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UNDERSTANDING PM&R

A Medical Student's Guide to Physical Medicine and Rehabilitation

A Word from the Resident Physician Council Board President

On behalf of the Resident Physician Council (RPC) Board, I wish to extend my congratulations to all the medical students who recently matched into PM&R! We're very excited to have you all join our fantastic specialty! In an ever-changing health care landscape, PM&R is well-equipped to lead the charge. As greater emphasis is placed on post-acute care and value-based delivery, physiatrists will be called upon for their expertise in these areas. Therefore, it is critical we remain unified as a specialty in order to continue advocating for everything that PM&R stands for and continue making a strong impact on our health care system.

I encourage all of you to join and be active members of AAPM&R. AAPM&R serves as the home of our specialty and provides a multitude of resources for all levels and interests. Even during your intern year, membership will allow you to stay connected to all of the exciting things going on in our field. Through AAPM&R, members are able to enhance their education, explore career/fellowship opportunities, and take advantage of networking services. The Academy recognizes our residents as the future of the specialty and places great value in resident involvement and feedback. We look forward to working with leaders like you to help move physiatry forward! [Please complete this quick survey so we can stay in touch!](#)



Sunny Sharma, MD

AAPM&R RPC Board President

Welcome to PM&R, New Matches!

The Academy would like to offer a warm welcome to the 200+ medical students who matched into a PM&R residency program in the U.S. and Canada! Now that you've matched, you might be wondering, "What's next?" Follow the steps below to get a jump start on this exciting new stage of your career:

- **Stay in touch with the Academy:** [Complete this survey](#) to update your contact information to ensure that you will continue to receive important updates about PM&R.
- **Take Advantage of Academy Membership:** View the many [benefits](#) for Academy resident members. Check with your program coordinator regarding your program's Academy membership support status, or complete a [resident member application](#) today!
- **Prepare for Residency:** Take advantage of the Academy's wide range of [resources](#) for residents at each stage of their careers.
- **Show your #PMRpride:** Share your match letters or celebration pictures on social media using the #PMRpride hashtag.

As always, the Academy is here to help you throughout your career. Contact us at info@aapmr.org at any time.

Registration Opens Next Week for #AAPMR2017!

More than 200 medical students joined us at the 2016 Annual Assembly for our FREE medical student program and PM&R Residency Fair – where they met face-to-face with representatives from more than 30 PM&R programs. Take advantage of this unique opportunity and join us in Denver, **October 14** for the 2017 Annual Assembly!



Medical students will:

- Discover what is unique about the PM&R specialty.
- Meet with several programs in one location.
- Network with peers and attendings.

Agenda:

- 7:30am-8am | Light Breakfast
- 8 am-8:10 am | Welcome and Introduction
- 8:10 am-8:30 am | Chairman's Lecture
- 8:30 am-8:50 am | PM&R Specialty Lecture
- 8:50 am-9 am | Break
- 9 am-10 am | Resident Panel: Features several current PGY3 and PGY4 residents to answer all your questions!
- 10:00 am-11:30 am | Demonstrations of Procedures Used in PM&R Practices
 - EMG/NCV
 - Spinal Injections
 - Prosthetics and Orthotics
 - Musculoskeletal Ultrasound
- 11:30 am-1 pm | Grab lunch and attend the Plenary Session before heading to the PM&R Residency Fair.
- 1pm-3pm | PM&R Residency Fair

Register next week at www.aapmr.org/assembly! Want the full #AAPMR2017 experience? Register for the full Assembly for \$125!

Resident Physician Council (RPC) Board Nominations

All AAPM&R resident members belong to the Resident Physician Council (RPC). The RPC focuses on providing valuable feedback on behalf of resident members to assist the strategic coordinating committees to support their needs through every year of residency.

The Council is governed by an elected board that meets regularly throughout the year. The RPC board focuses on developing and sustaining a strong resident community that provides a valuable

member experience for all PM&R residents and fellows-in-training. Nominations for the RPC Board election are opening soon.

[Learn more](#) and consider applying when you are a resident!



Chat with the Academy at the AMA National Medical Student Annual Meeting

June 8-10, 2017
Hyatt Regency Chicago
Chicago, Illinois

The Academy will have a booth at the AMA Medical Specialty Showcase on **June 10, 2017** from **11:30 am - 1:30 pm** at the Hyatt Regency Chicago, Riverside East Exhibit Hall. If you'll be attending the meeting, be sure to stop by to say hello and ask questions! We'll have current PM&R residents and Academy staff on hand to talk with you about our specialty.

To register for the AMA National Medical Student Annual Meeting, visit www.ama-assn.org.

AAPM&R Resources for Medical Students

The [Medical Student section](#) on www.aapmr.org is full of useful tools just for medical students, including:

- [PM&R FAQs](#)
- [Stories from practicing physiatrists](#)
- [Tips on applying for a PM&R Residency](#)
- [Medical Student Roadmap](#)

- [Podcasts](#)
- And more!

Update Your Member Profile

Customize the information you receive from your Academy by making sure your **Member Profile** is up-to-date. Access your member profile by logging in to www.aapmr.org and clicking **My Account** at the top of the page.

AAPM&R In the News

Stay up-to-date on all things PM&R by following us on [Facebook](#) and [Twitter](#)!



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