

PHYSIATRY '23



The future of physiatry happens here.



February 21-24, 2023
Hilton Anaheim
Anaheim, California

The future of physiatry happens here!

PRELIMINARY PROGRAM



Association of Academic Physiatrists

Experience the magic of the Association of
Academic Physiatrists Annual Meeting

REGISTER NOW TO SAVE AT WWW.PHYSIATRY.ORG/ANNUALMEETING

JOIN US

FOR A MAGICAL EXPERIENCE

Physiatry '23 is the premier event for leaders and rising stars of physiatry and rehabilitation. Start the year off on the right foot as we share, discover and connect at the Association of Academic Physiatrists (AAP) Annual Meeting this February.

The Educational & Social Event of the Year

We believe there is no substitute for live medical education and networking. That's why we're committed to bringing you a fully in-person meeting experience you won't want to miss. With an anticipated 1,500+ attendees, 800+ poster presentations, 75+ educational sessions, 50+ exhibitors, and several signature networking events, you can discover groundbreaking science and career-growth at every step of your Physiatry '23 experience.

Get Your Best Rate

Become a member of the AAP and register by December 16, 2022 to enjoy significantly reduced registration rates. You can save up to \$300 by participating in this early bird discount. Join our community at www.physiatry.org/join or renew at www.physiatry.org/renew.

The Latest Details

As we get closer to Physiatry '23, more up-to-date event descriptions, timelines, and a few extra surprises can be viewed on our event website at www.physiatry.org.

Get Social

In this increasingly virtual era, more and more physiatrists and PM&R programs are taking to social media. Make sure you're following our accounts to connect and learn! Hear from speakers and presenters, exchange diverse insights and opinions, and stay on top of the event's latest news using [#Physiatry23](https://twitter.com/Physiatry23), our official event hashtag.



Follow us on:

- Association of Academic Physiatrists
- @AAPPhysiatrists
- aaphysiatrists
- Association of Academic Physiatrists

Register Now

- Visit physiatry.org/annualmeeting
- Mail your check (in US dollars)
- Call +1 (410) 654-1000
(credit card payments only)

REGISTER BY DECEMBER 16, 2022 TO SAVE!



The Future of Physiatry Happens Here

On behalf of the Association of Academic Physiatrists (AAP), it is our pleasure to invite you to our biggest event of the year — **Physiatry '23 in Anaheim, California!**

You will discover the latest in education, clinical techniques, research, technology and more. Above all, it is our “physiatry family” — this incredible association of physiatrists, educators, mentors, researchers, patient advocates and achievers — who will make this a truly special event. Together, we can and will impact the future of this specialty.

The AAP represents over 2,700 passionate physical medicine and rehabilitation (PM&R) professionals dedicated to advancing academic practice, research and education. Our association is growing by the day, with our membership currently living in 46 states across the U.S. and representing 36 countries around the world.

It is our vision to foster a meeting environment and culture where every member and partner feels valued, supported with top quality educational and networking opportunities, and inspired to achieve individual and common goals as a critical foundation to providing state-of-the-art care for our patients. Whether you're looking to sharpen your clinical or academic skillset, affect positive change within your institution, or become an emerging or stronger leader in the field of physiatry, we have what you need to grow.

We promise you that Physiatry '23 will be passionate, high-powered and progressive. We are excited to welcome back members to reconnect and pioneer physiatry forward. **Physiatry '23 will be a magical experience you won't want to miss!**

Until We Meet in Anaheim,



Miguel Xavier Escalón MD, MPH

Chair, AAP Program Subcommittee

Residency Program Director, Physical Medicine and Rehabilitation

Vice Chair, Associate Professor

Department of Rehabilitation and Human Performance, Icahn School of Medicine at Mount Sinai

Welcome to Anaheim

The Heart of Orange County

Anaheim is part of the Los Angeles metropolitan area in beautiful, sunny California. The city has a population of over 350,000+ people and is known for being the home of Disneyland Resort, the Anaheim Convention Center, and two major sports teams: the Los Angeles Angels baseball team and the Anaheim Ducks ice hockey club. The city is a world-class vacation destination packed with quintessential California activities! We invite you to make the most of your time here in this magical place.

HIT THE THEME PARKS Anaheim is home to the internationally acclaimed theme park, Disneyland. Inside it, you'll find attractions ranging from roller coasters, shows, attractions, and the park's iconic Ferris Wheel.

EXPLORE DOWNTOWN ANAHEIM The downtown district has undergone a massive revitalization over the past decade. Within this area you'll find local artisan shops, vendors and the city's historical roots. We encourage you to support to locals while in town.

INDULGE IN RETAIL THERAPY It's not hard to find places to shop in Anaheim. Various plazas and outlets are accessible in the downtown area. You'll find internationally known luxury brands along with bargain items for a great deal. There's a little something for everyone.

HEAD TO THE BEACH Surf's up! Enjoying the coastline and beaches in Southern California is one of the best ways to get some fresh air. Huntington Beach and Long Beach are just a quick drive west. The coastline of Orange County is filled with boardwalks, boutiques, vintage neighborhoods and scenic views of nature.



AAP Physiatry '23
attendees receive
**DISCOUNTS TO
DISNEYLAND**
and other attractions!



HOTEL: HILTON ANAHEIM

777 W Convention Way, Anaheim, CA 92802

(714) 750-4321

Room Rate: \$195 (plus taxes)

Room Reservation deadline: Monday, January 30, 2023





Physiatry '23 offers
unbiased, actionable
insights on the trends and
tools that are shaping our
specialty across the country.
Take part in educational
sessions, lively networking
events and spontaneous
meet-and-greets.



AIRPORT: John Wayne Airport (SNA)



CURRENCY: \$ USD



TIME ZONE: Pacific Daylight Time

Schedule at a Glance

TUESDAY, FEBRUARY 21

RFPD & Program Coordinators Workshop
(one full day this year)
Pre-Conference Workshops
Fellowship & Job Fair
Chairs and Administrative Directors Joint Session

WEDNESDAY, FEBRUARY 22

Exhibit Hall Open
Educational Sessions
Plenary Speaker
Poster Galley Reception
President's Reception
(hosted by our exiting AAP President and UPMC!)

THURSDAY, FEBRUARY 23

Exhibit Hall Open
Educational Sessions
Plenary Speaker
Complimentary Lunch in the Exhibit Hall
Poster Galley Reception
Resident/ Fellow Networking Night

FRIDAY, FEBRUARY 24

AAP Member Caucus & Awards
(come see the transition and meet our new AAP President!)
RMSTP Scientific Papers
Exhibit Hall Open
Educational Sessions
Poster Galley Reception

Visit www.physiatry.org/annualmeeting
for the most up-to-date
schedule and news!





MetroHealth | Rehabilitation Institute



Ranked #1 in Ohio

At the MetroHealth Rehabilitation Institute, we're restoring function for those with severe impairments and disabilities. Using a transdisciplinary approach that provides outstanding rehabilitation care—we're not only pioneering advances in the field—we're helping patients find hope. *US News and World Report* ranks the MetroHealth Rehabilitation Institute #1 in Ohio and #24 in the nation for patient care of complex conditions such as stroke, traumatic brain injury and spinal cord injury.

www.metrohealth.org/rehabilitation

What's in it for You

Over 1,500 AAP members are expected to attend the physiatry event of the year. Whether you're looking to build a stronger network, delve deeper into research and academia, meet demands with cutting-edge treatments and technology, or move up the career ladder: **IT ALL STARTS AT PHYSIATRY '23.**



MAKE CONNECTIONS THAT MATTER

SPONSOR, EXHIBIT, ADVERTISE

The world's most influential leaders and rising stars in physical medicine and rehabilitation (PM&R) will come together for Physiatry '23. Showcase your first-class organization among this captivated audience who are eager to network, collaborate and expand.

Aligning your brand with Physiatry '23 is a guaranteed way for you to develop a reputation for your organization in the physiatry community. Prominent placements fill quickly, so contact Bernadette Rensing at brensing@physiatry.org to learn more about exhibit space and custom sponsorships.

