# PM&R OPPORTUNITIES FOR MEDICAL STUDENTS

The Department of PM&R at VCU offers Electives for medical students.

M3: Foundations of PM&R

- · VAMC outpatient & inpatient
- · SAI inpatient multispecialty

#### M4:

· PM&R Senior Advanced Elective

## PM&R CLINICAL OPPORTUNITIES

In addition to electives, there are opportunities to enhance student exposure to PM&R.

Students can schedule time with PM&R faculty/residents and staff, to participate in:

- · Clinical Practice of PM&R
- · Neurological Medical Rehab
- · Musculoskeletal & Pain Medicine
- · Research Opportunities
- · Therapeutic outreach with patients

## CONTACT US FOR MORE INFORMATION

ALEX CIGULAROV
SIG PRESIDENT
VCU.PMRIG@GMAIL.COM

FOR MORE INFORMATION ABOUT VCU PM&R RESIDENCY PROGRAM, PLEASE SEE OUR WEBSITE WWW.PMR.VCU.EDU, OR CONTACT:

TREVOR HYLAND, MD
CHIEF RESIDENT—EDUCATION
TREVOR.HYLAND@VCUHEALTH.ORG

OR

VCU.PMR.EDUCATION.PROGRAMS@ VCUHEALTH.ORG

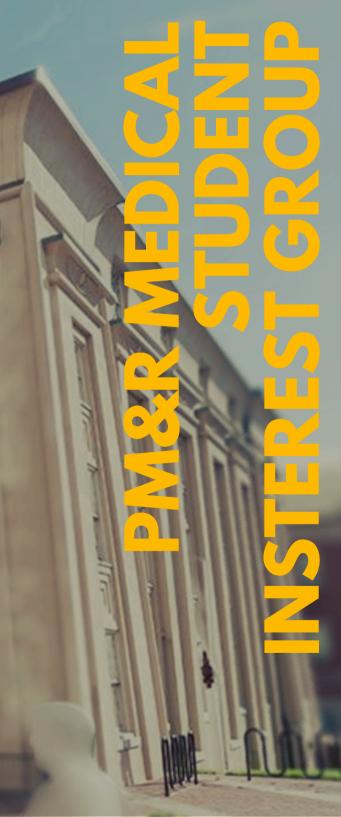
FOR MORE INFORMATION ON CLINICAL OBSERVATION OPPORTUNITIES AT CVVHCS CONTACT: MARCUS SMITH, MD MARCUS.SMITH4@VA.GOV

NATIONAL PM&R PROFESSIONAL ORGANIZATIONS TO JOIN:
WWW.AAPMR.ORG
WWW.PHYSIATRY.ORG

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#### **MISSION & OBJECTIVES**

The PM&R Student Interest Group (SIG) promotes opportunities for educational and clinical interaction with PM&R at VCU.

GOALS for the PM&R SIG are to increase:

- · Awareness of Physiatrist role in healthcare
- · Opportunities for student exposure
- · Resources for students interested in pursuing PM&R specialty

We hope to meet these objectives through:

- · Interactive student meetings
- · Presentations by PM&R faculty
- · PM&R clinical exposure opportunities

#### WHAT IS PM&R?

Physical Medicine & Rehabilitation (PM&R) is a specialty medical field. The goal of a Physiatrist (a physician specializing in PM&R) is to restore individuals to their highest functional level. This includes function in sport and life.

### WHAT TYPES OF PATIENTS DO PM&R SPECIALISTS SEE?

PM&R physicians treat individuals with impairments such as Spinal Cord Injury, Brain Injury, Stroke, Trauma, Amputations, Sports related injuries, and many other nerve/muscle/skeletal disorders in acute and chronic stages.

#### WHY PM&R?

The diversity of training, the extensive engagement in function & performance, and the skills to treat across age disciplines allows PM&R physicians to engage in comprehensive population care. You empower your patients to stay active in daily activities.

#### WHERE DO PM&R DOCTORS PRACTICE?

Practice sites include rehabilitation & acute-care hospitals, sports fields, industry and outpatient clinics. Many practices are a combination of inpatient & outpatient.

#### PROCEDURES PHYSIATRISTS PERFORM:

- Electromyography & Nerve Conduction Studies used to diagnose peripheral nerve/muscle disorders
- Joint, soft tissue & spine injection
- Nerve & motor point blocks for spasticity
- Regenerative care
- Ultrasound imaging

#### **PURSUING A PM&R RESIDENCY POSITION**

Most programs participate in the National Residency Matching Program. Interested students should perform a PM&R elective rotation and seek volunteer opportunities. Important qualifications include grades, National test scores, dean's/other recommendation letters, extracurricular activities, honors/awards, research, and a personal statement.

resident: Alex Cigularov

Vice-President: Yadaven Saravanapavan

Treasurer: Hassaan Abbas

Secretary: Kimmily Phan

Advisor: Jessica Hupe, MD

### JOB SATISFACTION AND WORK/LIFE BALANCE OF A PHYSIATRIST

PM&R specialists rate their practice opportunities, work hours, salaries, lifestyle and quality of life as excellent!



2025-2026 OFFICERS

#### TRAINING REQUIREMENTS FOR PM&R

One year medical internship and 3 years specialty training in PM&R residency.

#### **AVERAGE INCOME FOR PHYSIATRISTS**

Starting salaries vary with geographic location, but compare well with other medical specialties.