

**UNIVERSITY OF FLORIDA**  
**PHYSICAL MEDICINE AND REHABILITATION CURRICULUM OVERVIEW**  
**18-Month Repeating Cycle of Key Content Areas**

<b>Month</b>	<b>Section Content</b>	<b>Ultrasound Joint of the Month</b>	<b>Resident wellness or development content</b>
July 2022	Inpatient Rehabilitation		
August	Neuroanatomy and Cerebrovascular Accident (CVA), Pressure Ulcers, Cardiovascular Disease, Exercise is Medicine (EIM) for Cardiac Populations	Introduction to methods	
September	Traumatic Brain Injury (TBI)	Hamstrings & quadriceps	
October	Movement Disorders, Pulmonary Rehabilitation, Osteoarthritis, Amputee	Shoulder	
November	Modalities, Therapeutic Exercise, Prosthetics and Orthotics (P&O) visit, Neuropathies, Weakness, Acupuncture and Pain management	Elbow	yes
December	Cancer Rehabilitation, Pediatrics	Wrist	yes
January 2023	Spine and Pain (and SAE-R review and exam)	-----	-----
February	Spine and Cervical Anatomy, Common Pain Syndrome, Horticultural Therapy, Spine and Cervical Interventions, Acute Pain Management and Neurochemistry of Pain	Hip	
March	Musculoskeletal & Sports	Knee	
April	Musculoskeletal & Sports, Functional Testing and Gait Analysis, Resilience and Pain		yes
May	1 <sup>st</sup> Week May AANEM/EMG SAE-R Exam, Complementary Approaches Pediatrics, Gait, Electromyogram (ECG) Basics		
June	EMG and Nerve Conduction Studies (NCS), Adaptive Sport, End of Year Research and Presentations	-----	-----
July	Inpatient Rehabilitation	Introduction to methods	

August	Modalities, Orthobiologics, Rheumatology Topics, EIM for Rheumatologic Conditions, Exercise Testing	Ankle	yes
September	Pediatrics, Burns and Wound, Spinal Cord Injury (SCI)	Shoulder	
October	SCI, Lower and Upper Extremity Anatomy and Physical Exam, Vignettes	Hip	
November	Lower and Upper Extremity Anatomy and Physical Exam, Vignettes, Myopathies, EIM for Osteoarthritis and Low Back Pain	Knee	
December	Obesity and Weight Management, Spasticity	Elbow	yes

Additional Acronyms: M&M = morbidity and mortality conference; EIM = exercise is medicine; PT = physical therapy, OT = occupational therapy, SLP = speech language therapy

***Note that the Cuccurullo Physical Medicine and Rehabilitation Board Review readings are from the 4<sup>th</sup> Edition, and the readings from Delisa's Physical Medicine & Rehabilitation: Principles and Practice are from the 5<sup>th</sup> Edition.***

## Inpatient Rehabilitation

### July

\*\*\*\*\* = no resident assigned to this section

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
7/6/22	<p>1pm: Intro to acute inpatient rehabilitation hospital, intro to team members (PT/OT/SLP/ Psychology), intro to case management, nursing and pharmacy</p> <p>Introduction to work flow: admissions process, common order sets, daily rounding documentation</p> <p>2pm: The Physiatric Exam: focus on neuromuscular and skeletal issues; delineating functional deficits, goal setting, barriers to discharge</p> <p><u>3pm: M&amp;M</u></p> <p><u>4pm: Faculty meeting</u></p>	<p>Aguirre/ Dubin/ Zarrei</p>           <p>Aguirre/ Dubin/ Zarrei</p>	<p>***** *****</p>	
7/13/22	<p>1pm: Intro to SCI common problems; bowel &amp; bladder, autonomic dysreflexia, skin, pulmonary, GI, risk factors for DVT/ PE and fever work up</p> <p>2pm: Intro to ASIA exam; rationale, components and prognostication potential; goal setting in SCI</p> <p>3pm: Common on call issues, emphasis on SCI patients</p>	<p>Aguirre/ Dubin/ Zarrei</p>           <p>Aguirre/ Dubin/ Zarrei</p>	<p>*****</p>	
7/20/22	<p>1pm: Intro to TBI and CVA; brain tumor patients and common acute medical problems, pulmonary, agitation &amp;</p>	<p>Aguirre/ Dubin/ Zarrei</p>	<p>*****</p>	