REGISTER TODAY TO:

- ① **CUT COSTS** with our *early bird discount that can save you up to \$300*
- ② **REUNITE** with your colleagues and make new physiatry friends for life
- ③ **TAKE HOME** practical ideas, solutions and collaborations that will boost your network & career
- ④ **BE INSPIRED** and prepared for the road ahead
- ⑤ **ENJOY** the California sunshine, palm trees, and Disneyland 

Visit www.physiatry.org/annualmeeting to take advantage of our early bird prices, browse our interactive sessions, speaker profiles, and networking events. We'll see you in Cali!





Hackensack
Meridian Health

JFK Johnson Rehabilitation Institute

A LEADER IN PROVIDING EXPERT REHABILITATION CARE



NATIONALLY RANKED IN REHABILITATION BY U.S. NEWS & WORLD REPORT

- More than 40 years of providing quality rehabilitation to obtain optimal function and independence

SPECIALIZED PROGRAMS

- Amputee
- Brain Injury and Concussion
- Cardiopulmonary Disorders
- Neuromuscular Disorders
- Pain Management and Sports Medicine
- Parkinson's Disease
- Stroke and Spasticity Management
- Spinal Cord Injury

ACCREDITATION COUNCIL FOR GRADUATE CONTINUING MEDICAL EDUCATION (ACGME) PROGRAMS INCLUDE:

- Physical Medicine & Rehabilitation Residency Program
- Brain Injury Medicine Fellowship
- Pain Medicine Fellowship



ACCREDITED BY



JFKJohnson.org | 732-321-7050 | Edison, NJ



JFK Johnson Rehabilitation Institute



@JFK Johnson

Plenary Speakers

These thought leaders are bringing their big ideas that will influence your research, education, practice and career.



DeLisa Lecture

WEDNESDAY, FEBRUARY 22, 2023

9:30 – 10:30 AM

PETE NASCHAK

Former Navy SEAL's Command Master Chief for SEAL Team 5, Founder and Principal of Senaptec, LLC and Performance Activation, Inc.

DR. DAN TURNER, PHD

Human Performance Specialist, Coach, Tech Entrepreneur, Founder of Silicea Labs

Sustaining High Performance Through Adversity

Description: Pete and Dan will discuss human performance (Individual and Team), resilience, leadership, teamwork. This joint plenary discussion will look into where they think this area of understanding may be going on these themes, and how it might apply to psychiatrists and their patients.

THURSDAY, FEBRUARY 23, 2023

9:30 – 10:30 AM

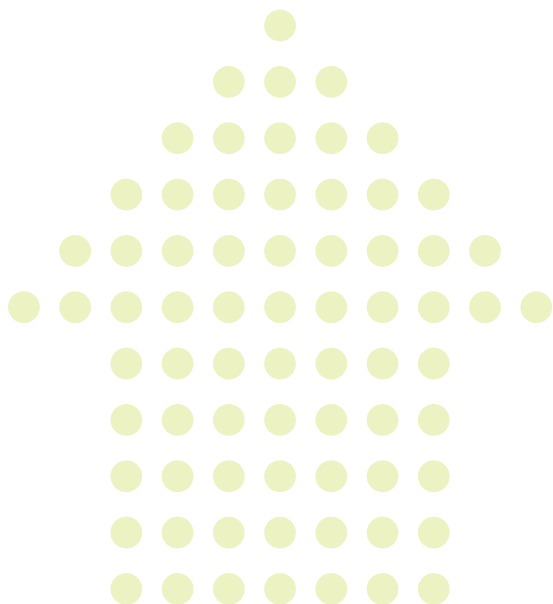
THOMAS OXLEY, MD, PHD

Director of Innovation Strategy for the Department of Neurosurgery at the Mount Sinai Health System
Founder and CEO of Synchron

Tom Oxley completed his PhD in neural engineering at the University of Melbourne. He completed an endovascular neurosurgery fellowship at Mount Sinai Hospital in New York. Tom has performed more than 1,600 endovascular neurosurgical procedures and has published more than 100 internationally peer reviewed articles in journals including, *Nature Biotechnology*, *Nature Biomedical Engineering*, *New England Journal of Medicine* and *The Lancet*.

A Brain Implant That Turns Thoughts into Text

Description: What if you could control digital devices using just the power of thought? That's the incredible promise behind the *Stentrode* — an implantable brain-computer interface that collects and wirelessly transmits information directly from the brain, without the need for open surgery. Neurotech entrepreneur Tom Oxley describes the intricacies of this breakthrough technology, which is currently enrolling participants in human trials, as well as how it could help restore dignity to those with disabilities — and transform the future of communication.



MOVING SCIENCE AND MEDICINE FORWARD

OPENING 2025

NEW UAB SPAIN REHABILITATION CENTER



HEERSINK

SCHOOL OF MEDICINE

The University of Alabama at Birmingham

**Department of Physical
Medicine and Rehabilitation**

U A B . E D U / R E H A B

Who will you meet at Physiatry '23?



Signature Networking Events

Access to the events is included in your registration fee!

RFPD Cocktail Reception

TUESDAY, FEBRUARY 21, 4:30PM-7:00PM

Following the RFPD workshop, join with your friends from PM&R residency programs across the country for hors d'oeuvres, cocktails and company. *Thank you to our event sponsor Merz for their longstanding support!*

President's Reception

WEDNESDAY, FEBRUARY 22, 6:30PM-8:00PM

Kick off Physiatry '23 at our President's Reception (in the Exhibit Hall), hosted by AAP's President Gwendolyn Sowa, MD, PhD and sponsored by UPMC! Mix and mingle with peers and mentors across the country as you enjoy an exciting, sunny California themed venue, hors d'oeuvres, cocktails and great company.

Poster Gallery Receptions

WEDNESDAY, FEBRUARY 22, 5:00PM-6:30PM

THURSDAY, FEBRUARY 23, 5:00PM-6:30PM

FRIDAY, FEBRUARY 24, 5:00PM-6:30PM

Discover cutting-edge research studies and case reports as you interact with PM&R residents and leading researchers. With over 800 posters being presented, you are sure to walk away with new ideas and collaborations! Refreshments will be served and our President's Reception will immediately follow.

Resident/ Fellow Networking Night & Medical Student Quiz Bowl

In-training attendees, we also have special networking events designed just for you!



EVERY TRAUMATIC BRAIN INJURY IS UNIQUE. **JUST LIKE OUR CARE.**

Even after an injury, the human brain has no limitations. The traumatic brain injury teams of physicians, nurses, and therapists at Craig H. Neilsen Rehabilitation Hospital at the University of Utah share the same philosophy of care. As the only hospital in the state accredited by CARF for specialized rehabilitation of brain injuries, we're passionate about returning TBI patients to a quality of life many believed was once unimaginable.

To learn more how our
physiatry expertise is
changing lives, visit

uofuhealth.org/braininjury



Other Opportunities to Connect & Collaborate

This is a unique opportunity to meet psychiatry and rehabilitation experts from across the country — and we're helping you create those career-building connections with these organized events.

Fellowship & Job Fair

TUESDAY, FEBRUARY 21, 5:30PM-7:00PM

This is one of our most popular events! Looking for a new challenge or weighing different career paths? Speak to more than 50 institutions recruiting for a variety of open positions, including fellowships!

AAP Awards Breakfast & General Business Session

FRIDAY, FEBRUARY 24, 8:00AM-9:15AM

Come together with your fellow AAP members and leadership to discover what we've accomplished over the past year, and what's on the horizon. Enjoy our Awards Ceremony to help us honor deserving rock-star psychiatrists. We will be recognizing Dr. Karen Kowalske as our new AAP President and thanking our outgoing board members for their service.

Scientific Paper Presentations

WEDNESDAY, FEBRUARY 22, 2023 - FRIDAY, FEBRUARY 24, 2023

Discover the latest and greatest in psychiatry research at our Scientific Paper Presentation sessions during your time at Psychiatry '23. These sessions are organized by topic and presented throughout the meeting.

Exhibit Hall Refreshments & Lunch

Get to know institutions and organizations that are offering innovative programs, services and products for psychiatry and rehabilitation. From all-day beverage services to a signature lunch, we're making it easy for you to improve education and patient care.

Demonstration Pods & Pop-Up Presentations

Stop by our Demonstrations Pods & Pop-Ups in the Exhibit Hall during morning and afternoon refreshments break Wednesday, February 22 and Thursday, February 23. Grab a snack and experience hands-on learning and innovations brought to you by our amazing sponsors.

