

## Welcome to the PM&R Residency Program



Dear Colleague:

Our mission is to improve the quality of life for individuals disabled by injury or disease by generating essential new knowledge, training leaders in patient care and research, shaping public policy and providing the finest medical care.

Our department aims to achieve this mission by providing residency training in physical medicine and rehabilitation that emphasizes evidence-based diagnosis, treatment and care of persons with disabilities. We train our residents to become future leaders in the field. The program provides a wide variety of experiences in inpatient and outpatient clinical physiatry as well as many opportunities for research, teaching, community engagement and quality improvement. We believe that you will find our program to be exciting, fulfilling and career enhancing.

Thank you for your interest in our program.

Sincerely,

A handwritten signature in black ink, appearing to read 'Tracy Friedlander'.

Tracy Friedlander, M.D.  
*Assistant Professor and Residency Program Director*  
*Department of Physical Medicine and Rehabilitation*



### Points of contact:

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*Residency Program Director*

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*Residency Program  
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### Clinical Sites:

The Johns Hopkins Hospital  
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Kennedy Krieger Institute  
University of Maryland  
Rehabilitation  
and Orthopedic Institute



**JOHNS HOPKINS**  
MEDICINE

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# Residency Training Program



**JOHNS HOPKINS**  
MEDICINE

# Welcome to the Department of Physical Medicine and Rehabilitation (PM&R) Residency Program

## INPATIENT PM&R

Residents receive a broad inpatient rehabilitation experience: spinal cord injury and spinal disorders, stroke, joint replacement, amputation, cancer, solid organ transplants, brain trauma, pediatric disabilities and many others.

- Residents become familiar with the specific needs, goals and concerns associated with each type of disability.
- Residents become experienced in inpatient team leadership, conduct of team and family conferences and management of post-discharge care issues.
- Residents also rotate through the inpatient consultation service at The Johns Hopkins Hospital and other locations throughout the Johns Hopkins health care system, allowing them to observe and treat disabled individuals beginning at the very onset of disability, then follow them through acute care and into inpatient rehabilitation.

## OUTPATIENT PM&R

The residency program places a great emphasis on outpatient physical medicine and rehabilitation training and provides opportunities to practice outpatient sports medicine, spine rehabilitation, pain management and electrodiagnostic rehabilitation.

- The residency training program also provides opportunities to participate in outpatient clinics serving amputation, stroke, spinal cord injury, pediatric, cardiac and cancer rehabilitation patients.
- One month of elective per year (PGY-3 and 4) is tailored to the individual resident's interest. Resident may choose from local, national and international opportunities.
- Residents are assigned a longitudinal general PM&R clinic, in which they see their own panel of patients for a half day per month.

## OUR TRAINING PROGRAM

### Post-Graduate Year 2

- Approximately nine months are spent on inpatient rehabilitation services, where residents have the opportunity to care for patients who have had strokes, spinal cord injuries, organ transplants, cancer, amputations and many other disabling conditions.
- Approximately two months are spent participating in outpatient rehabilitation clinics, where residents will gain experience with numerous musculoskeletal injuries.
- Unique one-month rotation devoted to academic development to begin a research, educational or quality improvement project.

### Post-Graduate Year 3

- Pediatric rehabilitation: two months inpatient and two months outpatient
- Outpatient rotations (six months) include musculoskeletal/sports medicine, pain management, general musculoskeletal, amputee and pediatric rehabilitation.
- Consultation and subacute rehabilitation rotations: two months
- One month of elective time is included in the PGY-3.

### Post-Graduate Year 4

- Approximately eight months are spent on outpatient rehabilitation services and two months on inpatient rehabilitation services.
- Senior residents will have the opportunity to supervise junior residents during the inpatient rotations.
- Clinical rotations include brain injury, electrodiagnostic medicine, and neurologic and musculoskeletal physical medicine clinics.
- One month of elective time is included in the PGY-4.

## DIDACTICS / CONFERENCES

- At least four hours of conference time each week specifically targets the goals of the PM&R curriculum. Resident didactics are structured into a comprehensive 12-month topic cycle, including two hours of faculty lectures alternating physical examination skill workshops, case presentations, prescription writing workshops and journal club. The instruction incorporates active styles of learning.
- Each individual institution has targeted lectures throughout the week on topics including pain medicine, pediatrics, geriatrics and general rehabilitation.
- All residents complete supported courses in musculoskeletal examination, electromyography, prosthetics and orthotics, and research techniques.
- Residents participate in monthly grand rounds and journal clubs.
- Residents are provided an individual educational stipend to use for instructional materials and regional, national or international courses.
- Clinical case review with department chair.
- Oral board review with residency program director.
- Visits to community programs, including sailing and horseback riding, for people with disabilities.

## RESEARCH

- The Department of Physical Medicine and Rehabilitation has a wide variety of research interests, including brain injury and concussion rehab, ICU rehab, long-term sequelae of spinal cord injury, pain and disability, prosthetics with neural control, swallowing impairment and international rehab.
- Extensive research opportunities are also available outside the department.
- Top 10 in National Institutes of Health funding among PM&R departments.