	<p>behavioral changes; alterations in mental status; blood pressure lability</p> <p>2pm: Basic overview of brain architecture, laterality and common deficits seen with left and right brain cortical lesions</p> <p>3pm: Common on call issues, emphasis on CVA/ TBI and brain tumor, other CNS patients</p>	<p>Aguirre/ Dubin/ Zarreii</p> <p>Aguirre/ Dubin/ Zarreii</p>		
7/27/22	<p>1pm: Intro to medically complex patients, organ transplant, multiorgan issues, COVID recovery, poly morbidities and amputations; common medical problems such as worsening cardiac-renal-pulmonary function-volume overload-chest pain-wounds; alteration in medical status and fever work up in immune modulated patient</p> <p>2pm: Intro to common medications used in organ transplant and side effects (bone marrow, renal &amp; electrolytes); Common labs that require monitoring</p> <p>3pm: Common on call issues, emphasis on complex and poly morbidity patient</p>	<p>Aguirre/ Dubin/ Zarreii</p> <p>Aguirre/ Dubin/ Zarreii</p> <p>Aguirre/ Dubin/ Zarreii</p>	*****	

## Neuroanatomy and Cerebrovascular Accident (CVA)

### August

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
8/3/22	<p>1pm: Introduction to stroke: epidemiology, risk factors and prevention</p> <p>2pm: Types of stroke and common stroke syndromes</p> <p><u>3pm: M&amp;M</u></p> <p><u>4pm: Faculty meeting</u></p>	Geis  Geis	2 <sup>nd</sup> year resident 1	Delisa, p 551-557
8/10/22	<p>1pm: Post stroke neuroplasticity</p> <p>2pm: Prevention of secondary complications</p> <p>3pm: Case-based learning and sample patient cases in stroke and stroke complications</p>	Geis  Geis	2 <sup>nd</sup> year resident 2	Delisa, p 560-562
8/17/22	<p>1pm: Rehabilitation of post-stroke impairments: cognition, communication, visual deficits, dysphagia, motor impairment, sensory impairments</p> <p>2pm: Rehabilitation of neurogenic bowel and bladder, pain, depression, sexuality</p> <p><u>3pm: Journal Club</u></p>	Geis  Geis	2 <sup>nd</sup> year resident 3   3 <sup>rd</sup> year resident 1 and 2	Delisa, p 559-571
8/24/22	<p>1pm: Pressure ulcers</p> <p>2pm: Inpatient Therapy Gym team teaching for Therapeutic Exercise principles</p> <p>3pm: Ultrasound: Introduction</p>	<p>Aguirre/ Dubin/ Zarreii</p> <p>Aguirre/ Dubin/ Zarreii</p> <p>Zaremski</p>	2 <sup>nd</sup> year resident 4	<p>Cuccurullo Ch. 7, p 605-609</p> <p>Cuccurullo Ch. 8, p 630-638</p> <p>Cuccurullo Ch. 12 p 938-948</p>

8/31/22	1pm: Normal CV and pulmonary responses to exercise and exercise training	H Vincent	3 <sup>rd</sup> year resident 1	Cucurullo Ch. 9 p.674-701
	2pm: EIM for Cardiac Rehabilitation	H Vincent	3 <sup>rd</sup> year resident 2	Cucurullo Ch. 8 p638-648
	3pm: Aging, Extended Bedrest, innovations in reversal	H Vincent	3 <sup>rd</sup> year resident 3	Anton SD et al. Exp. Gerontol. 2020, 142:111123.