Breakfast, Lunch & Happy Hour Symposiums

Fill your stomach and your mind at one of our sponsored breakfast or lunch symposiums! Topics and times will be announced. *Space is limited, so keep an eye out for opportunities to reserve your spot.*



Pre-Conference Workshops & Sessions

This is the most magical way to kick off your **Physiatry '23** experience. Add any workshop(s) to your conference registration to reserve your spot. Additional Fees apply!

Residency & Fellowship Program Directors (RFPD) Workshop

PRICE: \$250 for AAP members/ \$450 for non-members

A staple at the AAP Annual Meeting, this workshop keeps Program Directors coming to the AAP Annual Meeting each year — and for **Physiatry '23**, offered in a one-day format. Join us to learn and grow your programs with the best and novel practices.

TUESDAY, FEBRUARY 21, 2023

RFPD Annual Update and Hot Topics in Graduate Medical Education (GME)

8:00am – 9:00am

ACGME Update

Caroline Fischer, R. Samuel Mayer, MD

9:00am – 9:30am

ABPMR Update

Sherilyn Driscoll, MD

10:00am – 11:30am

Quality Improvement and Patient Safety (QIPS)

Christopher Garrison, MD, Ashlee Jaffe, MD

11:45am – 1:00pm

Sponsored Lunch

1:00pm – 4:00pm

Recruitment Seminar

RFPD Taskforce leaders will lead an interactive discussion on virtual recruitment best practices including:

- Social Media
- Holistic Application review- including Diversity
- Coordinator involvement
- Sending Interviews- ensuring Diversity
- Technology resources (zoom, thalamus)
- Post interview process - evaluations, 2nd looks, ranking
- Preference signaling/ Supplemental application experience (update after MATCH) - Diversity

4:00pm – 4:30pm

RFPD Council Business Meeting

4:30pm – 6:00pm

RFPD Cocktail Reception

Resident, Fellow & Medical Student Bootcamp

TUESDAY, FEBRUARY 21, 2023

PRICE: Free for residents, fellows, and medical students with paid meeting registration. **Note:** You still must pre-register for Bootcamp.

8:00am – 12:00pm

Experience hands-on exposure to physiatric procedures — **FREE with your resident, fellow or medical student registration!** You will rotate through separate stations taught by expert PM&R faculty and gain skills that will help you excel in your training and career. The stations will include ultrasonography, electromyography, spasticity management and fluoroscopic procedures.

At the end of this workshop, you will have better hands-on knowledge of how to perform basic procedures and identify common physiatric procedures. *This event often sells out so reserve your spot when you register!*

Medical Education in Physiatry: Educator Skills

TUESDAY, FEBRUARY 21, 2023

PRICE: \$149 for AAP members/ \$199 for non-members

8:00am – 12:00pm

Leslie Rydberg, MD, Idris Amin, MD, Ben Seidel, DO, Patrick Kortebein, MD, Nitin Jain, MD, Aaron Yang, MD, Michael Mallow, MD, Jacqueline Neal, MD, Ashlee Bolger, MD, Maya Therattil, MD

This four hour pre-course will teach essential medical education knowledge and skills that will allow physiatrists to become skilled medical educators. Content will include curriculum development, writing learning objectives, writing test questions, learner assessment, and program evaluation. Participants will design their own new curriculum during this session utilizing the skills that they learned throughout the course.

ADDITIONAL FEE!

Add any workshop
to your conference
registration to
reserve your spot.



Musculoskeletal Ultrasound: Hands-on Workshop

TUESDAY, FEBRUARY 21, 2023

PRICE: \$149 for AAP members/ \$199 for non-members

1:00pm – 5:00pm

Amit Bhargava, MD, Johnathan Kirschner, MD, Mark Hurdle, MD, Kentaro Onish, DO, Adam Lewno, MD, Allison Schroeder, MD, Mooyeon Oh-Park, MD

This workshop is designed to shorten the learning curve for physiatrists interested in developing expertise in MSK and diagnostic ultrasound. Through both didactic and hands-on trainings, clinicians will learn to recognize normal anatomy and common pathologies, and will leave with a solid, practical skill set to immediately implement into practice.

2023 Spasticity Master Course Workshop

TUESDAY, FEBRUARY 21, 2023

PRICE: \$149 for AAP members/ \$199 for non-members

1:00pm – 6:00pm

Sheng Li, MD, PhD, Gerard Francisco, MD; Paul Winston, MD, Eve Boissonnault, MD, Michael Saulino, MD, PhD, Monica Verduzco-Guitierrez, MD, Heakyung Kim, MD, Jaskiran Ghuman, DO

Designed for the forward thinking practitioner, this hands-on workshop will keep you at the forefront of new developments in spasticity management.

Department Chair and Administrative Director Meet Up

Compensation Models

TUESDAY, FEBRUARY 21, 2023

PRICE: Free for chairs and admin directors with paid meeting registration

Compensation

7:00pm – 8:00pm Joint Session

8:00pm – 8:30pm Chair Council Business Session

Joseph Herrera, MD

Department leaders will join together for a presentation and discussion addressing compensation models that are currently being utilized in academic institutions. Topics will include models such as RVU based revenue minus expense. This intimate session will also cover compensation models for faculty that are shared between institutions (i.e., VA and hospital, or Venture firm and hospital). Session directors will lead an open discussion surrounding the challenges that health systems, free standing, and hospital-based environments have on compensation.

Crash Course for the American Board of PM&R Part 2

(Special Workshop)

FRIDAY, FEBRUARY 24, 2023

PRICE: \$149 for AAP members/ \$199 for non-members

1:00pm – 4:00pm

Zainab Al Lawati, MD

This session will start with a 20-minute overview of the American Board of Physical Medicine and Rehabilitation (ABPMR) Part 2 board preparation. Experts will guide attendees through tips and tricks on how to design a study schedule while practicing/ maintaining your fellowship roles and responsibilities. This will be followed by 8 timed stations of oral mocks using a case-based approach. These cases will vary from a comprehensive physiatry evaluation, to hands-on OSCE station. Each case will be followed by constructive feedback individualized to each participant to improve.



Johns Hopkins Rehabilitation Network

INNOVATIVE SERVICES & PROGRAMS

The Noninvasive Brain Stimulation (NIBS) Program

As one of the few programs of its kind in the country, recognized neurologic rehabilitation experts provide a variety of brain stimulation techniques paired with evidence-based rehabilitation for neurological conditions.



Brain Injury and Stroke Program

Created through support from the United Arab Emirates, the Sheikh Khalifa Stroke Institute, is composed of two centers: one devoted to stroke detection and diagnosis and the other to treatment, recovery and rehabilitation.

The Postural Orthostatic Tachycardia Syndrome (POTS) Program

We are pushing the frontiers of clinical knowledge and treatment for POTS with the aim of uncovering its root causes. We bring together specialists to provide well-rounded care for POTS patients.



Brain-Computer Interface Study

Through a grant by the Defense Advanced Research Projects Agency (DARPA), we are conducting a multi-disciplinary clinical trial focused on recording and stimulating the brain of a person with tetraplegia.

Comprehensive Amputee and Osseointegration Clinic

Our multi-disciplinary team specializes in helping people with upper and lower limb amputations, including those undergoing targeted muscle reinnervation to operate a motorized prosthetic. We also are one of the few programs that offers osseointegration.



To learn more about the Johns Hopkins Rehabilitation Network, please visit hopkinsmedicine.org/PMR



JOHNS HOPKINS
MEDICINE

Design Your Physiatry '23 Experience

Physiatry '23 will feature powerhouse speakers and presentations that showcase the latest research and off-the-press information about clinical care, administration and education. We've organized your experience into 6 unique tracks.



Academic

Discover the best practices and latest trends in educational curricula, career development and more.



Research

Discover the best practices and latest trends in PM&R research, funding, and more.



Administration

Find insights on building ongoing success for your program, department, institution, and the future of the specialty worldwide.



In-Training

Trainees and rising stars, learn critical career development skills from your peers and leaders in the specialty.



Clinical

Take real-world scenarios to practice with our clinical track, bringing you the sought-after topics in patient care.



International

These sessions will cater to physiatry's exponential growth and worldwide outreach.

