



The future  
of physiatry  
happens  
here!



Association of Academic Physiatrists

REGISTER NOW TO SAVE AT  
[PHYSIATRY.ORG/ANNUALMEETING](https://www.physiatry.org/annualmeeting)



# YOUR TIME TO SHINE

Physiatry '25 is the premier event for leaders and rising stars of physiatry and rehabilitation. Ignite your impact for the year to come as we share, discover, and connect at the Association of Academic Physiatrists (AAP) Annual Meeting this February.

## The Educational & Social Event of the Year

If there's any in-person physiatry event to attend in 2025, this is it. With an anticipated 1,700+ attendees, 800+ poster presentations, 50+ workshops & educational sessions, 50+ exhibitors, and several signature networking events, you can discover groundbreaking science and career-growth at every step of your Physiatry '25 experience.

## Get Your Best Rate

Become a member of the AAP and register by December 18, 2024, to enjoy significantly reduced registration rates. You can save up to \$300 by participating in this early bird discount. Join our community at [physiatry.org/membership](https://physiatry.org/membership).

## The Latest Details







As we get closer to Physiatry '25, more up-to-date event descriptions, timelines, and a few extra surprises can be viewed on our website at [physiatry.org](https://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 **#Physiatry25**, our official event hashtag.



## Follow us on:

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

## Register Now

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

REGISTER BY DECEMBER 18, 2024 TO SAVE!





## The Future of Psychiatry Happens Here

We are thrilled to extend an invitation to Psychiatry '25, the Association of Academic Psychiatrists (AAP) Annual Meeting! Join this remarkable assembly of forward-thinking psychiatrists, educators, mentors, researchers, and patient advocates in the vibrant desert landscape of Phoenix, Arizona this February.

Whether your goal is to hone your clinical skills, advance research in a specific field of study, or grow as a leader, Psychiatry '25 is the place to make it happen. The AAP proudly represents a community of over 3,000 passionate professionals in psychiatry, united in our pursuit of advancing academic practice, research, and education. We believe the best way to learn and gain inspiration is by participating in hands-on workshops and interactive training, networking with mentors and peers, and presenting novel and exciting research to a captivated audience.

This year's meeting includes a special theme focused on Regenerative Medicine, offering in-depth exploration, advancements, and ethical considerations in the field. This track aims to enhance understanding of both the scientific foundations and practical applications of regenerative medicine, paving the way for innovative approaches to healing and rehabilitation.

New this year, we'll also be awarding cash prizes for Top Research. We hope you will all join us on Friday to hear the Scientific Paper and Poster Presentations to learn about the amazing work being done in the field and celebrate the winners — it's your time to shine!

I cannot wait to see you in Phoenix!

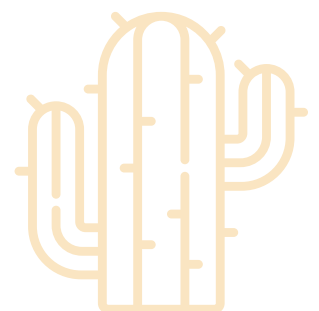
**Shanti Pinto, MD, MSCS**

*Chair, AAP Program Subcommittee*

*O'Donnell Clinical Neuroscience Scholar*

*Associate Professor, Department of Physical Medicine and Rehabilitation*

*University of Texas Southwestern Medical Center, Dallas, TX*



# MichiganAnswers™

## PHYSICAL MEDICINE & REHABILITATION

Transforming excellence in clinical care, education of health care professionals, innovative research, and advocacy for our patients including individuals with disability since 1950.



**MICHIGAN MEDICINE**  
UNIVERSITY OF MICHIGAN



Scan to  
Learn More



# Welcome to Phoenix

## Come for the Sessions, Stay for the Sunshine

**HELLO, PHOENIX!** Come join us in the Valley of the Sun. Phoenix is the fifth largest city in the US, boasting breathtaking scenery, deep cultural roots, and a bustling downtown. It's one of the top golfing destinations in the country and in close proximity to a plethora of national parks and other outdoor adventures. With top-notch dining, national sports arenas, and museums galore, you'll find no shortage of things to do while attending Psychiatry '25!

### THRILLING OUTDOOR ADVENTURES

Explore some of the beautiful and unique hiking trails and natural wonders such as Cave Creek, Camelback Mountain, and of course, the Grand Canyon.

### FAMILY-FRIENDLY FUN

Catch a baseball game at Chase Field, expand your mind at the Arizona Science Center and the Phoenix Art Museum, find peace at the Japanese Friendship Garden, or visit Taliesin West, a historic site with a fascinating history.

### DELIGHT IN THE CITY NIGHTLIFE

Enjoy a show and shopping, a beer at a local brewery, or a fine dining experience for date night.



[VISITPHOENIX.COM](https://www.visitphoenix.com)



**HOTELS:** Hyatt Regency Phoenix, Sheraton Phoenix Downtown, Hilton Garden Inn Downtown

Visit [physiatry.org/AnnualMeeting](https://www.physiatry.org/AnnualMeeting) for hotel information, booking, and pricing.

✈ **AIRPORT:** PHOENIX SKY HARBOR INTERNATIONAL AIRPORT (PHX)

\$ **CURRENCY:** \$ USD

🕒 **TIME ZONE:** MOUNTAIN STANDARD TIME (MST)



# What's New This Year

We're excited to announce these new features for our 2025 meeting!

## CASH Prizes for selected Best Papers and Top Posters

In addition to the many amazing benefits you'll receive when presenting a poster or scientific paper at our Annual Meeting, we will be awarding up to seven cash prizes for outstanding abstract submissions related to education, leadership, and research-oriented work in physiatry. These awards will be granted for the extra effort that goes into preparing top-caliber presentations.



## Full Saturday Schedule

Come for the week, stay the weekend! This year, Saturday will offer a full top-tier session schedule, a Pickleball Championship game, a free Awards Ceremony & Member Caucus lunch, and several networking and social events taking place in the afternoon.



## Interactive Installations

See the powerful impact of physiatry with a patient and physician art gallery dedicated to the exploration of identity after injury or illness, and find your name on our Physiatry Foundation 'Wall of Gratitude'.



Plus all of the fantastic demo pods, networking events, and impactful sessions that you know and love!



Physiatry '25 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.



Visit the Physiatry '25 event website

## Schedule at a Glance

### TUESDAY, FEBRUARY 25

Residency & Fellowship Program Directors (RFPD) and Program Coordinators Workshop - Part 1

### WEDNESDAY, FEBRUARY 26

RFPD & Program Coordinators Workshop - Part 2

Special Interest Pre-Conference Workshops

*Sign up in advance for hands-on learning with leading experts in physiatry*

Fellowship & Job Fair

Chairs and Administrative Directors Joint Session & Reception

### THURSDAY, FEBRUARY 27

Expo Hall Open

Educational Sessions

Plenary Speaker

Poster Gallery Reception

President's Reception  
(hosted by our AAP President and UT Southwestern!)

### FRIDAY, FEBRUARY 28

Plenary Speaker

Expo Hall Open

Educational Sessions

Scientific Paper Presentations

Complimentary Lunch in the Expo Hall

Poster Gallery Reception

Resident/ Fellow Networking Night

### SATURDAY, MARCH 1 - NEW SCHEDULE!

RMSTP Scientific Papers

AAP Member Caucus & Awards Lunch

Expo Hall Open

Educational Sessions

Evening Networking & Social Events (details to come)

Visit [physiatry.org/annualmeeting](https://physiatry.org/annualmeeting) for the most up-to-date schedule and news!



# Regional Leaders in Research, Training & Patient Care

## PHYSICAL MEDICINE & REHABILITATION

### SPECIALITIES & EXPERIENCE

- Amputee/Prosthetics/Orthotics
- Seating & Positioning Clinic
- Spinal Cord Injury
- Brain Injury
- Stroke
- Spasticity
- Cancer Rehabilitation
- Musculoskeletal
- Spine
- Pain
- Sports Medicine
- Electrodiagnostic Machine

### RESIDENCY & FELLOWSHIP OPPORTUNITIES

- Physical Medicine & Rehabilitation Residency Program
- Cancer Rehabilitation Fellowship
- Interventional Musculoskeletal/Spine Fellowship

### CLINICAL EXCELLENCE

- Interdisciplinary program at Mark A. Asher Comprehensive Spine Care Center
- Ranked #1 in the state of Kansas for *Newsweek's* Best Physical Rehabilitation Centers in 2024

#### HISTORY

Department founded  
in 1944 with 80  
years of excellence  
in PM&R

#### REPUTATION

Rated as a top 30  
PM&R residency  
program by  
reputation in  
Doximity

#### RESEARCH

Ranked 22nd in NIH  
funding for PM&R in  
2023 by Blue Ridge  
Institute

*KU Physical Medicine & Rehabilitation* is currently looking for the next great leaders in academic and clinical care. If you are interested in learning more about the residency or fellowship programs, or are looking to join our team as faculty, please visit our website at [kumc.edu/pmr](https://kumc.edu/pmr) or contact [seickmeyer@kumc.edu](mailto:seickmeyer@kumc.edu).



# What's in it for You

Over 1,700 AAP members are expected to attend the psychiatry 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'S TIME TO SHINE AT PHYSIATRY '25.**



## MAKE CONNECTIONS THAT MATTER

### SPONSOR, EXHIBIT, ADVERTISE

The world's most influential leaders and rising stars in psychiatry will come together for the AAP's Annual Meeting. Showcase your first-class organization among this captivated audience who are eager to network, collaborate and expand.

Aligning your brand with Psychiatry '25 is a guaranteed way for you to develop a reputation for your organization in the psychiatry community. Prominent placements fill quickly, so contact us today to learn more about exhibit space and custom sponsorships.