## Traumatic Brain Injury (TBI)

### September

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
9/7/22	1pm: TBI epidemiology, injury severity, pathophysiology, neuroimaging  2pm: TBI outcome measures  <u>3pm: M&amp;M</u>  <u>4pm Faculty meeting</u>	Geis  Geis	2 <sup>nd</sup> year resident 1	Delisa, p 575-581
9/14/22	1pm: TBI rehabilitation: fracture, hydrocephalus, cardiac issues  2pm: TBI pulmonary disorders, cranial nerve dysfunction  <u>3pm: Journal Club</u>	Geis  Geis  Geis	2 <sup>nd</sup> year resident 2  3 <sup>rd</sup> year resident 3, 4	Delisa, p 588-592
9/21/22	1pm: Guest Lecturer: Chelsea D. Frost, MD MS, Interventional Spine and Musculoskeletal Medicine, Assistant Professor of Neurology/Physical Medicine and Rehabilitation, University of South Florida  2pm: TBI rehabilitation: TBI rehabilitation: motor deficits, heterotopic ossification sensory deficits, nutrition, bowel bladder dysfunction  3pm: TBI rehabilitation: pain, headache	Geis  Geis  Geis	2 <sup>nd</sup> year resident 3	Delisa, p 92-94
9/28/22	1-2pm: TBI rehabilitation: sleep disturbance, neurocognitive and neurobehavioral deficits  3pm: Ultrasound, Hamstrings & Quadriceps	Geis  Alfonso	2 <sup>nd</sup> year resident 4	Delisa, p 595-610





## Movement Disorders, Pulmonary, Osteoarthritis, Amputee

### October

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
10/5/22	1pm: Movement Disorders  2pm: Movement Disorders management  <u>3pm: M&amp;M</u>  <u>3:30pm: Guest Speaker: Dr. Justine Vaughn</u>  <u>4pm Faculty meeting</u>	Zarreii          Zarreii	2 <sup>nd</sup> year resident 1	Cuccurullo Ch. 12 p 866-876
10/12/22	1pm: Pulmonary Rehabilitation  2pm: Osteoarthritis  <u>3pm: Journal Club</u>	Dubin  K Vincent  K Vincent	2 <sup>nd</sup> year resident 1 and 2	Cuccurullo Ch 9 p 649-673  Cuccurullo Ch. 3 p 113-116
10/19/22 <b>*AAPMR Week</b>	1pm: <u>Resident Run Jeopardy session</u>  2pm: Residency Director regroup  3pm: Review first quarter with 2 <sup>nd</sup> year residents	Dubin/ Sein  Dubin/ Sein  Dubin/ Sein	3 <sup>rd</sup> year resident 4 to be the moderator	
10/26/22	1pm: Amputation traumatic: medical management, psychological considerations and how to follow-up  2pm: Amputation dysvascular medical management, psychological considerations and how to follow-up  3pm: Ultrasound, shoulder	Dubin  Dubin  Alfonso	2 <sup>nd</sup> year resident 2	Cuccurullo Ch. 6, p 464-506

## Physical Modalities, P&O, Neuropathies, Weakness

### November

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
11/2/22	1pm: Physical modalities  2pm: Physical modalities Therapeutic exercise  <u>3pm: M&amp;M</u>  <u>4pm: Faculty meeting</u>	H Vincent and PT team at hospital	2 <sup>nd</sup> year resident 3	Cuccurullo Ch. 8
11/9/22	1pm: P & O visit, Gainesville Prosthetics  2pm: P & O visit, Gainesville Prosthetics  3pm: P & O visit, Gainesville Prosthetics	H Vincent to organize trip  Guest presenters: Gainesville P&O		Cuccurullo Ch. 6, p 463-508
11/16/22	1pm: Mononeuropathies  2pm: Polyneuropathies  3pm: Diseases of Neuromuscular Junction	Dubin  Dubin  Dubin	2 <sup>nd</sup> year resident 4	Cuccurullo Ch.5 p 390-418  Cuccurullo Ch.5 p 419-429
11/23/22 *Tgiving week	1pm: Professional development content rotation of topics: coaching confidence; handling tough conversations; delivering bad news  2pm: Resident self-focus, wellness  <u>3pm: "Mystery Diagnosis" mixed case game</u>	Dubin/ Sein UF Human Resources and leadership representatives  Estores  H Vincent to work with faculty to create		
11/30/22	1pm: Weakness differential diagnosis  2pm: Acupuncture and pain management  3pm: Ultrasound, elbow	Dubin  Estores  Zaremski	*****	Cuccurullo Ch. 5, p 449-451