BUILD YOUR PERSONALIZED AGENDA

View the latest updates, browse sessions and speakers, and create your personalized itinerary on www.physiatry.org/annualmeeting.

Earn up to 31.0 AMA PRA
Category 1 Credits™!



From research to rehabilitation.

At UT Southwestern's Department of Physical Medicine and Rehabilitation, our mission is to optimize quality of life and function for our patients through excellence and innovation in patient care, research, and education. Our physiatrists treat a wide variety of medical conditions affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons. We focus on nonsurgical diagnosis and management to improve our patients' mobility and lessen difficulties in cognition and communication. Learn about our current job openings using the QR code below.



UT Southwestern
O'Donnell Brain Institute

Educational Sessions

The following sessions will be held Wednesday, February 22 - Friday, February 24, 2023. Browse session dates, times, and descriptions by visiting our Physiatry '23 event site at Physiatry.org/annualmeeting.



A Student Asked Me for Advice, Now What? Medical Student Advising for Those Matching PM&R

– brought to you by the AAP Medical Student Education Council

Ashlee Bolger, MD, Leslie Rydberg, MD, Nethra Ankam, MD, Carley Sauter, MD, Ravi Kasi, MD

Discover methods of advising medical students with a focus on the PM&R Match. Explore a day in the life as a medical student advisor including real life scenarios. Attendees will leave with a tangible advising resource that will be created in real time during the session.



Acupuncture as Gateway to Wellness in PMR Physiatry

Betty Liu, MD, Angela Garcia, MD

Take the opportunity to use the tenets of acupuncture to introduce wellness and lifestyle change to your patients.



Advanced Clinical Research and Practice in Procedure-based Therapies

Erwin Montgomery, Jr., MD

Physiatry, as a procedure-based practice, is complex. The complexity creates challenges to clinical research not faced by medicine-based research. The sequential processes within the procedures amplify variance or error propagated through the procedure. The potentially great number of factors and their interactions translates to outcomes that are more idiosyncratic per subject. This renders extrapolation from procedure-based clinical trials to the prospective patient problematic. Novel approaches to some of these challenges will be discussed.



An Interprofessional, Lifestyle Medicine Approach to Musculoskeletal Pain: The Latest Evidence



Abby Cheng, MD, Heidi Prather, DO, Devyani Hunt, MD, Gwendolyn Sowa, MD, Charlotte Brown, PhD, Scott Stoll, MD

As physiatrists, we know the importance of exercising, eating right, managing stress, and treating patients with a team-based approach. In this session, we'll discuss the latest evidence and practice using these principles to implement and optimize an interprofessional lifestyle medicine program for patients with musculoskeletal conditions.



Blind Rehabilitation for Veterans in the VHA and the Evolving Approach for Individuals with Visual Impairment

Alice Hon, MD, Paul Koons, MS, Stephanie Rood, MS, Ashley Vaillancourt, PhD, Sarah Majidzadeh, MA, Kristine Williams, MS

This session is endorsed by AAP's VA Council and will offer perspectives from the Blind Rehabilitation Department from the VA Long Beach Healthcare System. Experts will present interactive case reports including topics such as the continuum of vision loss, medical evaluation and treatment, and equipment and technology used for blind

rehabilitation. Attendees will receive hands-on training on techniques to interact and work with individuals with visual impairment.



Build Resources for Physiatrists Around the World: Core Competencies for International Expansion of Physiatry

Mooyeon Oh-Park, MD, Maya Therattil, MD, Alexandra Arickx, MD, Wali Sabuhi, Christine Groves, MD, Raul Rosario-Concepcion, MD

AAP launched the Global Academic Physiatry Subcommittee to address the global needs of physiatry training, especially with respect to developing nations. This strategic action also explores opportunities to partner with ISPRM and other national physiatry groups in advancing global academic physiatry. This subcommittee formulates specific methods that AAP will implement to advance global academic physiatry. This session will discuss core competencies required for interested trainees and professionals to excel at international outreach strategies and relationship building.



Climate Change, Disability and Rehabilitation

Maya Newman, MD, Marcalee Alexander, MD, Anita Lowe Taylor, MD, Alex Ghenis, MS, Marc Futernick, MD

Climate change presents significant challenges to public health and drastically impacts the health and well-being of people with disabilities. In this session, five experts will discuss the relationships between climate change, disability, health and function, showing attendees implications for medicine, research, and policy. We will cover how the rehabilitation profession and people with disabilities can reduce their environmental impact, and how adapting to climate change must address people with disabilities' health, well-being and independence.



Conscious Leadership Coaching and the Physiatry Trainee

Unoma Akamagwuna, MD, Christine Lee, MD, CPE,

The session will be interactive and provide basic knowledge of what coaching is and is not. Conscious Leadership Coaching is based on making conscious decisions, not reacting to, but responding to given circumstances, using logic, emotion, and intuition. Participants will experience coaching in a small group and will learn how to ask powerful questions. Participants will leave with access to a framework for bringing coaching back to their local institutions.



Creating a Collaboration to Enhance Rehabilitation Services in International Settings: Enhancing Sports Medicine in Jamaica

Matthew Bartels, MD, MPH, Rory Dixon, MD, Shane Drakes, MD

The creation of an alliance to standardize pre participation, return to play, concussion screening and care, and provision of sideline medicine for sports in an international setting will be illustrated with an example of coordination

with the Ministry of Sports in Jamaica. Key elements to establish International medical cooperation, develop coordinated teams, and the establishment of educational exchanges will be discussed in the framework of providing excellent care for sports participants based on normalized standards.



CTE and TES: Controversies and Clinical Implications

Ross Zafonte, DO

The diagnosis of Chronic Traumatic Encephalopathy (CTE) is only possible at autopsy through identification of CTE neuropathologic changes recently redefined via National Institute of Neurological Disorders and Stroke (NINDS) criteria. The clinical diagnosis is not yet possible, however separate NINDS Traumatic Encephalopathy Syndrome (TES) criteria have established a guiding path of research criteria. This session will focus on established principles, and discuss case examples to evolve our understanding of the maladaptive phenotype that has been associated with these conditions.



Demystifying DEI in the Institution of Medical Education

Monica Verduzco-Gutierrez, MD, Cynthia Racine, MD

We name it to tame it! Learn how to focus and guide efforts to develop inclusive, equity-minded environments and to contribute to the growth necessary to serve our changing patient populations.



Does COVID-10 Infection Impact Functional Outcomes in Patients with Acute Strokes?

Anne Felicia Ambrose, MD, MS, Matthew Bartels, MD, MPH, Daniel Labovitz, MD

This session will examine the incidence demographics, pathophysiology and presentations of a COVID-19 induced stroke. We will describe the results of retrospective cohort study that we conducted at our institute. We followed the course of a 177 patients who were admitted to the stroke unit and subsequently transferred to the Inpatient Rehabilitation Unit. We examined their medical course, complications, length of stay, ability to participate in therapy and functional outcomes.



Educating Physical Medicine and Rehabilitation Residents in Subacute Rehab Facilities: Opportunities and Barriers

R. Samuel Mayer, MD, MEHP, Dominique Vinh, MD

In the U.S., 3.2 million people are admitted to skilled nursing facilities (SNF) compared to 380,000 to comprehensive inpatient rehab facilities (IRF). Increasingly physiatrists are practicing in SNF. Yet residency programs in PM&R contain limited exposure to care in these settings. This program explores reasons for this mismatch, and strategies to overcome these barriers. It will be a highly interactive discussion, working towards identifying best practices.



Enriched Environments for Rehabilitation

Preeti Raghavan, MD, MBBS, Brian Harris, MA, Anne Felicia Ambrose, MD, MS, Joe Verghese, MBBS, MS
Enriched environments support social, cognitive, and physical engagement for neural recovery. Music and

danced based interventions have the potential to provide an enriched environment for rehabilitation. This session will demonstrate how music - and dance-based interventions, that are engaging and enjoyable for patients, also have neural, biologic and behavioral effects that can be effectively harnessed for rehabilitation and to prevent cognitive decline.



Esports Medicine: New Frontiers in Psychiatry

Lindsey Migliore, MD

Over 3 billion people consider themselves video gamers. Competitive gaming, known as esports (and never e-sports, eSports, or e-gaming), is an emerging industry with numbers set to eclipse American football by 2023. Esports athletes spend upwards of 12 hours a day training their bodies for high level competition, yet their health risks are relatively unknown. Healthcare leaders for this billion dollar industry are needed, necessary and will shape the future of the subspecialty for years to come.