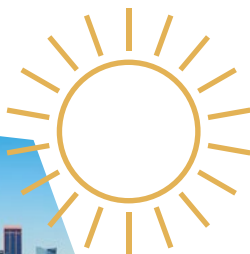


**Sponsorship, Exhibitor  
and Advertising Opportunities**

## 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 psychiatry 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** Phoenix's serene desert landscape, one-of-a-kind museums, award winning dining, and vibrant nightlife

Visit [psychiatry.org/annualmeeting](https://psychiatry.org/annualmeeting) to view our early bird prices, networking opportunities, and events to look forward to in person.



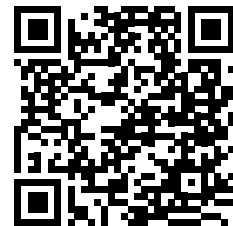
# BURKE HAS THE LOWEST REHABILITATION HOSPITAL READMISSION RATE IN THE NATION.

At Burke Rehabilitation, our whole-person approach to physical medicine and rehabilitation combined with best practices, new treatments, and innovative technologies maximizes the recovery of those we serve.

Among Medicare beneficiaries within 30 days of discharge; data from Centers for Medicare and Medicaid Services as of June 30, 2021.



**BURKE**  
REHABILITATION  
MONTEFIORE HEALTH SYSTEM



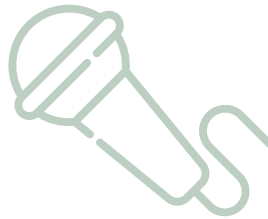
785 MAMARONECK AVENUE | WHITE PLAINS, NY 10605  
888-99-BURKE | BURKE.ORG



# Plenary Speakers



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



DeLisa Lecture

## WENDY DEAN, MD

CEO & Co-Founder, *The Moral Injury of Healthcare*

Author of *If I Betray These Words: Moral Injury in Medicine and Why It's So Hard for Clinicians to Put Patients First*

### The Moral Injury of Healthcare

**Description:** Moral injury is when healthcare professionals are asked to violate their judgment in service to the financial needs of hospitals, insurers, and government thus making clinicians unable to provide high-quality care. Dr. Dean will confront the threat of moral injury and explore examples of how to make medicine better for physiatrists and those they serve.

Dr. Dean is the President and Co-founder of **The Moral Injury of Healthcare**, a nonprofit organization addressing the crisis of clinician distress. A psychiatrist by training, Dr. Dean left clinical medicine when generating revenue crowded out the patient-centered priorities in her practice. Her focus since has been on finding innovative ways to make medicine better for both patients and healthcare professionals—technologically, ethically, and systemically. Her expertise is widely sought on Moral Injury in healthcare, women's leadership, government healthcare investment strategy, medical product development, clinical practice, research oversight, and the ethics of medical innovations.

## THOMAS A. RANDO, MD, PHD

Director of the Eli and Edythe Broad Center of Regenerative Medicine and Stem Cell Biology

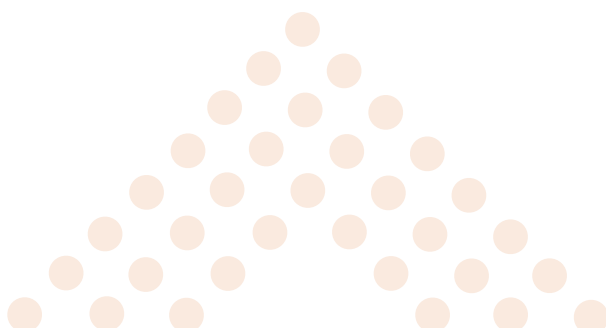
Professor of Neurology and Molecular, Cell, and Developmental Biology

University of California Los Angeles

### In Pursuit of Regenerative Rehabilitation: Exercise, Stem Cell Function, and Inexorable Aging

**Description:** Dr. Rando will describe studies of the beneficial effects of exercise in preclinical models of tissue repair and functional recovery. He will also place these studies in the context of the biology of aging with the goal of understanding how Regenerative Rehabilitation strategies will likely differ in older individuals compared with younger individuals.

Dr. Rando is the Director of the Eli and Edythe Broad Center of Regenerative Medicine and Stem Cell Biology at UCLA where he is a professor of Neurology and Molecular, Cell, and Developmental Biology. Research in the "Rando Lab" lies at the intersection of basic stem cell biology and the biology of aging. Dr. Rando's research has revealed how stem cells respond to cues from their environment to modulate their ability to maintain tissues or engage in tissue repair. His laboratory is credited with pioneering work in stem cell aging that revealed how factors in blood can promote stem cell activity in young individuals and suppress it in older individuals. This work has led to novel clinical trials for age-related disorders.





# REHABILITATION CARE WITH A NATIONAL REPUTATION.

**6,481**

PATIENTS  
TREATED  
EACH YEAR

**15**

SPECIALTY  
PROGRAMS

**4**

NATIONALLY  
RESPECTED  
HOSPITAL AWARDS



LEARN  
MORE



# Who will you meet at Physiatry '25?



## Signature Networking Events

Access to these events or the following events is included in your registration fee!

### RFPD Cocktail Reception

TUESDAY, FEBRUARY 25, 5:00PM - 6:30PM

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!

### Fellowship & Job Fair

WEDNESDAY, FEBRUARY 26, 5:00PM - 6:30PM

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.

### Department Chair & Admin Director Meet-Up

WEDNESDAY, FEBRUARY 26, 6:45PM - 9:00PM

Department leaders come together for a networking reception followed by a session to explore common challenges and solutions.

### Research Leader Networking Event

THURSDAY, FEBRUARY 27, 7:00AM - 8:00AM

Kick off the day with the AAP Research Committee and Research Chairs from PM&R departments across the country discuss support for the next generation of researchers & improve collaboration among research leaders.

### Welcome Reception

THURSDAY, FEBRUARY 27, 6:30PM - 8:00PM

Kick off Physiatry '25 at our Welcome Reception (in the Expo Hall), hosted by AAP's President, Karen Kowalske MD, and sponsored by UT Southwestern! Mix and mingle with peers and mentors across the country as you enjoy an exciting, brightly themed venue, hors d'oeuvres, cocktails, great company, and even a few surprises.

### Poster Gallery Receptions

THURSDAY, FEBRUARY 27, 5:00PM - 6:30PM

FRIDAY, FEBRUARY 28, 5:00PM - 6:30PM

Discover cutting-edge research studies and case reports as you interact with physiatry residents and leading researchers. With over 800 posters being presented, you are sure to walk away with new ideas and collaborations.

### Junior Faculty Council Speed Networking Event (Junior Faculty Only)

FRIDAY, FEBRUARY 28, 2025, 5:00PM - 6:30PM

We invite Junior Faculty Members to come socialize and connect over happy hour. This speed networking event will be a unique opportunity featuring physicians ranging from mid-career to senior mentor participants. Please join us for Happy Hour as we rotate a few times throughout the hour to gather wisdom from various individuals with different perspectives.

### Resident & Fellow Networking Night (RSVP required)

FRIDAY, FEBRUARY 28, 2025, 7:00PM - 9:00PM

*Location and details will be released online soon.*

### MSC Quiz Bowl (Medical Students Only)

FRIDAY, FEBRUARY 28, 2025, 7:30PM - 9:00PM

*Location and details will be released online soon.*



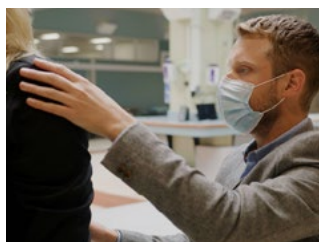




Hackensack  
Meridian Health

# JFK Johnson Rehabilitation Institute

**A LEADER** IN PROVIDING EXPERT REHABILITATION CARE



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

50 years of advancing what's possible  
for patients 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

ACCREDITED BY



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

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

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



JFK Johnson Rehabilitation Institute



@JFK Johnson

# Other Opportunities to Connect & Collaborate

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

## AAP Member Caucus & Awards Lunch

SATURDAY, MARCH 1, 12:00PM-1:30PM

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. Stay for our Awards Ceremony to help us honor deserving rock-star physiatrists and best papers and top poster winners!

## Special Interest Meet-Ups

THURSDAY, FEBRUARY 27 - SATURDAY, MARCH 1

Keep an eye out for special meet-ups throughout the meeting including our DEI event, new member/ conference buddy gatherings, Ask-a-Researcher pop-up booth and more!

## Exhibit Hall Refreshments & Lunch

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

## Demonstration Pods

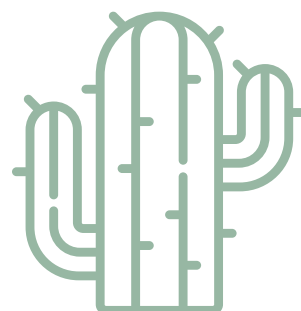
Stop by our Demonstrations Pods in the Exhibit Hall during morning and afternoon refreshments break Thursday, February 27 - Saturday, March 1. Grab a snack and experience hands-on learning and innovations brought to you by our amazing sponsors.

## Breakfast & Lunch 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.

## Anatomy Labs

Get hands-on practice hosted by our top partners and leaders in the industry.





# Pre-Conference Workshops & Sessions

This is the best way to shine a light on your Physiatry '25 experience. Add any workshop(s) to your conference registration to reserve your spot. Additional fees apply!

## Residency & Fellowship Program Directors (RFPD) and Program Coordinators Workshop – Two Day Event

TUESDAY, FEBRUARY 25, 2025  
1:00PM – 5:00PM

WEDNESDAY, FEBRUARY 26, 2025  
8:00AM – 12:00PM

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

A staple at the AAP Annual Meeting, this workshop unites program directors and coordinators across the country. Join us to learn and grow your programs with the best and novel practices.