## Cancer Rehabilitation, Pediatrics, Wellness

### December

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
12/7/22	1pm: Cancer Rehabilitation 2pm: Cancer Rehabilitation <u>3pm: M&amp;M</u> <u>4pm: Faculty meeting</u>	Correa-Mendoza  Correa-Mendoza	2 <sup>nd</sup> year resident 1	Cuccurullo Ch. 9 p.701-727
12/14/22	1pm: Cancer Rehabilitation 2pm: Cancer Rehabilitation <u>3pm: Journal Club</u>	Correa-Mendoza  Correa-Mendoza	2 <sup>nd</sup> year resident 2  2 <sup>nd</sup> year resident 3 and 4	Cuccurullo Ch. 9 p.701-727
12/21/22	1pm: Pediatrics 2pm: Pediatrics 3pm: Ultrasound, wrist	Ansoanuur  Ansoanuur  Alfonso	3 <sup>rd</sup> year residents 1 and 2	
12/28/22	<u>Wellness Week</u>	-----	-----	-----

## Spine and Pain, SAE-R review

### January

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
1/4/23	1pm: Cervical spine anatomy 2pm: Thoracic spine anatomy <u>3pm: M&amp;M</u> <u>4pm: Faculty meeting</u>	McGargill/ Sein  McGargill/ Sein	2 <sup>nd</sup> year resident 3	Cuccurullo Ch. 4, p 284-286
1/11/23	1pm: Lumbar spine anatomy 2pm: The sacroiliac joint 3pm: Noninterventional spine considerations	McGargill/ Sein  McGargill/ Sein  Kumar	2 <sup>nd</sup> year resident 4	Cuccurullo Ch. 4, p 287-293  <u>Readings:</u> Chen YC et al. Physician Sportsmed, 2002 30(11):30-37
1/18/23	<b>SAE-R Review</b>	Sein	*****	
1/25/23	SAE-R	Sein	*****	

## Spine and Pain

### February

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
2/1/23	1pm: Horticultural therapy: Principles and practice  2pm: Radiation safety: Introduction to fluoroscopy  <u>3pm: M&amp;M</u>  <u>4pm Faculty meeting</u>	Sein Guest lecturer  Sein	3 <sup>rd</sup> year resident 1	<a href="https://www.ahta.org/">https://www.ahta.org/</a>
2/8/23	1pm: Introduction to cervical spine interventions  2pm: Introduction to lumbar spine interventions  <u>3pm: Journal Club</u>	McGargill/ Sein  McGargill/ Sein  Spine team	3 <sup>rd</sup> year resident 2  2 <sup>nd</sup> year resident 1 and 2	Cuccurullo, Ch. 4, p 324-332
2/15/23	1pm: Classification of spinal deformities  2pm: Surgical management of the spine  3pm: Common pain syndrome	McGargill/ Sein Guest lecturer  McGargill/ Sein Guest lecturer  Kumar	3 <sup>rd</sup> year resident 3	Cuccurullo, Ch. 3, p 137-143
2/22/23	1pm: Neurochemistry of pain  2pm: Introduction to acute pain management  3pm: Ultrasound, hip	McGargill/ Sein Guest lecturer  McGargill/ Sein  Alfonso	3 <sup>rd</sup> year resident 4	

