

PM&R Specialist

What is a PM&R specialist?

Physical medicine and rehabilitation (PM&R) specialists are physiatrists who promote healing and rehabilitation of patients who have experienced an injury or undergone surgery. They also diagnose and treat acute and/or chronic pain and musculoskeletal conditions.

PM&R specialists treat the patient as a whole, by addressing not only physical needs, but emotional and social needs as well, such as pain induced depression.

What does a PM&R specialist do?

PM&R physicians treat patients of all ages, focus treatment on function, have a broad medical expertise that allows them to treat disabling conditions, diagnose and treat pain as a result of an injury/illness/disabling condition, determine and lead a treatment/prevention plan, lead a team of medical professionals such as, physical therapists, occupational therapists, and physician extender to optimize patient care.

PM&R physicians also work with other physician, which may include primary care physicians, neurologist, orthopedic surgeons, and many others, with a goal to treat the whole person or accepted body parts.

Depending on the type of injury/illness/disabling condition, some specialists may treat their patients using EMG/nerve conduction studies, nerve stimulators, blocks and ablation procedures, manual medicine osteopathic treatment, prosthetics and orthotics, complementary-alternative medicine, disability/impairment assessment, medical-legal consulting, and injections to the spine, joints, or muscles.

What should I expect from my office visit?

PM&R physicians plan treatment based on a thorough evaluation of the patient's medical history, and/or neurological reports, X-rays, and laboratory tests. PM&R treatment may include any combination of the following: medication, physical therapy, occupational therapy, massage, exercise, spinal injections, and more.