### DAY 1

1:00PM – 5:00PM

Explore pertinent updates from the ACGME and ABPMR. Learn the latest information and recommendations from our Recruitment Subcouncil. Stay for our signature networking event following the workshop.

5:00PM – 6:30PM

RFPD Networking Event

### DAY 2

7:15AM – 8:00AM

Hot Breakfast

8:00AM – 12:00PM

#### Faculty Development Workshop

Facilitated by Paul Hemmer, MD, MPH and Jamie Geringer, DO, join us for an interactive workshop exploring the following topics:

- Giving feedback to faculty
- Proving “second-hand” feedback (feedback that we receive from others)
- Dealing with difficult faculty members and challenging dynamics

12:00PM – 1:00PM

Roundtable Lunch



## Resident, Fellow & Medical Student Bootcamp

WEDNESDAY, FEBRUARY 26, 2025  
8:00AM – 12:00PM

PRICE: Free with your resident, fellow, or medical student registration

Experience hands-on exposure to physiatric procedures. Learners will rotate through separate stations led by expert PM&R faculty and gain skills that will help you excel in your PM&R training and career. The stations may include ultrasonography, electromyography, and spasticity management. At the end of this workshop, you will have improved 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!*

## Musculoskeletal Ultrasound: A to Z (With Some Letters Missing)

WEDNESDAY, FEBRUARY 26, 2025  
1:00PM – 5:00PM

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

Amit Bhargava, MD, MS, Mark Hurdle, MD, Jonathan Kirschner, MD, Mooyeon Oh-Park, MD, MS, Allison Schroeder, MD, Adam Lewno, DO, Tricia Prince, DO, MS, Heakyung Kim, MD, Daniel Herman, MD, Hana Azizi, MD, Nathan Olafsen, MD

This hands-on workshop is geared toward all physiatrists who wish to become more familiar with the function of diagnostic ultrasound, its limitations, and its capabilities. Through didactics and interactive portions, you will learn keys to performing a diagnostic ultrasound of joints of upper and lower limb. This course is designed to shorten the learning curve for health professionals interested in developing expertise in MSK ultrasound. Clinicians will be able to recognize normal anatomy, common pathologies, and critically evaluate the images.







### ADDITIONAL FEE!

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



### Spasticity Master Course

WEDNESDAY, FEBRUARY 26, 2025

1:00PM - 6:00PM

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

Sheng Li, MD, PhD

This course is designed for clinicians who wish to learn advanced knowledge and new developments in spasticity management. Interactive didactic lectures cover the following topics: Botulinum toxin therapy under new CMS guidelines, nerve blocks with cryoneurolysis, SL-1002 trial results, hyerselective neurectomy for spasticity management, and more. The attendees will have hands-on training on ultrasound-guided botulinum toxin injections and nerve blocks with phenol and cyroneurolysis.



### Department Chair and Administrative Director Meet Up

WEDNESDAY, FEBRUARY 26, 2025

Chairs and Administrative Directors Networking Reception  
6:45PM - 7:45PM

Chairs and Administrative Directors Session  
8:00PM - 9:00PM

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

Department leaders are invited to come together for a networking reception followed by a session to explore common challenges and solutions.





# FROM RESEARCH TO REAL LIFE

At the MetroHealth Rehabilitation Institute, we have one simple mission: to help patients who have experienced significant illnesses or injuries regain as much physical and cognitive function as possible.

Jeanette Green is one of those patients with first-hand knowledge of how our research impacts real life.

Thirty years ago, Jeanette suffered a spinal cord injury and received an implantable device to restore hand function. The device—invented by researchers from MetroHealth and Case Western Reserve University—uses electrodes to stimulate muscles in Jeanette's hand. Today, devices that leverage functional electrical stimulation (FES) are implanted in hundreds of people to restore limb movement and other body functions.

MetroHealth continues to advance research on how we can use electrical stimulation to improve complications of neurologic injury or illness. Together with our partners, we're helping those with neurological impairments regain movement in ways that were previously impossible.

It's one reason why MetroHealth is sought after by people recovering from strokes, traumatic brain injuries and spinal cord injuries—both here in Cleveland and around the nation.

[Learn more at rehabilitation.metrohealth.org](https://rehabilitation.metrohealth.org)



Jeanette, pictured during a recent visit to MetroHealth, celebrated with the team who implanted the device in her hand three decades ago.



**MetroHealth** Rehabilitation Institute



# Design Your Physiatry '25 Experience



Physiatry '25 will feature powerhouse speakers and presentations that showcase the latest research and off-the-press information about clinical care, administration, and more. Keep an eye out for these icons that will help you identify areas of interest.

**NEW!**



## Regenerative Medicine

Explore the latest innovative ideas and research in the effort to restore function.



## Academic

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



## Clinical

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



## Administration

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



## Research

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



## In-Training

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



## International

These sessions dive into education, research and leadership opportunities in academic physiatry on an global level.

**BUILD YOUR PERSONALIZED AGENDA**

View the latest updates, browse sessions and speakers, and more at [physiatry.org/annualmeeting](https://physiatry.org/annualmeeting).

**Earn up to 25 AMA PRA  
Category 1 Credits™!**



# LEADING THE WAY IN INNOVATION, RESEARCH, & EDUCATION

As a nationally recognized rehabilitation hospital, UAB Rehabilitation is leading the way in meeting the needs of individuals with disabilities through compassionate care, cutting-edge research, and training the next generation of professionals.

## RESEARCH

Our research program is anchored by three long-standing, federally funded NIDILRR programs:

- UAB Spinal Cord Injury Model System
- National Spinal Cord Injury Statistical Center
- UAB Traumatic Brain Injury Model System

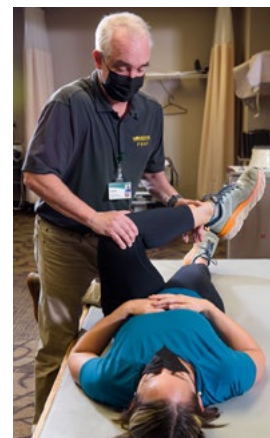
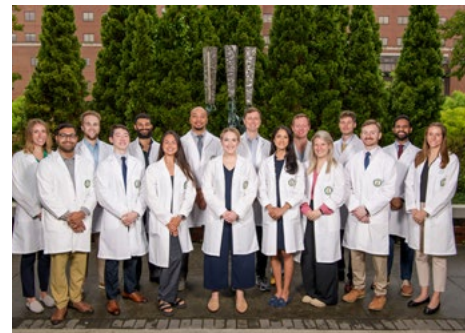
UAB disability and rehabilitation research is also funded by major federal agencies such as NIH, DoD, and CDC.

## EDUCATION

- Our residency program changed from advanced to categorical in July 2023, adding four additional residents.
- Creation of a new NASS-recognized Interventional Spine and Musculoskeletal Medicine Fellowship

## CLINICAL CARE

- Launched a comprehensive UAB Sports and Exercise Medicine Clinic in collaboration with PM&R.
- UAB's new state-of-the-art Rehabilitation Hospital will open in 2025.



To learn more about UAB Rehabilitation, visit [uab.edu/rehab](https://uab.edu/rehab).

# Theme Sessions: Regenerative Medicine



This special track aims to enhance understanding of both the scientific foundations and practical applications of regenerative medicine, paving the way for innovative approaches to healing and rehabilitation.



## **Promise to Practice: Ethical Translation of Orthobiologics and Regenerative Therapeutics**

*Allison Bean, MD, Zubin Master, PhD*

In this session, a regenerative rehabilitation researcher and biomedical ethicist will lead a discussion on ethical considerations in the administration of orthobiologics and emerging regenerative therapeutics. Recent data on health disparities, patient expectations, and “spin” in the interpretation of clinical trials related to the clinical use of orthobiologics will be presented. This will be followed by an interactive discussion focused on how to ethically and empathically discuss these treatment options with patients.

## **Burn Rehabilitation – Integrating Science to Improve Outcomes**

*Karen Kowalske, MD, Vincent Gabriel, MD*

This session will review the latest basic science and clinic research in burn care to maximize patient outcomes.

## **Fundamental principles and approaches of regenerative medicine and regenerative rehabilitation**

*Fabrisia Ambrosio, MD, Carmen Terzic, MD*

This session will overview fundamental concepts, tools, and techniques that are used in the field of regenerative medicine and will provide a scientific justification for the integration of regenerative medicine technologies together with rehabilitation approaches—Regenerative Rehabilitation.

## **Exemplars of Regen Rehab**

*Sean Saviz, MD, Nick Willett, MD, Anthony Windebank, MD*

This session is designed to showcase cutting-edge Regenerative Rehabilitation advances, spanning neurological to musculoskeletal applications such as stroke, severe skeletal muscle injuries, and spinal cord injury.

## **Regenerative Rehabilitation journal special collection highlights**

*Fabrisia Ambrosio, MD*

This session will highlight inaugural papers published in the Regenerative Rehabilitation special collection of the American Journal of Physical Medicine & Rehabilitation.





# Educational Sessions

Sessions will be held from Thursday, February 27, 2025 to Saturday, March 1, 2025. Specific times and dates will be announced soon and can be accessed through our Psychiatry '25 event site. Sessions below are categorized by track theme.