## Musculoskeletal and Sports

### March

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
3/1/23	1pm: Exertional Leg Pain  2pm: Pharmacology of Sports Medicine (NSAIDS, Muscle Relaxants, Injectants, Opioids)  <u>3pm: M&amp;M</u>  <u>4pm: Faculty meeting</u>	K Vincent  K Vincent Alfonso, Zaremski	2 <sup>nd</sup> year resident 1	
3/8/23	1pm: Evaluation of the Injured Runner: Topics to include HPI, Physical, Special Tests, & Biomechanical Analysis  2pm: Common Running Injuries with emphasis on Patellofemoral Pain and Stress Fractures  3pm: Tendinopathy	K Vincent H Vincent  K Vincent  K Vincent	2 <sup>nd</sup> year resident 2	<u>Readings:</u> From book "Clinical Care of the Runner (M. Harrast editor)", Chapter 3, Vincent and Vincent  Cuccurullo Ch 4, p206-268; <i>journal articles to be provided</i>
3/15/23	1pm: Relative Energy Deficiency - Syndrome (RED-S)  2pm: Introduction to Peripheral Joint Injections  <u>3pm: Journal Club</u>	Alfonso  Alfonso/Zaremski	2 <sup>nd</sup> year resident 3   2 <sup>nd</sup> year resident 3 and 4	<u>Readings:</u> Mountjoy M et al. Br J Sports Med. 2018 52(11):687-697. IOC consensus statement update  Cuccurullo Ch. 4, p 271-275
3/22/23	1pm: Introduction to Fractures	Zaremski	2 <sup>nd</sup> year resident 4	Cuccurullo Ch 4 p 175-177, 188-189 (clavicle, humerus), p 218-224 (hip), p 547-548 (spine), p 195-197 (wrist) Stress fractures Ch. 4, p250-252

	<p>2pm: Introduction to Sports Related Concussions</p> <p>3pm: Ultrasound, knee</p>	<p>Zaremski</p> <p>Alfonso</p>		<p>Foot Ch. 4 p 270</p> <p><u>Readings:</u> Harmon KG et al. Br J Sport Med. 2019, 53(4):213-225</p> <p>Brooks MA et al. Am J Sports Med. 2016, 44(3):742-747</p>
3/29/23	<p>1pm: Kinetic Chain Principles</p> <p>2pm: Sports Specialization and Overuse</p> <p>3pm: Common Throwing-Related Injuries</p>	<p>K Vincent H Vincent</p> <p>Zaremski</p> <p>Zaremski</p>	*****	<p><u>Readings:</u></p> <p>Jayanthi NA et al. J Athl Train. 2019, 54(10):10140-1049</p> <p>Medina G et al. JBJB, 2022, 10(3): doi: 10.2106/JBJS.RVW.21.00194</p> <p>Bowers RL et al. PMR 2022, Jan 17: doi:10.1002/pmrj.12762</p>

## Musculoskeletal and Sports, Pain

### April

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
4/5/23	1pm: MSK Radiology: Intro to Knee MRI  2pm: MSK Radiology- Intro to Shoulder MRI  <u>3pm: M&amp;M</u>  <u>4pm Faculty Meeting</u>	MSK Radiology	*****	
4/12/23	1pm: Shoulder MSK disorders with cases and management (select 2-4 diagnoses and walk through cases)  2pm: Lower MSK extremity disorders with cases and management (select 2-4 diagnoses and walk through cases)  <u>3pm: Journal Club</u>	Zaremski  K Vincent	2 <sup>nd</sup> years (1,2)  2 <sup>nd</sup> years (3,4)  3 <sup>rd</sup> year residents 1 and 2	
4/19/23	1pm-4pm: Exercise Testing VO2 <i>Will occur in Exercise Medicine and Functional Fitness Laboratory (OSMI)</i>	H Vincent	ALL: Come prepared to test	<u>Readings:</u> ACSM Guidelines for Exercise Testing and Prescription related chapters  Triantafyllidi et al. Cardiology 147(1):62-71, 2022  Pedersen and Saltin. Scand J Med Sci Sports. 2015, (suppl 3) 25:1-72
4/26/23	1pm: Pain phenotyping	Sibille	*****	<u>Readings:</u> Chapter 52 in "Stress: Concepts, Cognition, Emotion and Behavior", G Fink, ed. Chronic Pain and



