

The Full Resource Guide for All Aspiring Physiatrists

Association of Academic Physiatrists (AAP)

Mentorship:

- [*Resident/Fellow Council \(RFC\) Mentorship Program*](#)— A program that pairs medical students with PM&R residents/fellows who can provide mentorship about the field and guidance to a successful match.
- [*Big Buddy Program*](#)— An informal and safe space for budding medical students to be paired with a more experienced medical student in the physiatry community.

Research:

- [*AAP Virtual Journal Club*](#)— Monthly meetings about the latest research in PM&R presented by medical students and clinical experts in the field.

M1 Summer Externships:

- [*Medical Student Summer Clinical Externship \(MSSCE\)*](#)— 8-week funded summer externship designed to expose medical students to inpatient and outpatient clinical practice, the human side of patient care and respected physiatrists.
- [*Rehabilitation Research Experience for Medical Students \(RREMS\)*](#)— 8-week funded summer externship designed to expose medical students to a structured research experience and respected academic physiatrists.

Education:

- [*AAP Library of Virtual Didactics & Webinars*](#)— Enjoy all AAP didactics and webinars on topics like spinal cord injury, sports medicine, cancer rehabilitation, traumatic brain injury, and more.
- [*PM&R Pocket Mentor Podcast*](#)— Created by the AAP Medical Student Council, this podcast was designed to introduce medical students to the specialty of PM&R and its leaders.
- [*American Journal of PM&R*](#)— Subscription to this journal is included with membership.

Advising for PM&R Residency:

- [*PM&R Application Guide*](#)— Created by the AAP Medical Student Educators Council, this guide provides helpful tips and insights to the match process.
- [*Residency Program Directory*](#)— List of PM&R residency programs + contact information.
- [*Annual Residency Q&A Panel*](#)— Led by the Medical Student Council, this panel hosts current residents to answer all questions medical students have about the match.

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For Student Interest Groups:

- [How to Start a Student Interest Group Guide](#)— Helpful tips and suggestions in starting a new student interest group.
- [PM&R Fair Grant](#)— A PM&R Fair is an event that showcases the various aspects of physiatry. The AAP provides grants of up to \$750 to institutions looking to host a fair.
- [Introduction to PM&R Lecture Slideshow](#)— A pre-made slideshow to help teach fellow medical students about the field of physiatry.

Conferences:

- [AAP Virtual Mid-Year Meeting](#)— A virtual symposium that focuses on your career development journey into PM&R (medical student track available).
- [Physiatry | Annual Meeting](#)— The AAP's annual in-person meeting of PM&R professionals and peers all over the country. A wonderful opportunity to present research, network, and learn all things physiatry.
- [Conference Companion Program](#)—Connect with fellow medical student attendees of the Annual Meeting. Perfect for those planning to attend the conference alone or for those who want to network with other aspiring physiatrists.

Become a Member:

- <https://www.physiatry.org/page/membership>
- Follow us on Twitter (@AAPPhysiatry_MSC and @AAPPhysiatrists) and Instagram (@aaphysiatrists)



Association of Academic Physiatrists

MENTOR. DISCOVER. LEAD.

American Osteopathic College of Physiatry (AOCPMR)

Mentorship:

- *AOCPMR Mentorship Program*— This program pairs medical students to PM&R physician mentors for guidance in both career and personal life.
- *Project ASK!*— A collaborative national peer mentorship program that assists medical students in connecting with a representative at PM&R programs across the country.

Research:

- *AOCPMR Virtual Journal Club*— Meetings about the latest research in PM&R presented by medical students and clinical experts in the field.
- *“How to write a case report?” Guide*
- *“How to write a literature review?” Guide*

Education:

- *AOCPMR Educational Youtube Channel*— The official channel of AOCPMR that includes podcasts, OMT tutorials, and more.
- *Educational Lectures*— These include various topics in PM&R throughout the year by clinical experts.
- *MSK Ultrasound Lecture Series*— Start learning how to use ultrasound in the MSK system.
- *OMT Basics for the Physical Exam*— A quick reference guide for commonly seen somatic dysfunctions and how to treat them.