## **Be A Builder: Blueprints for Outpatient and Consult Service Programmatic Growth in an Academic Department**

*Karen Barr, MD, Kerry DeLuca, MD, Kali Webb, DO, Haylie Kromer, DO*

Expanding clinical services, building new programs, and integrating learners into the process can be an exciting career opportunity. However, navigating this in the complex world of modern academic healthcare systems can be challenging. Using examples from a new prehabilitation clinic in the outpatient setting and a new system to evaluate frailty in transplant candidates in acute care consults, we will give practical advice on how to move from an idea to a program, integrating evidence-based measures into clinical assessments in order to demonstrate their value and hear the trainee perspective of getting involved in growing programs.



## **Bridging Gaps through Mentorship: Engaging Medical Students, Residents, and Attending Physicians**

*Matthew Lee, BA, Lydia Smeltz, BA, Kayleigh Crane, BS, Sahil Shah, BA, Lisa Gong, BS, Joshua Cassinat, Sofia Trika, Danielle Broussard, Adam Fehr, Nora Newcomb, BA, Lauren Clarke, MHA*

This is a student-driven mentorship, networking, and small group event hosted by the AAP Medical Student Council. Students will learn about effective mentorship strategies from council subcommittees, focusing on areas like research and social media. Following these insightful presentations, attendees will engage in in-depth small group discussions with psychiatry professionals across various stages of their careers.



## **Care for People with Intellectual Disabilities: The Role of PM&R**

*Lauren Clarke, MHA, Nora Newcomb, BA, Lydia Smeltz, BA, Jessica Prokup, MD, Cristina Sarmiento, MD, Priya Chandan, MD*

Many physicians feel ill-equipped to provide quality care to people with intellectual disabilities (ID), and this population often can't access quality care as a result. Psychiatrists, given their disability training, are in a unique position to fill this gap in care. During this interactive session, attendees will gain familiarity with the current state of healthcare for this population, learn clinical pearls directly from people with ID, and work through a case on healthcare transition and caring for adults with ID.



## **Climate Change and Challenges for Individuals with Disabilities**

*Matthew Bartels, MD, Areerat Suputtitada, MD, Monica Rincon-Roncancio, MD, Zaliha Omar, MD*

This session will present an overview of the effects of climate change on people with disabilities in several areas of the world, including North and South America, Asia, and Oceania. Solutions will be presented within the framework

of the United Nations Sustainable Development Goals and national approaches to responding to the climate crisis. The goal of this session is to examine practical solutions that help our patients with disabilities while providing discussion of larger-scale proposals for improving opportunities for people with disabilities worldwide.



## **Demonstrating the Value of the Physical Medicine and Rehabilitation Physician – Novel Approaches in Partnering with Key Healthcare Partners Through the Healthcare Continuum**

*Jonathan Whiteson, MD, Azlan Tariq, DO, Ny-Ying Lam, MD, Karen Barr, MD*

PM&R physicians are the essential medical experts in value-based evaluation, diagnosis, and management of neuromusculoskeletal and disabling conditions. We are indispensable leaders in directing rehabilitation and recovery, vital to optimizing outcomes and function early and throughout the continuum of patient care. Considering the value PM&R physicians bring to our complex and diverse healthcare system, there are many opportunities for us to protect and evolve our practice model. Participants will explore practical strategic initiatives and tools to promote what we do as physiatrists, demonstrate the impact of PM&R, and increase awareness of the brand-value of our specialty with key stakeholders.



## **Developing a Faculty Development Program**

*Anne Felicia Ambrose, MD, Matthew Bartels, MD, Aye Mon Win, DO*

This session will provide an understanding of the importance of career development for academic faculty, the various career paths within academia, including tenure-track positions, administrative roles, and alternative careers outside of academia. Participants will also identify key skills and competencies necessary for success including teaching, research, and service, effective time management, and the importance prioritizing short-term and long-term career goals aligned with individual interests and institutional expectations.



## **Difficulties in Rehabilitation Management in SCI and TBI Dual Diagnosis Patients**

*Chinenye Nnoromele, MD, Daniel Goodman, MD, Kian Nassiri, DO*

Patients with dual or multiple acute neurological diagnoses are more common than one might think. Considering the specialized care and rehabilitation goals for these patients is paramount when we think about medical management, prognosis, rehabilitation stay, and ultimate disposition. The goal of this session is to highlight specific considerations for the care of patients with dual diagnoses and the overall approach to their rehabilitative management.



### Disability Education Guidelines for PM&R Residency

*Ravi Kasi, MD, Haris Choudry, MD, Nethra Ankam, MD, Dorothy Tolchin, MD, Leslie Rydberg, MD*

Curated for Resident Educators (Program Directors and Academic Faculty) and Residents, this session will evaluate the current practices of PM&R residency programs in how they teach principles of disability within their programs and establish best-practices for Disability Education during a residency. We will propose guidelines for Disability-themed Educational Milestones needed to be achieved by residents at the time of graduation and discuss methods to integrate this education into clinical rotations.



### Exoskeleton Walking for Pediatric and Adult Patients with Neurological Conditions: Current Research, Real-World Evidence and Clinical Implementation

*Shuo-Hsiu (James) Chang, PT, PhD, Stacey Hall, DO, Marcie Kern, PT*

Powered robotic exoskeletons could be used to augment locomotor training outcomes, and the current development of technology has provided the opportunity to advance exoskeleton-assisted locomotion training and walking. While most of the research in this field is conducted in adult patients, much emphasis has been placed on investigating the effects of exoskeleton-assisted walking in the pediatric population. We will present and synthesize the findings from our adult and pediatric research and real-world studies, provide recommendations for future research efforts, and examine clinical perspectives and implementation strategies for exoskeleton-assisted walking programs in inpatient and outpatient rehabilitation settings.



### 2026 National Institutes of Health Research Plan for Rehabilitation: Listening and Engagement Session

*Theresa Cruz, MD*

NIH is drafting a new Research Plan for Rehabilitation. Come learn about the process and provide input to NIH staff during this interactive session!



### Growing Pains: Best Practices for Vulnerable Pediatric Patients Transitioning to Adult Care

*Kavita Nadendla, MD, Anisa Tatini, MD, Stephanie Van, MD, John Fox, DO*

Approximately 1 in 6 US children experience developmental disabilities, and there is a lack of understanding amongst healthcare providers about how to properly care for this vulnerable population. Due to multiple inequities, children with unmet needs during the healthcare transition (HCT) to adult care will eventually experience increased rates of preventive illness, higher costs of healthcare, and negative impacts on other social determinants of health. During this interactive session, participants will confront common barriers to successful transition from pediatric to adult healthcare, and participants will practice navigating challenging situations and collaborating with patients, caregivers, and colleagues with tough, realistic case discussions.



### Guidance Recommendations from Veterans Affairs: Whole Health Approach to Long COVID

*Kelly Heath, MD, Jaqueline Neal, MD, Hahn Trinh, MD*

Participants will examine the Whole Health approach to Long COVID care that is employed in the VA Health System of care and engage in an interactive discussion.



### Joint Ventures: Blazing Trails with Cannabis in Physiatry

*Ibrahim Samarra'e, MD, Laura Hobart-Porter, DO, Rani Haley Gardner, MD*

Why was cannabis ever a Schedule 1 drug? How does it work and how is it used medically? What is delta 8, delta 9, delta 10-THC? If these are questions you have asked yourself, come explore the answers during this session! There is an evident lack of knowledge by physicians regarding cannabis, and the purpose of this session is to shed some light on cannabis use. Journey with us as we discuss everything from the history of the criminalization of cannabis to the effects it has on the pediatric population to the role it has in traumatic brain injuries.



### Just Breathe - It's only Trivia! A Review of Pulmonary Rehabilitation in Various Populations

*Kim Barr, MD, Leslie Rydberg, MD, Sarah Eickmeyer, MD, Laura Malmut, MD, Nicole Pontee, MD*

Get ready for trivia! Through high yield questions and friendly competition, refresh your knowledge of lung physiology and the principles of pulmonary rehab. Also review or learn how pulmonary rehab can improve functional outcomes in a variety of populations including cystic fibrosis, COPD, lung transplant, and COVID/COVID long-haulers.





## Neuromuscular Maladaptive Plasticity After Stroke: Effects of Aging, Botulinum Toxin Injection, and Hyaluronan Accumulation

*Sheng Li, MD, Walter Frontera, MD, Preeti Raghavan, MD*

Examine three important factors that affect affect neuro-muscular maladaptive changes after stroke, including aging, botulinum toxin injection, and hyaluronan accumulation.



## Neurotoxicities in Cancer Patients: Comprehensive Overview and Rehabilitation Strategies

*Ady Correa-Mendoza, MD, Paula Ackerman, DO*

This session will cover a review of epidemiology, pathophysiology, diagnosis, management, and rehabilitation interventions of neurological toxicity associated with cancer or cancer treatments in the central and peripheral nervous system. Some conditions to be discussed include radiation necrosis, radiation plexopathy, and chemotherapy-induced peripheral neuropathy.



## Nuts And Bolts: How to Get Your Patients Cancer Rehabilitation and Palliative Care, from Crafting Referrals to Building Your Own Cancer Rehabilitation or Palliative Care Program

*Kim Barker, MD, Dorothy Tolchin, MD, Andrea Cheville, MD, Sean Smith, MD*

There is both a patient need as well as a growing interest in pursuing the sub-specialties of cancer rehabilitation and palliative medicine within the field of PM&R. However, not every institution knows how to utilize these sub-specialties. Through a panel discussion followed by breaking into small groups to create a workshop atmosphere, we will engage the audience in brainstorming ways to ensure patients have access to high-quality, comprehensive care — whether it is making appropriate referrals or building your own program.