Facilitating the Shift Toward Precision Rehabilitation: Infrastructure, Feasibility, and Implementation

Ryan Roemmich, PhD, Pablo Celnik, MD, Preeti Raghavan, MD, MBBS, Carmichael Ong, PhD

The goal of precision rehabilitation is to provide the right care for the right person at the right time. This model of care requires and facilitates a learning health system, where data are collected from patients, analyzed and interpreted, and ultimately fed back into the health system to improve patient-specific care for patients in the future. In this session, we will discuss strategies for development and implementation of a precision rehabilitation framework.



Fellowship Roundtables

Haruki Ishii, MD



This is a question and answer session between fellowship program directors and residents applying to fellowship. The goal of this session is to guide residents through the application process in order to facilitate a successful match in the fellowship of their choice.



Finding Your Why: Developing a Personal Mission, Vision, and Values for Early Career Psychiatrists

Allison Schroeder, MD, Allison Bean, MD, PhD, Alethea Appavu, DO

In this session we will explore the role of mindset and discuss how having a clear personal mission, vision, and values can enable early career psychiatrists to shape their academic careers into one that truly serves them.



From the Frontiers of Healthcare Transformation: A Fellowship in Value-Based Spine and Musculoskeletal Medicine

Christopher Standaert, MD, Joseph Shivers, MD, James Eubanks, MD

There is a critical need for psychiatry to establish its role in improving value. In collaboration with the UPMC Health Plan, we have initiated the only Fellowship in Value-Based

Spine and Musculoskeletal Medicine to develop physician leaders who can foster change towards patient centered care and improved value through comprehensive, team-based physiatric care. Through a case-driven discussion, we will address critical elements in the development of physiatric fellowships in value-based medicine.



Gynecologic Considerations in Females with Spinal Cord Disorders

Laura Hobart-Porter, DO, Kathryn Stambough, MD

To provide comprehensive care for females with congenital or acquired spinal cord anomalies, the physiatrist should be familiar with reproductive health and how this may be influenced by a patient's spinal cord anomaly. This panel provides a comprehensive overview of an often overlooked aspect of care for those with spinal cord disorders.



Heart Transplantation: Should I Stay or Should I Go?

Leslie Rydberg, MD, Sarah Eickmeyer, MD, Laura Malmut, MD, Kim Barker, MD

This session will discuss exercise physiology of the transplanted heart, functional outcomes after heart transplantation, medications used for immunosuppression and prophylaxis, medical complications seen after transplantation, and special considerations for Intrathoracic Pressure Regulation (IPR) in this patient population. This session will split the audience and presenters into two groups and use specific case presentations to debate the pros and cons of providing rehabilitation care to this patient population.



Hot Topics & Tips for Physiatry Advocacy

Felicia Skelton, MD, Ellia Ciammaichella, DO, Nethra Ankam, MD, William Evan Rivers, DO, James Wilson, DO

Join members of the public policy committee in discussing breaking policy updates affecting your practice, research, and academic institutions. We will also provide a primer on health policy lingo so you can stay "in the know" and feel confident advocating for your patients and trainees.



Identifying Posttraumatic Headache in Veterans and VHA's Evolving Approach to Management

Dixie Aragaki, MD, Udai Nanda, DO, Blessen Eapen, MD, Don McGeary, PhD

The VA Healthcare System has created an innovative interdisciplinary care continuum to address the entire spectrum of Traumatic Brain Injury (TBI) and posttraumatic headache. By reviewing the prevalence and burden of posttraumatic headache and identifying the strategies the VA is using to address them, learners will be equipped with the skills to apply these techniques in various clinical settings.



Innovations and Progress in Cardiopulmonary Rehabilitation: Lessons from COVID, Population Health, and Telemedicine

Matthew Bartels, MD, MPH, David Prince, MD, Jonathan Whiteson, MD

Cardiopulmonary rehabilitation is an essential part of the care for patients in rehabilitation. This session reviews

the newest advances in the provision of care in acute care and outpatient settings, looking at advances in tele rehabilitation, at home rehabilitation, and the role of virtual programs to deliver at home cardiopulmonary rehabilitation. The latest changes in reimbursement and regulations will also be reviewed which enable a greater provision of these services to our patients.



Interactive Mentoring Skills Practice: A Framework to Enhance Your Mentoring Conversations

Karen Barr, MD, Max Hurwitz, DO, Angela Garcia, MD

Mentoring is an essential skill for medical educators, yet opportunities to deconstruct and practice this skill in a low stakes situation while receiving feedback are few. In this interactive simulation, attendees will have the opportunity to practice mentoring skills by using an evidence based framework, while receiving coaching and suggestions. If attendees prefer to stay out of the "hot seat" they can still join in by providing suggestions as they observe the mentoring scenario unfold.



Integrating Cancer-type Specific Symptom Management in Cancer Rehabilitation.

Yunna Sinskey, MD, Meagan Smith, DO

Experience a "choose your own adventure" style medical journey detailing common cancer survivor burdens you encounter in cancer rehabilitation. Through utilization of live poll, you will be able to learn different case scenarios representing the struggle cancer survivors face daily. This session will give you a glimpse into symptoms patients commonly face during their battle with cancer. This is an opportunity to collaborate with other providers who treat cancer patients in their practice.



International Views on Rehabilitation: From Cardiac to Sports and Everything in Between

Matthew Bartels, MD, MPH, Rory Dixon, MD, Amitai Oberman, MD, Marta Supervia, MD, Msc, PhD

International rehabilitation efforts are growing in response to the needs of individuals with disabilities worldwide. The challenges and opportunities these international settings present, are as varied as the countries they are being started in. We present a forum where several leaders in rehabilitation in their respective nations in Europe, the Middle East, and the Caribbean present their experiences and challenges.



Knee Osteoarthritis: What Can I Offer You? (An Update)

Amit Bhargava, MD, Jonathan Kirschner, MD

Osteoarthritis (OA) of the knee is a very common degenerative chronic disease which is responsible for debilitating pain and affects the quality of life. Osteoarthritis is multifactorial in origin. Various treatments have been documented including medication, modification of life style, injections and surgery. Newer techniques include tissue regeneration injections (platelet rich plasma, stem cells) and radiofrequency of genicular nerves.



Leveraging the Power of Digital Health to Improve Rehabilitation Outcomes

Brad Dicianno, MD, Bambang Parmanto, PhD, Yanshan Wang, PhD

Digital health technologies include mobile health (e.g., smartphone apps), telemedicine, wearables, LIDAR, 3D modeling, and other tools used to deliver personalized care. Evidence on their use in rehabilitation will be reviewed. Research studies that evaluate how these technologies can be used to impact outcomes of people with disabilities and caregivers in clinical and community-based settings will be presented. Leveraging the electronic health record to understand social determinants of health will also be discussed.



Lifestyle Medicine and its Role in PM&R – The What, Why and How

Arti Panjwani, DO

This session will include an evidence-based overview of the field of Lifestyle Medicine, its role in the management of musculoskeletal and metabolic diseases, how clinicians can obtain training in this field, and its application in private practice.



Long COVID: An Overview of Pathobiology and Evidence-based Approaches to Care

Monica Verduzco-Gutierrez, MD, David Putrino, PT, PhD, Joseph Herrera, DO

Long COVID is a Post-Acute Sequelae of COVID-19 that is estimated by the Centers for Disease Control and Prevention (CDC) to affect as many as 1 in 5 people who have survived an acute COVID-19 infection. Despite this staggering prevalence, and although the symptoms of Long COVID can be extremely severe and debilitating, a satisfactory approach to managing the care of people with Long COVID remains elusive. In this panel presentation, we will discuss a pragmatic, logical and patient-centered framework for understanding Long COVID as an infection-associated chronic disease, and managing the care of people who are experiencing persistent symptoms after an acute COVID-19 infection.



Management of Spastic Hemiplegic Gait

Sheng Li, MD, PhD, Michael Munin, MD, Abraham Alfaro, DO, PhD

A theoretical framework will be presented to advance our understanding of spastic hemiplegic gait, and pros and cons of management options (phenol, toxins, and orthotics) will be discussed with clinical cases.



