

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

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

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FOR MORE INFORMATION ON
CLINICAL OBSERVATION
OPPORTUNITIES AT CVVHCS
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NATIONAL PM&R PROFESSIONAL
ORGANIZATIONS TO JOIN:
WWW.AAPMR.ORG
WWW.PHYSIATRY.ORG

CO-SPONSORED BY: VCU
DEPARTMENT OF PM&R
WWW.PMR.VCU.EDU



PM&R MEDICAL STUDENT INTEREST GROUP

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.

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!



President: Alex Cigularov

Vice-President: Yadaven Saravanapavan

Treasurer: Hassaan Abbasi

Secretary: Kimmily Phan

Advisor: Jessica Hupe, MD

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.