## Pediatric Limb Difference Care: Optimizing Through Multidisciplinary Collaboration

*Yunna Sinskey, MD, Mary Spires, MD, Brian Kelly, DO, Michael Forness, DO, Lauren Jones, PT, Robert Lipschitz, CPO*

Is pediatric amputee care a puzzle for you? Many PM&R specialists struggle with collaboration and developmental considerations uniquely impacting our young patients. Join us and unlock the secrets! Learn strategies to bridge the gap between physiatry, orthopedics, prosthetics, and therapy, fostering a seamless patient experience. Understand the unique needs of pediatric patients, including growth-related considerations and the impact on prosthetic fitting. Discover innovative approaches to deliver exceptional care in any setting.



## Playing Devil's Advocate: Analyzing the Current Healthcare Delivery Process Using a Quality Objective Lens as it Relates to Efficiency in the VA and Beyond

*April Pruski, MD, Ronald Shin, DO, Cynthia Racine, MD, Mariko Kubinec, MD*

The current healthcare model frequently involves duplication of resources. In addition to impacting patient satisfaction, there is a decrease in efficiency and an

increase in waste. We will explore the pros and cons of a system that can reduce redundancy and decrease fragmentation of care. We will discuss the delivery care process, opportunities for solutions, and expansion of this care nationally.



## Improving Your Management Strategies for Neurogenic Bowel Dysfunction

*Michael Saulino, MD, Marianne Pedicone, MSN, Jaimie John, MD*

Participants will review techniques for the management of the neurogenic bowel. Discuss medication strategies and the utility of trans-anal irrigation, including implementation strategies using a multidisciplinary team. Explore the potential benefit of neuromodulation techniques including sacral nerve stimulation, peripheral nerve stimulation, and magnetic stimulation. Evaluate the possible surgical options including the Malone Anterograde Colonic Enema (MACE), the Chait cesostomy catheter, and traditional ostomy creation.



## Rising to the Occasion – Department Leadership in Action

*Susan Maltser, DO, Monica Verduzco-Gutierrez, MD, Eric Wisotzky, MD, Adam Stein, MD, Joseph Herrera, DO*

Examine five case studies of challenges in department leadership – operations, business function, quality, recruitment and DEI, and GME. Engage in an interactive discussion of challenges encountered, the process used to resolve them, and lessons learned.



## Shocking the Status Quo: Clinical Applications of Neuromodulation in SCI

*Argyrios Stampas, MD, Sheng Li, MD, Radha Korupolu, MD*

Electrical stimulation has shown promising improvements for individuals with spinal cord injury. Explore the application of electrical stimulation to help with the sequelae of spinal cord injury.



## Starting, Scaling, and Supporting: Students Advocating with the Disability Community

*Lydia Smeltz, BA, Nora Newcomb, BA, Ellese Lupori, Lisa Gong, Lauren Clarke, Sahil Shah, Joshua Cassinat, Danielle Broussard, Reilly Edmonds, Kayleigh Crane, Nethra Ankam, MD, Margaret Turk, MD, Colette Piasecki-Masters, MD*

Medical students can be strong advocates in partnership with the disability community. AAP Medical Student Council members will share impactful strategies for starting to scaling disability advocacy in this interactive presentation, panel, and brainstorming workshop session. We will also discuss how faculty and existing organizations can support student-led advocacy. At the conclusion of the session, attendees will leave empowered to return home from Physiatry '25 with a purposeful plan to grow their advocacy with the disability community.



### Targeted Relief: Precision Medicine Strategies in Psychiatry

*Rosalynn Conic, MD, Paula Ackerman, DO*

Explore the benefits of precision medicine with a focus on cytochrome P450 metabolism and CYP2D6 pathway. This metabolic pathway converts many opioid medications to active metabolites; however, some people are super metabolizers or are on medication that blocks this metabolic pathway (such as SSRIs). This results in persistent pain, despite escalating dose. Recognizing these interactions early can lead to earlier medication adjustment, the improvement of patient satisfaction, outcomes, and the ability to participate in therapy. Finally, we will discuss the use of the electronic health record, clinical decision support systems, and predictive analytics for patient response.



### The Joy of Giving: Sustaining Education, Research and Academic Leadership Development in Physical Medicine and Rehabilitation

*Gerard Francisco, MD, Ross Zafonte, DO*

Philanthropy has long sustained education and research, and it is more important now than ever due to the many financial challenges facing academic institutions and nonprofit organizations. Many physiatrists have supported the mission and operations of various professional societies by volunteering their time and talent, but financial support is ultimately the key to helping these societies realize their mission.



### The Potential for AI to Enhance Psychiatry and Precision Rehabilitation

*R. James Cotton, MD*

Discover the transformative potential of artificial intelligence (AI) and language models in rehabilitation while learning the important caveats and limitations of this technology. Through the lens of tasks, we will review what AI can accomplish and where it needs to advance to benefit rehabilitation. We will also review movement analysis through computer vision, and how this AI can power precision rehabilitation. The course also covers AI fairness for people with disabilities and the advocacy role of physiatrists. Engage in identifying AI tasks that could significantly benefit rehabilitation, setting benchmarks for success and future research directions.



### The Role of the Global Academic Psychiatry Subcommittee (GAPS) in Supporting the Development of PM&R Training Programs: A Case Study in Nepal

*Heakyung Kim, MD, Rochelle Dy, MD, Toqu Afifi, MD, Christine Groves, MD, Eric Morrison, MD, Carol Vandenakker Albanese, MD, Mooyeon Oh-Park, MD, Maya Therattil, MD, Raju Dhakal, MD*

This is a collaborative session between the Global Academic Psychiatry Subcommittee (GAPS) of AAP and Dr. Raju Dhakal, the first registered physiatrist in Nepal, to establish Nepal's inaugural PM&R training program. Presenters will delve into strategic partnership areas using the WHO's competency framework including the program

development phases: Planning, Construction, Sequencing, Assessment, and Implementation. We will share firsthand experience of how ethical global health partnerships with AAP-affiliated entities shape highly qualified PM&R training programs worldwide. This Partnership, unfolding over five years, offers a unique insight into crafting tailored curricula fitting the needs of the region, leveraging Nepal as a case study.



### The State of Virtual Reality Rehabilitation in the Intensive Care Unit

*Maxwell Li, MD, Meaghan Race, BS, Miguel Escalon, MD, James Devanney, DO, Alex Brahmsteadt, DO, Sofia Barchuk, DO*

Discover the potential of virtual reality (VR) as an adjunct therapy for intensive care unit (ICU) patients, and explore how immersive VR experiences address mood disorders, enhance neurocognitive perception, and facilitate engagement for rehabilitation. Learn about VR's efficacy in pain management for burn, post-surgical, and wound care patients and how VR promotes early mobilization through movement-based programs and virtual environments, fostering increased activity and motivation. Uncover promising outcomes in reducing neurocognitive stress and enhancing early mobilization, while acknowledging the need for further research and safety considerations. Join us to explore the future of VR in ICU care and beyond.



### The Unconsidered Pathway: Returning to Physical Education Class After Concussion

*Pamela Tucker, PT, Claudine Ward, MD, Jennifer Strizak, PT, Prabhu Tewari, MD*

New return-to-play (RTP) guidelines were published in 2022 but do not address the needs of students concussed outside of sports. Schoolwork is often assigned in place of physical education (PE), delaying physical activity. Our concussion specialists have developed an RT-PE guideline that complements the new guidelines and allows educators and clinicians to re-introduce physical activity for all students. This session will outline the new consensus statement, discuss the rationale and evidence used to create the RT-PE guideline, and allow participants to apply their knowledge through a case scenario. Lastly, the presenters will share their experience with local system implementation.



### Therapist-Led Microlearning Curriculum for Resident Mobility Education: A Novel Approach to Early Mobility

*Jacqueline Neal, MD, Bijal Jain, MD, Julie Lanphere, DO*

This interactive session will present the most recent evidence pertaining to Acute Care Early Mobility Programming, as well as present a process for the development and implementation of educational curriculum to aid in Early Mobility, and finally end with a workshop-style activity to allow attendees to start developing the framework for implementation of mobility curriculum within their institutions.





## Tools to Increase Rehabilitation Access for Cancer Survivors

*Ekta Gupta, MD, Amar Patel, MD, Katie Polo, DHS, OTR, CLT*

Cancer and its treatment sequelae cause significant functional impairments with activities of daily living that cause distress and decreased quality of life for cancer survivors. Discuss the research behind current evidence-based, patient-reported outcome tools and screening tools, including the PROMIS Cancer Function Brief 3D Profile, AMPAC, and SOCS-OTS, that may be implemented into clinical practice. Learn how to screen and implement rehabilitation interventions to improve the quality of life and function of cancer survivors.



## Transitioning to Value Based Care – a Structured Interactive Roundtable Discussion of Initiatives to Position Departments of PM&R and PM&R Physicians Central to Health System Innovation and Growth

*Jonathan Whiteson, MD, Yelena Sionova, MBA, Lyn Weiss, MD, Alex Moroz, MD*

The tectonic healthcare shift to value-based care is in full force and its potential impact on the unprepared PM&R department and physicians is concerning. Conversely, PM&R Departments and Physicians positioned as ‘central and essential’ in a health system can deliver efficiency and excellence in patient care. The opportunity and time to embrace a value-based care model with PM&R at its epicenter is now, and strategic planning today can yield the desired outcomes.

In a structured interactive roundtable format, participants will review PM&R departmental strategies that have demonstrable positive impacts on key healthcare metrics. It will focus on the development and implementation of a strategic plan and a business plan to support the growth of the PM&R department to encompass new and effective programs in a value-based care environment.



