.

A Special Thanks

All AAPM&R educational resources are planned and developed by volunteer members of the Medical Education Committee (MEC) and related subcommittees. To all of our clinical and practice volunteer experts—thank you!

MEDICAL EDUCATION COMMITTEE MEMBERS:
Steven R. Flanagan, MD, FAAPMR, Strategic Committee Chair
John C. Cianca, MD, FAAPMR, Vice Chair
Karen P. Barr, MD, FAAPMR
Anna-Christina Bevelaqua, MD, FAAPMR
Rachel A. Brakke Holman, MD, FAAPMR
Joseph E. Burris, MD, FAAPMR
Kevin N. Hakimi, MD, FAAPMR
Rita G. Hamilton, DO, FAAPMR
R. Samuel Mayer, MD, FAAPMR
Atul T. Patel, MD, MHSA, FAAPMR
Sunil Sabharwal, MD, FAAPMR
Charles D. Kenyon, DO, MS, PHIT Liaison
G. Sunny Sharma, MD, PHIT Liaison

RELATED SUBCOMMITTEES:
Annual Assembly Program Planning Committee
CME Committee
GME Committee
Self-Assessment Committee
Practice Preparedness Committee
STEP Certificate Programs Workgroups
PM&R Knowledge NOW® Workgroup
Beyond \textregistered me\textsuperscript{\textregistered}

The Academy’s education doesn’t stop at me.aapmr.org! Head to www.aapmr.org to learn about these other popular educational opportunities:

- STEP Certificate Programs in Ultrasound and Interventional Spasticity
- NEW! Leadership Institute
- Navigating Early-Career Decisions for Success in Physiatry Practice courses
- Navigating the Opioid Crisis: Perils, Pitfalls, and Practical Solutions course

me.aapmr.org