



Icahn  
School of  
Medicine at  
**Mount  
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# Career Planning Services Newsletter

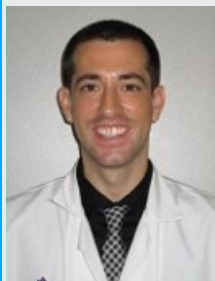
March 2017

## Spotlight on: Physical Medicine & Rehabilitation

### Overview

From [AAMC Careers in Medicine](#) >choose your specialty> *Physical Medicine and Rehabilitation*

Physical medicine and rehabilitation, also referred to as rehabilitation medicine, is the medical specialty concerned with diagnosing, evaluating, and treating patients with physical disabilities. These disabilities may arise from conditions affecting the musculoskeletal system such as birth defects, neck and back pain, sports injuries, or other painful conditions affecting the limbs, for example carpal tunnel syndrome. Alternatively, the disabilities may result from neurological trauma or disease such as broken hips, spinal cord injury, head injury, or stroke. A physician certified in physical medicine and rehabilitation is often called a physiatrist. Physiatrists often coordinate the services of an interdisciplinary rehabilitation team that may include neurologists, psychiatrists and orthopaedic surgeons as well as allied health care professionals. The primary goal of the physiatrist is to achieve maximal restoration of physical, psychological, social, and vocational function through comprehensive rehabilitation.



### Why I Chose Physical Medicine and Rehabilitation (PM&R) By Miguel X Escalón MD, MPH, Assistant Professor, Rehabilitation Medicine

I became a doctor to help people live better lives. Physical Medicine and Rehabilitation (PM&R) is a field that has no agreed upon definition; however, it does have a philosophy: to improve quality of life (QOL). Every person will either experience or know a person that suffers a medical, neurologic, traumatic or other event that affects his or her QOL. What happens after surgery to stabilize a broken neck? Who helps with the chronic pain developed after mastectomy? How will this person learn to get dressed again after his transhumeral amputation? The beauty within PM&R lies in an ability to adapt to any patient population that needs improved QOL. This is not limited to spinal cord injury, brain injury, amputation, pain and sports. Persons with congenital disabilities, rheumatologic disease, cancer, pancreatitis, and a seemingly infinite list of diagnoses can have decreased function and QOL. My job is to become educated about a disease process and combine that with my knowledge of functional and rehabilitation management to make a person's everyday life better in a tangible way. I choose to follow patients from ICU to home, and I love helping them and seeing them feel less pain, more confident, better.

# Information about Surgery from AAMC Careers in Medicine

## Subspecialties

- Brain Injury Medicine
- Hospice and Palliative Medicine
- Neuromuscular Medicine, Physical Medicine and Rehabilitation
- Pain Medicine ,Physical Medicine and Rehabilitation
- Pediatric Rehabilitation Medicine
- Spinal Cord Injury Medicine ,Physical Medicine and Rehabilitation
- Sports Medicine, PM and R

## Length of training

4 Years

## Average Hours Worked Per Week

45.4

## Median Salary

\$ 276,510

## Patient Profile

### 5 most frequently encountered conditions

1. Back pain/injury/surgery
2. Stroke
3. Neck pain/injury/surgery
4. Spinal cord injury
5. Arthritis (unspecified)

## Setting

57% of physicians in this specialty practice in an urban setting at:

- Office Based Patient Care
- Hospital Based Physician Staff
- Administration

3% of physicians in this specialty practice in a rural setting at:

- Office Based Patient Care
- Hospital Based Physician Staff
- Administration



## Want more information about PM&R ?

**Specialty advisor:** Miguel X Escalon, MD, MPH

**System Chair for the Department of Rehabilitation Medicine:** Joseph Herrera, DO

**Check out the Specialty Information page on the CPS App!**

<http://cps.careteamapp.com/home>

## Societies, Boards, and Other Organizations

[American Academy of Pain Medicine](#)

[American Academy of Physical Medicine and Rehabilitation](#)

[American Board of Physical Medicine and Rehabilitation](#)

[American Congress of Rehabilitation Medicine](#)

[Association of Academic Physiatrists](#)

[International Society of Physical and Rehabilitation Medicine](#)

## Publications

[Archives of Physical Medicine and Rehabilitation](#)

[American Journal of Physical Medicine and Rehabilitation](#)

[Journal of Rehabilitation Research and Development](#)

[Disability and Rehabilitation](#)

[Journal of Rehabilitation Medicine](#)

[Physical Therapy](#)

## Office of Student Affairs

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<http://icahn.mssm.edu/education/medical/student-affairs>