	2pm: Resilience and pain	Sibille		Perceived Stress, King and Sibille. P 513-421.  Tanner JJ et al. J Alzheimers Dis. 2021, 80(4):1539-1551.  Tanner JJ et al. J Neurosci Res. 99(5):1207-1235.
	3pm: Resident wellness topic	Estores		

## Mixed Topics, Peripheral Nerve Anatomy and EMG Section

### May

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
5/3/23	1-3pm: Exam  <u>3pm: M&amp;M</u>  <u>4pm: Faculty meeting</u>	AANEM/SAE-R EXAM	*****	
5/10/23	1pm: Overview of Acupuncture-Theory and applications in rehabilitation settings  2pm: Mind-body medicine and movement-based therapies  <u>3pm: Journal Club</u>	Estores  Estores  Estores	*****   3 <sup>rd</sup> year residents 3 and 4	<u>Readings:</u> Cifu DX et al. Med Rehabil Clin N Am. 2020, 31(4)  Sherman KJ et al. J Pain. 2018, 19(5):455-474.  Garland SA et al. JAMA Int. Med. 2020, 180(1):91-105.  Wang C et al. BMJ 2018, 360:k851.
5/17/23	1pm: Determinants of gait and gait pathology  2pm: Changes in gait with prostheses  3pm: Oral cases using P & O (preparation for oral boards)	H Vincent  Dubin  Dubin	2 <sup>nd</sup> year resident 1	Cuccurullo Ch.6, p 457-463  <u>Readings:</u> Butowicz CM et al. Clin Biomech, 2020 71:160-166.  Keklicek H et al. J Orthop Surg. 2019, 27(1):23094990198326 65
5/24/23	1pm: Peripheral Nerve Anatomy & Terminology, NM Junction, pathophysiology peripheral nerves  2pm: EMG/NCS Instrumentation	Dubin Ackerman  Dubin Ackerman	3 <sup>rd</sup> year resident 1 and 2	Cuccurullo Ch. 5 p 337-456

	3pm: Ultrasound, Ankle	Alfonso		
5/31/23	1pm: Surface Based Anatomy, Stimulator & Needle placement	Dubin Ackerman	3 <sup>rd</sup> year resident 3 and 4	Cuccurullo Ch. 5 p. 337-456
	2pm: Nerve Conduction Studies: Nomenclature, waveforms, and "normal" values	Dubin Ackerman		
	3pm: The Machine: Filters & Demyelinating Neuropathies	Dubin Ackerman		

## Peripheral Nerve Anatomy, EMG and Adaptive Sport Section

### June

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
6/7/23	<p>1pm: Advanced EMG Day: SSEP, Blink Reflex, Facial Nerve Studies, Repetitive Stimulation</p> <p>2pm: SOUNDS: What Muscle sounds are generated and why; Myopathies and Motor Neuron Disease &amp; Clinical Cases</p> <p><u>3pm: M&amp;M</u></p> <p><u>4pm: Faculty meeting</u></p>	<p>Dubin Ackerman</p> <p>Dubin Ackerman</p>	*****	Cuccurullo Ch. 5 p. 337-456
6/14/23	1pm: 1-4pm: EMG/NCS on each other; Practice and prepare for July	Dubin	2 <sup>nd</sup> and 3 <sup>rd</sup> year pairs	
6/21/23	<p>1pm: Adaptive sport Classifications, sports involved, historical perspectives</p> <p>2pm: Adaptive sport Medical considerations in para athletes, prevention or preparedness</p> <p>3pm: Ultrasound interactive practice of hip, knee and ankle</p>	<p>Aguirre Alfonso</p> <p>Aguirre Alfonso</p>	<p>2<sup>nd</sup> year resident 2, 3 and 4</p> <p>3<sup>rd</sup> years to practice on 2<sup>nd</sup> years</p>	<p><u>Readings:</u> Weiler R. Br J Sports Med. 2022, 56(7):417-418.</p> <p>Tweedy SM et al. PMR. 6(Suppl 8):S11-17.</p> <p>Jonvik KL et al. Nutrients, 2022 14(5):1068</p> <p>Van Rensberg et al. Phys Med Rehabil Clin N Am. 29(2):185-203.</p>
6/28/23	End of Year Night			