## Variations in Multi-site Osseointegration Rehabilitation Protocols, Surgical Techniques, Case Studies, Complications and Lessons Learned

*Vinay Vanodia, MD, Jeffrey Heckman, MD, Kristin Reeves, PT*

Join us for a comprehensive discussion on osseointegration, led by a panel of experts from various sites across the United States, including VA/military and civilian/academic programs. Speakers will discuss differing osseointegration rehabilitation protocols, surgical techniques, and candidacy for surgery. Military and civilian case studies and complications will be shared along with solutions for optimal outcomes. The importance of a multidisciplinary team approach is vital to success. This session will provide a unique opportunity to learn from and interact with leading experts in the field, exploring how osseointegration is transforming the lives of individuals with amputations and advancing the future of prosthetics.



## What Does it Take to be a Part II Examiner?

*Christopher Garrison, MD*

As the final step to earning board certification in physical medicine and rehabilitation, the ABPMR Part II Examination goes beyond a test of knowledge. The oral exam tests how candidates apply their medical knowledge in the competencies taught in residency training including data acquisition, problem solving, patient management, systems-based practice and interpersonal and communication skills. It takes more than 200 PM&R diplomates to help administer the Part II Oral Exam to candidates each year. Examiners receive intensive training to deliver valid and reliable oral exams. This session will provide a general overview of examiner training, eligibility requirements, and related topics.



## Brain Games

*Sharon David, MD, Alex Robitaille, DO*

Participants will engage in an interactive series of games as you learn about and test your knowledge surrounding traumatic brain injury. Game topics will include functional prognosis after traumatic brain injury, spasticity management, agitation management, and reintegration into the community. Compete alongside your teammates in an escape room with a PM&R version of Cards Against Humanity – “Cards Against Brain Injury” or PM&R Candy Land – “Retrain the Brain.”



## Stretch Yourself! Diagnosis and Treatment in Hypermobility Disorders

*Nathan Rudin, MD, Tiffany Houdek, PT, Neyha Cherin, DO, Isabel Huang, MD*

Hypermobility spectrum disorders (HSD) such as hypermobile Ehlers-Danlos syndrome (hEDS) are common, and physiatrists are uniquely equipped to care for people with these conditions. Attendees will learn to diagnose hEDS/HSD using formal criteria, prescribe appropriate rehabilitative treatment, identify and help manage comorbid conditions and enlist the help of primary care providers to care for this under-served population.



## Cryoneurolysis, a New Frontier in the Management of Spasticity and Joint Pain

*Paul Winston, MD, Sheng Li, MD, Joshua Vova, MD, Clay Guynn, DO*

Participants will engage in a scoping overview of the role of cryoneurolysis and delve into conditions including adult spasticity, pediatric spasticity, and joint and peripheral nerve pain.



### From Intentions to Actions: Mastering Habit Development for Academic Physiatrists

Allison Schroeder, MD, Karen Kowalske, MD, Monica Rho, MD, Danielle Perret Karimi, MD, James McDeavitt, MD, Alethea Appavu, DO, Faheem Mahomed, MD, Dana Branch, MD, Allison Bean, MD

Discuss steps to building and executing new habits in a didactic presentation. There will be time for reflection and habit planning in small groups followed by a panel discussion of how to create habits to help you climb the promotion ladder, keep up with the literature, and improve your teaching skills, while also attempting to maintain work/life balance.



### Head and Neck Ultrasound Hands-on Workshop for the Unmet Needs Conditions in Non-MSK PM&R Practice-Focused on Cancer Rehabilitation

Heakyung Kim, MD, Katharine Alter, MD, Hana Azizi, MD, Jared Levin, MD, Haibi Cai, MD

This hands-on workshop aims to explore the role of ultrasound in both diagnosing and treating head and neck conditions related to cancer rehabilitation medicine. Specifically, the course will delve into oromandibular dystonia including trismus and difficulty with closing mouth, cervical dystonia, salivary disorders, brachial plexitis, and radiation fibrosis syndrome. Participants will receive a comprehensive review of the sonoanatomy of facial muscles, neck and chest wall muscles, and the brachial plexus, enhancing their proficiency in utilizing ultrasound for improving patient care.



### Help Me!!!! Advice for the Medical Student Applying for Residency in Physical Medicine & Rehabilitation

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

We invite all medical students to join PM&R residency program directors and medical student advisors as we discuss the latest trends in applying to PM&R residency. Attendees will have the opportunity to participate in small group discussions with PM&R leaders related to various topics important to medical students including gaining exposure to PM&R, away rotations, ERAS application, identifying programs, program signaling, interviews, and creating a rank list.



### Managing Difficult, Disruptive, and Threatening Patients in PM&R Practice

Amanda Harrington, MD, Michael Kryger, MD, Kelly Crawford, MD, Kirk Lercher, MD

Physiatrists may be victims of verbal abuse or threatening behavior in the clinical environment. This interactive session will discuss patient and physician factors present during difficult encounters and teach participants communication strategies to manage difficult patients across a variety of clinical scenarios. Suggestions to reduce personal risk and methods to cope with challenging patient interactions will be shared.



### Non-Invasive Brain Stimulation (NIBS): From Bench to Bedside

Sheng Li, MD, Pablo Celnik, MD, Wayne Feng, MD, Joan Stilling, MD, Ning Cao, MD

We will first review the current status of non-invasive brain stimulation (NIBS, including TMS, tDCS and tACS) and share new findings from research laboratories, and then discuss practical approaches on how to implement NIBS technology into clinical practice.



### Sideline Coverage Hands-on Workshop

Anusha Lekshminarayanan, MD, Haris Choudry, MD, Shane Drakes, MD, Eugene Palatulan, MD, Derek Ho, DO, Cecilia Cordova Vallejos, MD

This interactive workshop will provide an overview of what to expect on the sidelines and enable medical students to learn about the techniques, and residents/fellow to enhance their skills and build confidence. This will be an introductory workshop for medical students and an intermediate workshop for residents/fellows to practice thinking on their feet, in a short period of time, in a team-based scenario while providing care to an injured athlete.



### Teach the Teachers – How to Teach PM&R to Different Medical School Learners

Leslie Rydberg, MD, Nethra Ankam, MD, Maya Therattil, MD, Ravi Kasi, MD, Jason Edinger, DO, Dorothy Tolchin, MD

This interactive workshop will cover medical student teaching in different settings and across the phases of medical student education experience, including addressing specific skills and educational outcomes related to teaching clinical skills to medical students with different levels of experience, educational goals, and motivation. The session will allow engagement between the course faculty and session attendees to brainstorm ways to optimize medical student educational experiences within PM&R.



### Timing, Timing, Timing: Traditional and Non-Traditional Career Pathways in Psychiatry

Dhruvil Brahmbhatt, MD, Cynthia Racine, MD, Erika Trovato, DO, Danielle Perret Karimi, MD, Giorgio Negron, MD, Parth Vyasa, MD, Caitlin Hartsgrrove, MD, Nandita Keole, MD, Chrissa McClellan, MD

PM&R training provides physiatrists with a versatile skill set that enables us to address a wide range of medical issues related to functional impairment and disability. Physiatrists play a crucial role in enhancing patients' quality of life and promoting optimal functioning. Further, with our unique career goals, backgrounds, and diverse skill sets, we can thrive in a variety of healthcare settings. In this exciting exploration, attendees will have the opportunity to explore the diversity of career paths available to physiatrists in small group sessions with experts that vary greatly along the PM&R spectrum. This interactive session would be an ideal setting for medical students, residents, early career physiatrists, and anyone curious to know how much is out there!



## Evaluation and Management of Foot and Ankle Pain – Hands-On Workshop

Amit Bhargava, MD, Mooyeon Oh-Park, MD, Allison Schroeder, MD, Se Won Lee, MD, Mohammed Emam, MD, Timothy Tiu, MD

Foot and ankle pain is a common problem due to multiple factors. It is responsible for debilitating pain and affects the quality of life. Foot and ankle pain is a common problem for all ages. Various treatments have been documented including medication, modification of lifestyle, injections, and surgery. The course will cover clinical examination, orthoses, and injection techniques for various causes of foot and ankle pain.



## PM&R Boards Part I & II Tips for Success from the ABPMR

Vu Nguyen, MD, Christopher Garrison, MD

Are you a Program Director who wants to help your residents pass the Boards? Are you a resident preparing for the PM&R boards? Are you a student looking ahead? You're not alone: the ABPMR is here to help. From helping you decipher the Part I Examination Blueprint, to the latest exam research, to evidence-based study methods, ABPMR leaders and exam volunteers will cover what you need to know as you prepare for the first step to board certification: the computer-based, multiple-choice Part I Examination. Part II will discuss the oral exam. ABPMR leaders and volunteer examiners will describe the ABPMR Part II examination process and explain the general content areas of each vignette domain.



## Autonomic Nervous System Dysfunction and Postural Orthostatic Tachycardic Syndrome (POTS) for Physiatrists: Emerging Research and Clinical Management

Tae Hwan Chung, MD, Alba Azola, MD, Christina Kokorelis, MD, Birt Adler, MD, Ryan Solinsky, MD, Jonathan Whiteson, MD

Symptoms of autonomic nervous system dysfunction, including postural orthostatic tachycardic syndrome (POTS), commonly occur after traumatic brain injury (TBI), spinal cord injury (SCI), and post-acute sequelae of COVID-19 (PASC). We will review the current state of the science, including our ongoing research, regarding ANS dysfunction in persons with TBI, SCI, and PASC. We will discuss approaches to the evaluation and management of ANS dysfunction, highlighting the work of a successful POTS clinic within a Physical Medicine and Rehabilitation department.



## 2026 NIH Research Plan for Rehabilitation: Listening and Engagement Session

Theresa Hayes Cruz, PhD

The National Center for Medical Rehabilitation Research (NCMRR) is seeking community input on the next iteration of the NIH Research Plan for Rehabilitation. This document will guide NIH rehabilitation research priorities from 2026 – 2031.