Mobility and Fragility: Geriatric TBI Care & Management

Sima Desai, MD, Kelly Crawford, MD, Jason Edwards, DO

Due to the rising numbers of the geriatric population with Traumatic Brain Injury (TBI); it is imperative that clinicians treating this patient population are aware of the unique medical and rehabilitative challenges faced by the geriatric population following a TBI. This population can be challenging to work with due to their various medical

co-morbidities with increased rates of mortality and worse functional outcomes. This session will provide guidelines for management of TBI in this geriatric population.



New Evidence On the Origins and Manifestations of Spasticity and Muscle Stiffness and Their Potential Treatments

Preeti Raghavan, MD, MBBS, Joan Stilling, MD, Ronan Mooney, PhD, Sheng Li, MD, PhD

Although spasticity is frequently defined as a “velocity-dependent resistance to stretch,” its definition has evolved. This session will provide updated information on the new definition of spasticity and the evidence around it, including the role of reorganization of central nervous system pathways such as the reticulospinal tract and alterations in the peripheral muscular system that lead to muscle stiffness.



One of a Kind: The PM&R Intern Year

Nicholas Elwert, DO, Anne Kuwabara, MD



The first year of residency is HARD. The PM&R intern year is a year in which a resident experiences tremendous growth in all facets. Join us as we discuss topics that all students and residents going into psychiatry should know. We will discuss the basics of post-acute care settings and therapy services as well as cover the basics of key PM&R diagnoses.



Optimizing Bone Health in PM&R

Michael Fredericson, MD, Aurelia Nattiv, MD, Andrea Fox, MD

This session will discuss the evaluation of bone health in athletes, children and adolescents, men, post-menopausal women, and older age patients. We will also discuss pre-operative or post-fracture bone health optimization, treatment, and prevention strategies.



Outcomes of Amputations Following Electrical Burn Injuries

Eunyeop Kim, Karen Kowalske, MD, Kyra Solis, BS, Bingchun Wan, MS

This session will explore a study that analyzed amputation in electrical burn patients to assess its corresponding long-term physical and mental effects, in comparison with the general burn population. Retrospective reviews of burn patients from 1993 to 2021 were performed using the Burn Model System (BMS) National Database. The primary variables for analysis included Veterans RAND 12-Item Health Survey and Patient-Reported Outcomes Measurement Information System 29, collected at pre-burn, discharge, 6-month post-burn, 12-month post-burn, 24-month post-burn, and 5-year post-burn.



Overcoming Research Phobia Among Residents, Fellows, and Faculty: Tips to Navigate the Research Journey



Shanti Pinto, MD, Kathleen Bell, MD, Kathryn Altonji, MD, Gary Vargas, MD

Despite an interest in research, many trainees are intimidated by the process. This seminar will focus on

the basic steps to overcoming research fears for residents and fellows. Clinician-researchers and recent trainees will present an algorithmic approach to study design and implementation for beginners. Trainees will be given guidance on how to select an effective research mentors and team. Guidance will also be provided for clinical faculty to successfully engage trainees in the research process.



Pathways for Physiatrists in the Olympic and Paralympic Movement

Stephanie Tow, MD, Kentaro Onishi, DO, Monica Rho, MD, Cheri Blauwet, MD, Ellen Casey, MD, Suzy Kim, MD, Jonathan Finnoff, DO, Gerardo Miranda-Comas, MD

What does it mean when a physiatrist says they work with Olympic and/or Paralympic athletes? There are many important roles and pathways to provide medical support in the Olympic and Paralympic Movement. Join this session to learn about physiatrists' roles and responsibilities in working with Olympic and Paralympic athletes, their unique pathways to these roles, and how you may join the Olympic and Paralympic movement in the future!



Performing Arts Medicine - What Is It and How Do You Integrate Into Your Clinical Practice

Yein Lee, MD

Examine the unique aspects of Performing Arts Medicine (PAM) and how physiatrists are ideally suited to help performing artists of every kind. Practicing physiatrists, residents, and students interested in Performing Arts Medicine will hear narratives and walk away with practical information from physiatrists who practice this unique form of medicine.



PM&R ALL-STAR PANEL – Reflux & Reflexes

Sean Dreyer, MD

Legends of Psychiatry answer your HOTTEST questions in a LIVE session of Reflux & Reflexes!

Your spicy all-star line-up: Monica Verduzco-Gutierrez, MD, Eric Wisotzky, MD, Miguel Escalon, MD, MPH, Nikola Dragojlovic, DO and surprise guests!

Now's your chance to ask for their secrets about how to achieve success in applications, leadership, medical education, and work-life balance — **over wings with excessively spicy hot sauce. Don't miss it!**



PM&R in the 21st century: Why Physiatrists Should Pursue Healthcare Leadership Roles

Mohammad Agha, MD, MHA

Healthcare is in a volatile period with strong leadership needed more than ever. Physician leadership is an area of increasing interest with demand far exceeding supply. Physiatrists, with unique training and a wide variety of practice locations, are an ideal group to pursue leadership opportunities. This session will focus on the current state of physician leadership, why physiatrists are ideal physicians to climb the leadership ladder, and what steps to take for this journey.



Practical Advice for Medical Student Research: For the Mentor and the Mentee

W. David Arnold, MD, Daniel Herman, MD, PhD, Qing Mei Wang, MD, PhD, Drew Redepenning, BBME, ATP

This session, presented by members of the AAP Research Committee, is designed for the mentor and mentee alike and will address the need the need for increasing medical student involvement in psychiatric research.



Robotic Exoskeletons: Are They There Yet?

Arun Jayaraman, PT, PhD

This session will focus on different lower limb exoskeletons, and provide clinical use case scenarios where these devices are used in an acute-care setting, outpatient setting, and home and community settings. Their use in different clinical populations, the pros and cons, and the future of these devices in a continuum of care environment will also be discussed. Discussion will include lessons learned with clinical and engineering insight into how these technologies are being further developed and potentially pushed into main-stream clinical care.



Running Analysis: Catching the Right Stride

Mariam Zakhary, DO

From marathon runners to casual joggers, athletes took to the pavement during the pandemic to find some sort of escape from the couch. Injury rates increased shortly after due to poor biomechanics and muscle imbalances that went on unrecognized. That constant improper technique led to debilitating injuries and inefficient movement. Utilizing the running analysis technique that will be discussed, is a simple and yet effective tool that can guide patients back onto the right track.



Sarcopenia and Function in Elderly Adults and Stroke Survivors

Sheng Li, MD, PhD, Walter Frontera, MD, PhD, Gerard Francisco, MD, Javier Gonzalez-Buonomo, MD

Sarcopenia is a progressive and generalized loss of skeletal muscle mass and function. Sarcopenia is primarily a disease of the elderly, but it can occur secondary to stroke. The aims of this educational session are to 1) provide an overview on sarcopenia and function in healthy older adults; 2) review current literature on sarcopenia in stroke survivors; 3) present our new experimental data on sarcopenia, spasticity, motor impairments, and function in stroke survivors.



Sideline Emergencies in Sports Medicine

David Cancel, MD, Dayna McCarthy, DO, Joseph Herrera, DO, Mariam Zakhary, DO, Richard Chang, MD, Nadia Zaman, DO, Priya Patel, DO, Se Lee, MD, Laura Anderson, MD, Amie Kim, MD, Christopher Hauglid, DO

Sideline emergencies present life-threatening events in which delayed or improper care can have disastrous consequences. Sideline physicians are first responders in these events, and should have confidence in their ability to evaluate and treat on-field emergencies. In most cases, there is a gap in knowledge about sideline emergencies, as physicians may never have encountered these events during training. This workshop will implement clinical scenarios and hands-on training, preparing the sideline physician for life threatening emergencies.



Social Media Utilization by PM&R Residency Applicants and Programs: An Opportunity to Meet Applicant Expectations

Christopher Lewis, MD, Alethea Appavu, DO, Monica Verduzco-Gutierrez, MD

The COVID-19 pandemic created an urgent need for residency programs to develop a virtualized interview and marketing platform. Social media was quickly adopted by PM&R residency programs. Residency applicants used the information posted by programs to decide which programs they wanted to apply, interview, and rank highly. Participants in this session will learn about the current state of PM&R social media and learn about which content topics applicants favor.



