

## Advising Timeline for Students Applying into Physical Medicine and Rehabilitation

	Research	Volunteer	Career Experience	Advising
Before you find PM&R	<ul style="list-style-type: none"> <li>• Find a research mentor</li> <li>• Get involved with research in any field</li> </ul>	<ul style="list-style-type: none"> <li>• Find local volunteer opportunities</li> <li>• Consider leadership opportunities within your medical school (teaching, school committees)</li> </ul>		<ul style="list-style-type: none"> <li>• Explore appropriate careers</li> </ul>
After you find PM&R	<ul style="list-style-type: none"> <li>• Find a research mentor within PM&amp;R or a related field or continue previous research project</li> </ul>	<ul style="list-style-type: none"> <li>• Volunteer with PM&amp;R relevant opportunities</li> <li>• Consider leadership opportunities within your medical school (teaching, school committees)</li> </ul>	<ul style="list-style-type: none"> <li>• Shadow with PM&amp;R physicians</li> <li>• PM&amp;R interest group (join/start)</li> <li>• Consider a summer externship – research vs clinical</li> <li>• Understanding of PM&amp;R as a specialty</li> </ul>	<ul style="list-style-type: none"> <li>• Find a local advisor</li> <li>• Find an advisor through the AAP</li> </ul>
Year 3 and 4	<ul style="list-style-type: none"> <li>• Continue work on research project</li> <li>• Goal to disseminate work via abstract, article, book chapter, or presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Volunteer with PM&amp;R relevant opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• PM&amp;R rotations: Home institution (if available; late 3rd year/early 4th year)</li> <li>• PM&amp;R rotations: Away rotation (apply March/April of 3rd year; rotate June – October 4th year)</li> <li>• Elective rotations: (trauma, neurology, neurosurgery, pain, orthopedics, sports medicine, rheumatology, radiology)</li> </ul>	<ul style="list-style-type: none"> <li>• Meet with your advisor July/August of 4th year</li> <li>• Identify target programs</li> <li>• Identify # programs</li> <li>• Letters of Recommendation</li> <li>• Personal Statement</li> </ul>