## 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 John Chae, MD, ME, William Bockenek, MD, CPE, and Dixie Aragaki, MD. Visit [physiatry.org/PAL](http://physiatry.org/PAL) to learn more.

### REHABILITATION MEDICINE SCIENTIST TRAINING PROGRAM (RMSTP)

Research training directed by Michael Boninger, MD, John Whyte, MD, PhD, and W. David Arnold, MD. Visit [physiatry.org/RMSTP](http://physiatry.org/RMSTP) to get involved.

### PROGRAM COORDINATOR SESSIONS

Thursday, February 27 and Friday, February 28

8:00am – 5:00pm

As always, our Program Coordinators Council is creating a schedule filled with hot topics to help 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 breakouts and networking opportunities throughout Physiatry '25.

### ADMINISTRATIVE DIRECTORS COUNCIL SESSIONS

Our Administrative Directors Council will convene for a mini-workshop at Physiatry '25 to navigate current challenges and connect with fellow PM&R department leaders across the country. Be sure to also join the Department Chair/ Admin Director Meet-Up on Wednesday, February 25.

Thursday, February 27 and Friday, February 20

3:30PM – 5:00PM

#### Clinical Practice Management Analytics (90 minutes)

*Linda Grosh, MHSA, FACHE and Alison Spork, MHSA*

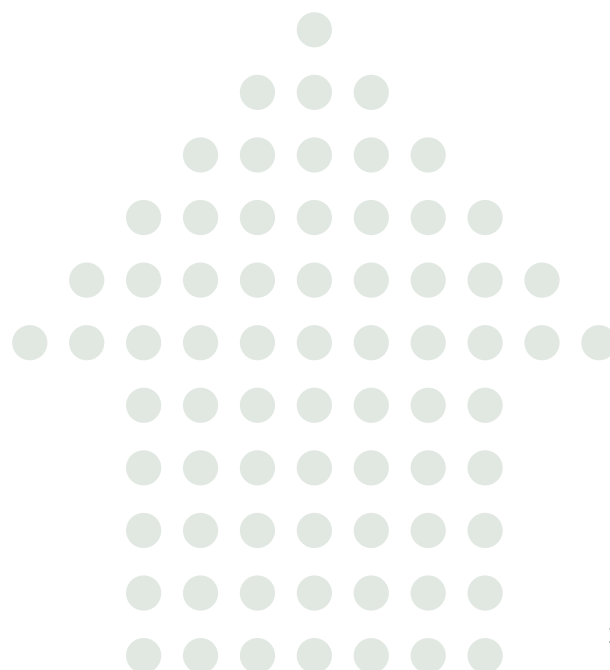
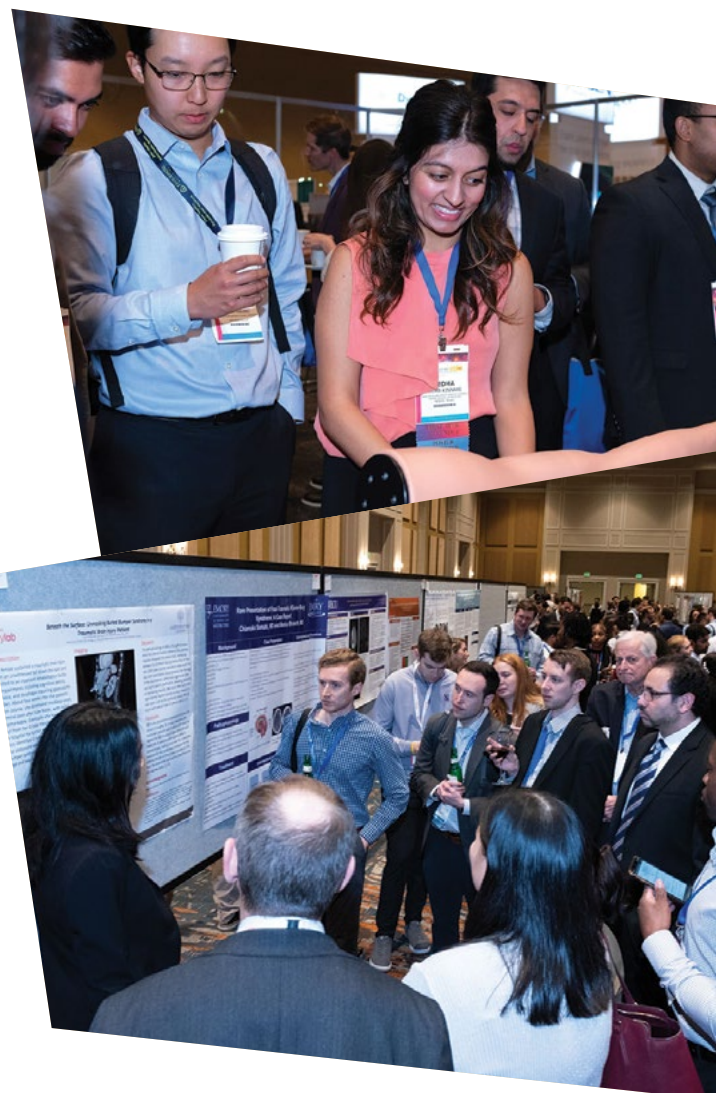
#### Managing PM&R Physician Leader Transition (45 minutes)

Join us for an engaging discussion relevant to Chair/ Chief turnover from a business leader perspective. We will share experience including offboarding outgoing leader, onboarding new leader, managing an interim appointment, building rapport and restoring stability during period of change.

*Zachary Bechtle, DBA, MHA*

#### Restructuring PM&R Consult Services to Increase Internal Rehab Unit Admissions (45 minutes)

*Nahir Henry, MHA, PT*

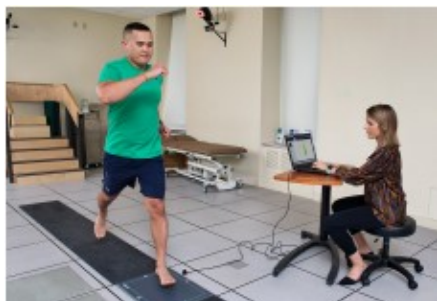


# SINAI REHABILITATION CENTER

SINCE 1965

## Sinai Hospital of Baltimore

The PM&R professionals of the Sinai Rehabilitation Center believe in a personalized approach to physiatry care and strive to help patients consistently meet and exceed their goals for maximum level of function and quality of life following surgery, illness or injury. This



belief finds its footing in Sinai's long history of providing patient focused physiatry services, beginning in 1965 with the founding of

Maryland's first non-governmental department of physical medicine and rehabilitation. Today, Sinai Hospital – a sponsoring institution for the PM&R residency program since 1977 – continues to serve as a standard bearer for rehabilitative care.

To learn more, visit or call:

[lifebridgehealth.org/SinaiRehabilitationCenter](http://lifebridgehealth.org/SinaiRehabilitationCenter)

410-601-5597

 **SINAI HOSPITAL**  
A LifeBridge Health Center  
Rehabilitation Center

**CARE BRAVELY**

2401 W. Belvedere Ave.  
Baltimore, MD 21215

## Sinai's Field-Leading Offerings Include:

### Anil Bhawe Biomechanics & Engineering Labs "ABBEL" Research Division

Recently renamed due to robust philanthropic support, the ABBEL team of eight leads a wide range of academic activities which interface with medical student and PM&R residency programs. Includes extensive research and clinical studies utilizing cutting-edge biomedical technology, 3D printing, and gait lab assessments.

### Comprehensive Brain Injury Continuum of Care

- RECOVER Coma Emergence Program
- RESTORE Inpatient Acute Rehabilitation Program
- RETURN! Brain Injury Community Re-entry Prog
- RETURN! To Work Vocational Re-entry Program (RTW)
- Mild Brain Injury and Concussion Program – Providing coordinated and comprehensive post injury care

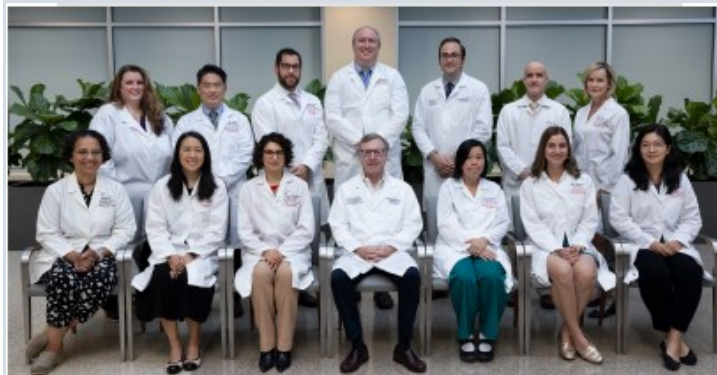
### Center for Pain Treatment and Regenerative Medicine at Sinai Hospital

Offering interventional pain procedures and multi-disciplinary inpatient and outpatient chronic pain rehabilitation programs.

### Comprehensive Limb Loss Recovery Program

Interdisciplinary team delivering comprehensive, compassionate care to patients recovering from limb loss, combining expertise from various specialties to address their physical, emotional, and functional needs.

## MEET OUR MEDICAL TEAM



Top: (Left to Right) Nancy S Doong, PA, Thomas Lee, M.D., Efrain Perez-Bravo, M.D., Eric Buchner, M.D., Anthony Manfredo, M.D., Frank Tanon, M.D., Lynn Staggs, M.D.

Bottom: Melanie Brown, M.D., Christine Wang, M.D., Mariam Keramati, D.O., Scott Brown, M.D., Ling-Ling Cheng, M.D., Sarah Eby, M.D., Christine Chan, DO

Not pictured: Paige Harrison, D.O., Denise Lally-Cassady, M.D.