The Intersection of Disability with Substance Use and Addiction: Best Practices for Screening, Integrated Care, and Accessibility

Sharon Reif, PhD

This session will provide an overview of alcohol and drug use, misuse, and addiction among people with disabilities, with an emphasis on cognitive challenges. It will offer guidance for substance use screening and integrating treatment across substance use and other specialty and primary care. Finally, it will emphasize best practices for accessibility when addressing substance use, misuse, and addiction among people with disabilities.



The Mastery Learning Technique to Teach PM&R Procedure Skills: A Hands-on Workshop

Leslie Rydberg, MD, Jacqueline Neal, MD, Emily Kivlehan, MD, Dana Branch, MD, Samuel Chu, MD

This session will include brief didactics on the foundations of mastery learning, a form of competency based medical education, followed by a hands-on workshop with participants engaging in an actual mastery learning session including pre-test, educational content, hands on deliberate practice, and post-test. The session will conclude with small groups to apply mastery learning knowledge to other PM&R procedures.



The Rehabilitation Treatment Specification System: Opening the Black Box of Rehabilitation

John Whyte, MD, Shanti Pinto, MD, Sarah Welch, DO, James Eubanks, MD

The Rehabilitation Treatment Specification System (RTSS), is a multidisciplinary system for specifying rehabilitation treatments with respect to their known or hypothesized active ingredients. If widely adopted, the RTSS has the capacity to enhance rehabilitation research, training, and clinical practice. Upon completion of this session, attendees will understand potential contributions of the RTSS to rehabilitation research, training, and clinical practice, as well as the remaining work required to implement the RTSS in the field.



The Road to Promotion/Career Development (Part 1)

Rockstar faculty to be announced



From CV writing, to goal development and institution promotion tracks, we'll be diving into how you can look to the future of your psychiatry career. Additional details will be available soon.



The Road to Promotion/Career Development (Part 2)

Rockstar faculty to be announced



This will be a combined session with psychiatrists of all levels in a panel discussion. Topics and details on the discussion will be available soon.



The Role of the Pelvic Floor in Neurorehabilitation: Assessing and Treating Pelvic Floor Dysfunction Within the Context of Neurological Injury

Maryam Sultan, MD

This session aims to bridge the gap between brain injury medicine and pelvic floor rehabilitation, describing the evaluation and treatment of pelvic floor pain and dysfunction that is related to sequelae of acute and chronic neurological injury.



The Sports-Pain Continuum: A Spectrum of Practice

Steven Siano, MD, William Riden, DO, MBA

The Sports-Pain Continuum is a spectrum that encompasses a large part of physiatric practice. The continuum includes multiple facets of PM&R including EMG, musculoskeletal medicine, pain, sports medicine, traumatic brain injury, and interventional spine care. This session is aimed at explaining the similarities and differences of these fields and offering a framework to select a future fellowship and/or practice.



Tracts, Toxins, and Tonics - TBI for Trainees

Nikola Dragojlovic, DO, Natasha Romanoski, DO, Clausyl Plummer II, MD



Stuck on spastic limbs? Want to ameliorate attention disorders? This session provides hands-on learning in a case-based format to improve your knowledge base and management skills of patients with traumatic brain injuries. The focus here is on practical skills of spasticity and dystonia management, pharmacologic treatments, and how pathophysiology correlates with function and outcome.



TBI as a Chronic Disease

Daniel Daneshvar, MD, PhD, Ross Zafonte, DO, Flora Hammond, MD

Traumatic Brain Injury (TBI) is often conceptualized as an acute process with varying extent of recovery, but an emerging literature has classified TBI as a chronic condition with persistent effects on long-term health and function. In particular, those who sustain TBI earlier in life may have divergent functional trajectories that result from evolving sequelae of their TBI. This session will explore these topics, as well as the difficulties disentangling the aging brain from the aging brain following TBI.



Ultrasound Evaluation of Peripheral Nerves: Upper Limb

Amit Bhargava, MD, Mark Hurdle, MD, Allison Schroeder, MD, Johnathan Kirschner, MD, Kentaro Onishi, DO

Musculoskeletal sonography is becoming an important part for evaluating and managing joint, nerve and soft tissue disorders. This course is designed to shorten the learning curve for health professionals interested in developing expertise in MSK ultrasound of peripheral nerves of upper limb. The course will familiarize clinicians with key techniques used to perform MSK examinations. Clinicians will learn to recognize normal anatomy, common pathologies, and critically evaluate the images of upper limb peripheral nerves.



Unique Considerations in ITB Therapy

Natasha Romanoski, DO, Michael Kryger, MD, MS, Nikola Dragojlovic, DO

Troubleshooting when it comes to Intrathecal Baclofen Therapy (ITB) therapy is often a learned experience in clinical practice. This session aims to help the clinician identify and manage unique considerations when it comes to ITB therapy.



Updates in The Evaluation and Management of Fatigue in Post-Acute Sequelae of COVID

Jonathan Whiteson, MD, Alba Azola, MD, Benjamin Abramoff, MD, MS, Talya Fleming, MD

Post-acute sequelae of SARS-CoV-2 infection manifests as a wide-ranging constellation of disabling symptoms including often disabling and pervasive fatigue. This session will review the pathophysiology, prevalence, evaluation and management and outcome tracking of fatigue in PASC and help guide Psychiatrists to optimize management of individuals with PASC in the community. Differences in management of PASC related fatigue compared to post-exertional malaise and chronic fatigue syndrome / myalgic encephalomyelitis will be highlighted.



VHA Approach to Management of Veterans with Musculoskeletal Impairments and Implications for Community Psychiatry Care

Nandita Keole, MD, John Sollenberger, DO, Bruno Subbarao, DO

This session is endorsed by AAP's VA Council and will review the epidemiology of chronic musculoskeletal pain in US Veterans and outline management strategies that have been effectively implemented in the Veterans Administration Hospitals. We will highlight key differences in presentation and progression of these conditions among Veterans. Our presentation will help our community partners manage pain conditions in Veterans who present to their clinics.

CONCURRENT PROGRAMS

These signature AAP programs will have ongoing workshops and sessions designed for this year's participants.

PROGRAM FOR ACADEMIC LEADERSHIP (PAL)

Leadership training directed by William Bockenek, MD and John Chae, MD, ME. Visit physiatry.org/PAL to learn more.

REHABILITATION MEDICINE SCIENTIST TRAINING PROGRAM (RMSTP)

Research training directed by Michael Boninger, MD and John Whyte, MD, PhD. Visit physiatry.org/RMSTP to get involved.

PROGRAM COORDINATOR SESSIONS

Wednesday, February 22 & Friday, February, 23, 2023

8:00am – 5:00pm

As always, our Program Coordinators Council is creating a schedule filled with hot topics to help Coordinators navigate this new era of residency management. These sessions will feature coordinator levels from beginner to advanced and with exciting group events coming soon. We will have breakout sessions and networking opportunities throughout the multiple session days.

ADMINISTRATIVE DIRECTORS COUNCIL SESSIONS

Wednesday, February 22

8:00am – 5:00pm

Wednesday will be dedicated to Administrative Directors for presentations, information sharing and the business meeting. A detailed schedule breakdown will be announced soon!



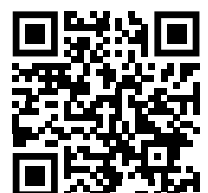
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Reading Hospital Rehabilitation at Wyomissing is part of **Reading Hospital**, a 700-bed tertiary medical center that is a Level 1 Trauma Center, comprehensive stroke center and recipient of **Healthgrades® America's 100 Best Hospitals Award™**. Home to multiple residency and fellowship programs, Reading Hospital is also the Branch Campus for Drexel University College of Medicine; a new four-year PM&R Residency Program is in its second year. **Reading Hospital Rehabilitation at Wyomissing** is the only hospital in the region accredited by both the Commission on Accreditation of Rehabilitation Facilities (CARF) and The Joint Commission. Our amputee, brain injury, SCI, and stroke specialty programs are also CARF accredited.