Advising for Residency:

- *Pathway to Residency Lecture Series*— Monthly lectures hosted by the AOCPMR Resident Council that covers various of topics throughout the match season (e.g. navigating VLISO, writing personal statement, obtaining letters of recommendation, completing ERAS, and more)
- *Pathway to Residency Guide*— A comprehensive, year-by-year guide on becoming a physiatrist.
- *Virtual Mock Interviews*— 4th year students can sign up for mock interviews with current PM&R residents.

American Osteopathic College of Physiatry (AOCPMR)

For Student Interest Groups:

- *AOCPMR SIG Funding*

Conferences:

- *AOCPMR Mid-Year Meeting*— Annual in-person meeting of osteopathic PM&R professionals and peers all over the country. A wonderful opportunity to present research, network, and learn all things physiatry.

Become a Member:

- <https://www.aocpmr.org/join-the-student-council>
- Follow us on Twitter and Instagram (@AOCPMR).

American Academy of Physical Medicine and Rehabilitation (AAPM&R)

Education:

- [Consider a Career in PM&R Guide](#)—This handout details what you can expect from working in PM&R
- [Medical Student Newsletter](#)—This quarterly e-newsletter includes helpful information and interviews for medical students who are considering PM&R
- [Podcasts from the Medical Student Program](#)—Features career advice and thoughts on the future of rehabilitation medicine.
- [Online Learning Portal](#)— Enjoy numerous lectures on various topics of PM&R.
- [PM&R Knowledge NOW](#)— An evolving, dynamic online resource that highlights the breadth and depth of clinical topics in the specialty of PM&R.
- [PM&R: The Journal of Injury, Function, and Rehabilitation](#)—Subscription to this journal is included with membership.

Advising for Residency:

- [A Step-by-Step Guide to Applying for a PM&R Residency](#)— Applying for residency can be a complicated process. Learn about the steps of applying to residency in our guide.
- [AAPM&R Medical Student Roadmap](#)— Year-by-year guide to pursuing a career in PM&R. Provides tips and suggestions to a successful match.
- [AAPM&R Medical Student Guide to PM&R](#)— List of frequently asked questions and the answers about PM&R and the residency match.
- [Residency Programs Map](#)— List of PM&R residency programs.
- [Physiatrists in Training \(PHiT\) Council](#)—Membership gives you access to this council that focuses on developing and sustaining a strong community for residents and those in fellowship.
- [Q&A with Residents](#)— Resident ambassadors from our PHiT Council answer questions asked by medical students

Conferences:

- [AAPM&R Annual Assembly](#)— In-person meeting of PM&R professionals and peers all over the country. A wonderful opportunity to present research, network, and learn all things physiatry.

American Academy of Physical Medicine and Rehabilitation (AAPM&R)

Conferences continued:

- *Understanding PM&R: A Medical Student's Guide to PM&R*— Annual virtual program led by leaders of the field that is intended to provide an introduction to PM&R, the types of patients cared for, and the different procedures involved. Also includes a virtual residency fair allowing students to interact with representatives from each program directly.

Become a Member:

- <https://www.aapmr.org/members-publications/membership/join-the-academy#join>
- Follow us on Twitter and Instagram (@AAPMR)

Additional Recommended Resources

Additional Organizations:

- [PM&R Scholars—Annual Virtual Residency Fair](#)
- [Representation in Rehab](#)
- [Inside the Match](#)

Paid Resources:

- [PM&R Recap](#)
- [Ultrasound Guidance \(MSK Ultrasound Learning Modules\)](#)

Books:

- [PM&R Pocketpedia](#)
- [3-Minute MSK Exam](#)
- [Malanga Physical Exam](#)