## Inpatient Rehabilitation

July

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
7/5/23	<p>1pm: Intro to acute inpatient rehabilitation hospital, intro to team members (PT/OT/SLP/ Psychology), intro to case management, nursing and pharmacy</p> <p>Introduction to work flow: admissions process, common order sets, daily rounding documentation</p> <p>2pm: The Physiatric Exam: focus on neuromuscular and skeletal issues; delineating functional deficits, goal setting, barriers to discharge</p> <p><u>3pm: M&amp;M</u></p> <p><u>4pm: Faculty meeting</u></p>	Ackerman/ Aguirre/ Dubin/ Zarrei	*****	
7/12/23	<p>1pm: Intro to SCI common problems; bowel &amp; bladder, autonomic dysreflexia, skin, pulmonary, GI, risk factors for DVT/ PE and fever work up</p> <p>2pm: Intro to ASIA exam; rationale, components and prognostication potential; goal setting in SCI</p> <p>3pm: Common on call issues, emphasis on SCI patients</p>	Ackerman/ Aguirre/ Dubin/ Zarrei	*****	
7/19/23	1pm: Intro to TBI and CVA; brain tumor patients and common acute medical problems, pulmonary, agitation & behavioral changes; alterations in	Ackerman/ Aguirre/ Dubin/ Zarrei	*****	

	<p>mental status; blood pressure lability</p> <p>2pm: Basic overview of brain architecture, laterality and common deficits seen with left and right brain cortical lesions</p> <p>3pm: Common on call issues, emphasis on CVA/ TBI and brain tumor, other CNS patients</p>			
7/26/23	<p>1pm: Intro to medically complex patients, organ transplant, multiorgan issues, COVID recovery, poly morbidities and amputations; common medical problems such as worsening cardiac-renal-pulmonary function-volume overload-chest pain-wounds; alteration in medical status and fever work up in immune modulated patient</p> <p>2pm: Intro to common medications used in organ transplant and side effects (bone marrow, renal &amp; electrolytes); Common labs that require monitoring</p> <p>3pm: Common on call issues, emphasis on complex and poly morbidity patient</p>	Ackerman/ Aguirre/ Dubin/ Zarrei	*****	

## Rheumatology and Exercise is Medicine

### August

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
8/2/23	1pm: Modalities  2pm: Modalities  <u>3pm: M&amp;M</u>  <u>4pm: Faculty meeting</u>	K Vincent to schedule Guest lecturer Dr. Braddom	2 <sup>nd</sup> year resident 1	Cuccurullo Ch. 8, p 613-630
8/9/23	1pm: Orthobiologics  2pm: Mechanobiology-based PT and rehabilitation after orthobiologics  <u>3pm: Journal Club</u>	Zaremski and guest lecturer  Zaremski and guest lecturer  Zaremski	2 <sup>nd</sup> year resident 2   3 <sup>rd</sup> year resident 1 and 2	<u>Readings:</u> Van Schaik et al. Semin Musculoskelet Radiol. 2021, 25:735-744  McKay J et al. Int Orthop. 2022, 46:179- 188.  Jamal MS et al. J Clin Orthop Trauma. 2022, 25:101759.
8/16/23	1pm: Rheumatology Rheumatoid Arthritis  2pm: Rheumatology Vasculitides, Sjogren's Syndrome, Charcot joint  3pm: Rheumatology Fibromyalgia, Complex regional pain syndrome	Ackerman, Colleagues from Rheumatology  Ackerman  Ackerman	2 <sup>nd</sup> year resident 3	Cuccurullo Ch. 3 p 101-112  Cuccurullo Ch. 3 p 132-138  Cuccurullo Ch. 3 p141- 144
8/23/23	1pm: EIM for Rheumatologic conditions  2pm: Professional development/ leadership	H Vincent  Dubin/Sein	*****	<u>Readings:</u> Hammond and Prior. Br Med Bull. 2016, 119(10):49-62  Andrade A et al. Semin Arthritis Rheum. 2020, 50(6):1465-1480