Reading Health Rehabilitation Hospital provides our physicians with exceptional administrative and operational support to free you to do what they do best: diagnose, treat, and rehabilitate patients who have experienced functional loss or disability as a result of an illness or injury. The hospital is located in Wyomissing, part of Berks County, Pennsylvania, one hour northwest of Philadelphia and within driving distance of Baltimore, New York City, and Washington, DC. The outstanding academic and clinical experiences offered by **Tower Health** combined with the area's cultural events, historic treasures, outdoor activities, and visual arts, create an environment for showcasing professional attributes and enjoying quality leisure time.

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Learn and Practice with Faculty Who are Driven to Discover

For 70 years, the University of Minnesota Medical School's Department of Rehabilitation Medicine has set a gold standard for PM&R care, education, and research. What makes us different?

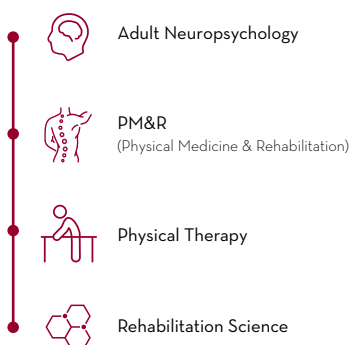
- Our divisions include Adult Neuropsychology, Physical Therapy, PM&R, and Rehabilitation Science.
- We lead cutting edge clinics in wound care, movement disorders, spine care, pediatric rehabilitation, cancer rehabilitation, and COVID-19 rehabilitation.
- Our unique interdisciplinary concussion clinic provides the latest in highly individualized care for those with mild to moderate traumatic brain injury.
- Our learners work in a highly collaborative environment at five unique sites across the Twin Cities, ensuring access to unique patient populations and a mastery of the clinical components of PM&R.
- We are ranked ninth in the nation for PM&R research with portfolios in spinal cord injury, performance validity measures in neuropsychology, cognitive and emotional factors associated with varied neurological and physiological conditions, human physiology, and rehabilitation across all systems.
- We recently were awarded funding to be the prime site for a spinal cord injury Center for Excellence. The Minnesota Spinal Cord Injury Model System (MN SCIMS) is a multidisciplinary continuum of care partnership among Courage Kenny Rehabilitation Institute, Mayo Clinic, Regions Hospital, and the University of Minnesota.

Our goal is to improve our patients' quality of life -- through excellent care, innovative research, and in-depth education. Come join us. It will be one of the best decisions you ever make.



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	Early Bird (By December 16)		Standard	
	AAP Members	Non-Members	AAP Members	Non-Members
Physician	☐ \$795	☐ \$1,095	☐ \$945	☐ \$1,245
Resident/ Fellow	☐ \$540	☐ \$690	☐ \$690	☐ \$840
Medical Student	☐ \$295	☐ \$395	☐ \$350	☐ \$450
Health Professional/ Researcher	☐ \$575	☐ \$675	☐ \$725	☐ \$825
Administrative Director	☐ \$515	☐ \$615	☐ \$615	☐ \$715
Program Coordinator	☐ \$515	☐ \$615	☐ \$615	☐ \$715
Emeritus	☐ \$225	☐ \$225	☐ \$225	☐ \$225
One-Day ☐ Tues ☐ Wed ☐ Thur ☐ Fri	☐ \$450	☐ \$600	☐ \$625	☐ \$875
International	☐ \$575	☐ \$675	☐ \$725	☐ \$825
Industry	☐ \$1,000	☐ \$1,000	☐ \$1,000	☐ \$1,000

Pre-Conference Workshops	AAP Members	Non-Members
Residency & Fellowship Program Directors (RFPD) Workshop	☐ \$250	☐ \$450
Resident, Fellow & Medical Student Bootcamp	☐ Free for residents, fellows, and medical students with paid meeting registration	
Medical Education in Physiatry: Educator Skills	☐ \$149	☐ \$199
Musculoskeletal Ultrasound: Hands-on Workshop	☐ \$149	☐ \$199
2023 Spasticity Master Course Workshop	☐ \$149	☐ \$199
Department Chair and Administrative Director Meet Up	☐ Free for chairs and admin directors with paid meeting registration	
Crash Course for American Board of PM&R Part 2	☐ \$149	☐ \$199

Guest Package ☐ \$225 per person

Registration Total:

\$ _____



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Please include all information, name, degree, institution, city and state EXACTLY as you would like it to appear on your badge.

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Emergency Contact: _____ Phone: _____

☐ Check if you or a guest require special assistance. Please explain: _____

Dietary Needs: ☐ Strict Kosher ☐ Allergy (please explain) _____

*Guest Name/s: _____

*Must purchase guest badge



Registration Information

Member: This category is designed for AAP members who are not suspended or expired, or who are purchasing a membership at the time of registration. Please check that all memberships are current before sending in registration forms. If you are unsure of your membership status or category, please call 410-654-1000 or email meetings@physiatry.org. **IF REGISTERING ONLINE, YOU MUST LOG IN TO RECEIVE AAP MEMBER DISCOUNT.**

Resident/ Fellow/ Medical Student: These packages are for residents, fellows and medical students only. You will receive access to the Resident & Fellow Networking Night.

Guest: Our guest package includes all attendee meals and breaks, and entrance to the plenary sessions and Exhibit Hall. This package cannot be used for a colleague or doctor — it is intended for a guest, spouse or family members only. Participants and guests will not be allowed into the main hall without a name badge.

Your Registration Includes: Access to plenary and educational sessions, select meals and coffee breaks, networking events (including the Welcome Reception & Opening Ceremony, Poster Gallery Receptions and Resident & Fellow Networking Night), and the Exhibit Hall! Pre-conferences have additional fees, so be sure to add them to your total when registering.

A Few Things to Note



- Full payment is due at the time of registration.
- Online registrations receive immediate confirmation; mailed registrations will be sent a confirmation within 5 days of receipt. If you do not receive a confirmation within 5 days, please call the AAP's office at +1 (410) 654-1000.
- All information must be accurately provided. Any registrations with information left blank will not be processed.
- While we appreciate as much advance notice of cancellations and refund requests as possible, AAP will accept full refund requests for any reason that are received in writing by January 31, 2023. Substitutions will be accepted if the request is made in writing via meetings@physiatry.org by January 15, 2023.
- By registering for Physiatry '23, you give permission to the AAP to use all photos and videos with your likeness taken during educational sessions, networking events and other conference activities.

Venue & Hotel Information



Physiatry '23 will be hosted at the Hilton Anaheim, just steps away from Disneyland. The John Wayne Airport is 20 minutes away and the closest distance to the venue. The Los Angeles International Airport (LAX) and Long Beach Airport (LGB) are also within driving distance to the Hilton Anaheim. Flight prices, times, and layover will vary depending on airport size. At our Annual Meeting, you'll be within walking distance amazing theme park rides and entertainment, countless restaurants, art galleries, shops, and more. Discounted room rates of \$195/ night are reserved for our attendees. You must book your room early to guarantee availability.

Complimentary WiFi and access to a fitness center are included in your room rate.

To book your hotel room, please visit www.physiatry.org/annualmeeting

Rates cannot be changed for guests who do not identify their affiliation at the time their reservation is made. All rooms are subject to availability. Once the block is full, no additional rooms will be available, so please book early. Thank you, in advance, for staying in rooms at our conference hotels as it helps the AAP offset the costs of meeting space and other costs associated with the meeting (from tables and chairs to power, air/heat and lighting)! Please help us keep registration fees down by making your reservation through our dedicated link or calling the hotel and requesting the AAP discounted rate!

The AAP does not use a third-party housing company nor will anyone from the AAP contact you to reserve your room. Anyone claiming to represent the AAP requesting to reserve your room or offer you a lower prize is fraudulent and should be reported.



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Image taken prior to COVID safety protocols. *U.S. News rankings is for the Dallas inpatient location only. Baylor Scott & White Institute for Rehabilitation is part of a comprehensive inpatient and outpatient rehabilitation network formed through a joint venture between Baylor Institute for Rehabilitation at Gaston Episcopal Hospital and Select Physical Therapy Texas Limited Partnership BIR JV, LLP. ©2022 Baylor Scott & White Health.



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Thanks to our sponsors for their generous support.



*as of September 27, 2022. Sponsorship and advertising opportunities still available! Claim your spot today.

GET SOCIAL WITH #PHYSIATRY23!

Register by December 16, 2022 and become an active member for the lowest rates!

physiatry.org/annualmeeting