# PHYSIATRY FOUNDATION ACTIVATIONS

Our mission is to create a thriving future for physiatry through funding innovative education and leadership initiatives.

Our values are Altruism, Inclusivity, and Academic Excellence.



## DOUBLE YOUR IMPACT

**Now is the time to donate!**  
**The AAP is matching all gifts up to \$100,000!**

[DONATE NOW](#)



## PICKLEBALL CHAMPIONSHIP GAMES



Which PM&R Department will take home the inaugural trophy? Happening right inside the Expo Hall at the Phoenix Convention Center, teams of 2 will compete in our pickleball tournament for bragging rights and prizes.

Sign-up and claim your spot with your AAP Registration.

[COMPETE](#)



## THE MENTORSHIP EFFECT

**Join the Movement!**

Mentorship has a ripple effect forging lifelong relationships, collaborations, and friendships — mentees become mentors — affecting countless people and inspiring enormous positive change. Help us spread gratitude this season by thanking a mentor or leaving a tribute for someone who has had an impact on your career and life.

Your mentor's name and a message of thanks will be displayed at the annual meeting on our 'Wall of Gratitude' and the individual with the most notes will receive an award.

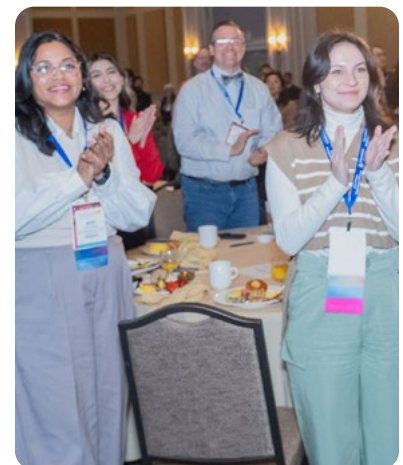
[LEARN MORE](#)



## PHYSIATRY '25 VIP EXPERIENCE

Gift a \$20 donation or more with your AAP registration and get entered for a raffle for a VIP Experience. The winner will receive an upgraded hotel room, gift cards to close-by restaurants, AAP swag, and more!

## VIP PHYSIATRY '25 EXPERIENCE



[PHYSIATRY.ORG/PHYSIATRYFOUNDATION](https://PHYSIATRY.ORG/PHYSIATRYFOUNDATION)



# RUSK REHABILITATION BY THE NUMBERS



## Clinical

**375K+**

Outpatient visits

**2,000+**

Inpatient  
discharges

## Education

**178**

Certified specialist  
physical therapists

## Research

**1<sup>of</sup> 16**

Traumatic brain injury  
model systems of care

**260K+**

Downloads of  
*Rusk Insights*  
podcast

**\$5.6M**

Total  
funded research

## Credentials



**#4\***  
in the country



**#1 in Quality Care  
in the U.S.\*\***

Dr. Joanne Smith  
Memorial Rehabilitation  
Innovation Center

\*Source: 2024–2025 U.S. News & World Report Best Hospitals.  
\*\*Source: 2024 Vizient Quality and Accountability Ranking.  
Ranked #1 out of 115 participating comprehensive academic  
medical centers.

# Registration

Pack your bags and get ready to shine!

## Three Ways to Register



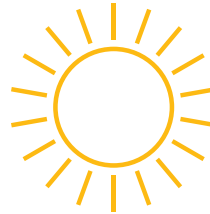
VISIT: [physiatry.org/annualmeeting](https://physiatry.org/annualmeeting)



MAIL FORM & CHECK (in US dollars):  
10461 Mill Run Circle, Suite 730, Owings Mills, MD 21117



CALL: +1 (410) 654-1000 (credit card payments only)



Register by December 18, 2024 to save up to \$300!

## Registration Pricing

NOT AN ACTIVE AAP MEMBER?

Join our community for the best rates at [physiatry.org/membership](https://physiatry.org/membership).

Physiatry '25 Attendee Categories	Early Bird (By December 18)		Standard	
	AAP Members	Non-Members	AAP Members	Non-Members
Physician	<input type="checkbox"/> \$795	<input type="checkbox"/> \$1,095	<input type="checkbox"/> \$945	<input type="checkbox"/> \$1,245
Resident/ Fellow	<input type="checkbox"/> \$540	<input type="checkbox"/> \$690	<input type="checkbox"/> \$690	<input type="checkbox"/> \$840
Medical Student	<input type="checkbox"/> \$295	<input type="checkbox"/> \$390	<input type="checkbox"/> \$350	<input type="checkbox"/> \$450
Health Professional/ Researcher	<input type="checkbox"/> \$575	<input type="checkbox"/> \$675	<input type="checkbox"/> \$725	<input type="checkbox"/> \$825
Administrative Director	<input type="checkbox"/> \$515	<input type="checkbox"/> \$615	<input type="checkbox"/> \$615	<input type="checkbox"/> \$715
Program Coordinator	<input type="checkbox"/> \$515	<input type="checkbox"/> \$615	<input type="checkbox"/> \$615	<input type="checkbox"/> \$715
Emeritus	<input type="checkbox"/> \$290	<input type="checkbox"/> \$290	<input type="checkbox"/> \$290	<input type="checkbox"/> \$290
One-Day <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thur <input type="checkbox"/> Fri	<input type="checkbox"/> \$400	<input type="checkbox"/> \$550	<input type="checkbox"/> \$575	<input type="checkbox"/> \$735
International	<input type="checkbox"/> \$575	<input type="checkbox"/> \$675	<input type="checkbox"/> \$725	<input type="checkbox"/> \$825
Industry	<input type="checkbox"/> \$1,000	<input type="checkbox"/> \$1,000	<input type="checkbox"/> \$1,000	<input type="checkbox"/> \$1,000
RFPD Workshop ONLY:	<input type="checkbox"/> \$450	<input type="checkbox"/> \$630	<input type="checkbox"/> \$450	<input type="checkbox"/> \$630

\* Please note: this is for those who wish to attend the workshop ONLY. You must to select your attendee category AND the workshop below if you wish to attend conference sessions, as well.

Pre-Conference Workshops	AAP Members	Non-Members
Residency & Fellowship Program Directors (RFPD) Workshop	<input type="checkbox"/> \$250	<input type="checkbox"/> \$450
Resident, Fellow & Medical Student Bootcamp	<input type="checkbox"/> Free with your resident, fellow, or medical student registration	
Musculoskeletal Ultrasound: A to Z (With Some Letters Missing)	<input type="checkbox"/> \$149	<input type="checkbox"/> \$199
2025 Spasticity Master Course Workshop	<input type="checkbox"/> \$149	<input type="checkbox"/> \$199
Department Chair and Administrative Director Meet Up	<input type="checkbox"/> Free for chairs and administrative directors with paid meeting registration	

Guest Package ☐ \$225 per person

Physiatry Foundation Pickleball Tournament

☐ \$200 Donation per Team of 2

Physiatry Foundation VIP Experience Raffle

☐ \$20 donation

Prices will increase on site at Physiatry '25. Maximize your savings by registering ahead of time!

Registration Total:

\$ \_\_\_\_\_



# Register online at [physiatry.org/annualmeeting](http://physiatry.org/annualmeeting)



## Your Badge Information

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

Name (First, Last): \_\_\_\_\_

Degree(s): \_\_\_\_\_

Institution: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/ Province: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

☐ Check if you or a guest require special assistance. 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](mailto: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.

**Guest:** Our guest package includes all attendee meals and breaks, and entrance to the plenary sessions, Job Fair, 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, Job Fair, select meals and coffee breaks, networking events, and the Expo 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 10 days of receipt. If you do not receive a confirmation within 10 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.
- We require cancellation and refund requests with ample notice. AAP will honor refund requests for any reason as long as they are submitted in writing before January 2, 2025. A processing fee of \$75.00 will be applied. Requests made after this deadline will not be accepted. Please send all refund requests to [meetings@physiatry.org](mailto:meetings@physiatry.org) by January 2, 2025.
- By registering for Physiatry '25, 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



## Book Your Room Now! 🏨

Physiatry '25 will be hosted at the Phoenix Convention Center, located just an 8 minute drive from the Phoenix Sky Harbor International Airport. Flight prices, times, and layover will vary depending on the airline.

Consider staying at one of our three discounted hotels for a better rate: the Hyatt Regency Phoenix, the Sheraton Phoenix Downtown, and the Hilton Garden Inn Downtown. All three hotels are a few blocks away from the Convention Center and offer close proximity to a variety of shopping, dining, and nightlife venues. Be sure to book your room early to guarantee availability!

Room reservations can be made by visiting [physiatry.org/AnnualMeeting](https://physiatry.org/AnnualMeeting) and navigating to the "Hotel & Travel" tab. If you choose to make a reservation over the phone, please request the group rate for the AAP 2025 Meeting. The deadline is 5:00 PM EST on Monday, January 29, 2025

TO BOOK YOUR HOTEL ROOM, PLEASE VISIT [PHYSIATRY.ORG/ANNUALMEETING](https://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.*







**Corporate office - AAP**

10461 Mill Run Circle, Suite 730  
Owings Mills, Maryland, USA 21117  
[physiatry.org](http://physiatry.org)  
Phone: +1 (410) 654-1000

**Thank you to our sponsors for their generous support.**



\*as of September 1, 2024. Sponsorship and advertising opportunities still available! Claim your spot today.



**GET SOCIAL WITH #PHYSIATRY25**

**Register by December 18, 2024, and become  
an active member for the lowest rates!**

**[physiatry.org/annualmeeting](http://physiatry.org/annualmeeting)**