	3pm: Ultrasound, Introduction of methods	Zaremski	Upper level residents	Cuccurullo Ch. 12. p 938-948
8/30/23	1pm-4pm: Physical Function testing <i>Will occur in Exercise Medicine and Functional Fitness Laboratory (OSMI)</i>	H Vincent	ALL: Come ready to do functional tests	<p><b>Readings:</b> <i>Functional tests</i> <a href="https://oarsi.org/sites/default/files/docs/2013/manual.pdf">https://oarsi.org/sites/default/files/docs/2013/manual.pdf</a>.</p> <p><i>Center of pressure, mass and balance</i> Richmond SB et al. J Biomech. 2021, 123:110485.</p> <p><i>Drop jump landing and errors</i> Padua DA et al. J Athl Train. 2015, 50(6):589-595.</p>



## Pediatrics, Burns, SCI

### September

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
9/6/23	1pm: The pediatric H&P 2pm: Th pediatric H&P 3pm: Pediatric Scoliosis	Ansoanuur Ansoanuur Ansoanuur	2 <sup>nd</sup> year resident 2	Cuccurullo Ch. 10  Cuccurullo Ch. 10, p 749-752
9/13/23	1pm: Essentials of Pediatric Rehabilitation (P&O, Wheelchair, Non-wheelchair equipment) and differences from the Adult patient 2pm: Pediatric diseases of the neuromuscular systems 3pm: Pediatric rheumatology	Ansoanuur Ansoanuur Ansoanuur, Guest from UF Pediatric rheumatology	2 <sup>nd</sup> year resident 3	Cuccurullo, Ch. 10, 737-748, 769-819  Cuccurullo, Ch. 10, p 753-762
9/20/23	1pm: Burns and wound 2pm: Burns and wound 3pm: Burns and wound, rehabilitation considerations	Zarrei, Colleagues from UF Shands Burn Center	2 <sup>nd</sup> year resident 4	Cuccurullo Ch.12 p 909-920
9/27/23	1pm: SCI ASIA exam 2pm: ASIA exam and functional outcomes based on injury level 3pm: Ultrasound, Ankle	Aguirre Aguirre Alfonso	2 <sup>nd</sup> year resident 1	Cuccurullo Ch. 7, p 549-562

## SCI, Wheelchair Fitting, Upper and Lower Extremity Anatomy and Exams

### October

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
10/4/23	1pm: Medical and metabolic complications of SCI  2pm: SCI Syndromes  <u>3pm: M&amp;M</u>  <u>4pm Faculty meeting</u>	Aguirre  Aguirre	2 <sup>nd</sup> year resident 2	Cuccurullo Ch. 7, p 563-605
10/11/23	1pm: Wheelchair fitting and prescription  2pm: Assistive devices  3pm: Autonomic dysreflexia	Aguirre Rehabilitation nursing and staff and/or P&O from VA	3 <sup>rd</sup> year resident 1	Cuccurullo Ch. 12 p 877-894  Cuccurullo Ch. 6 p 506-526  Cuccurullo Ch. 7 p 564-566
10/18/23	1pm: Foot and ankle anatomy, Physical exam  2pm: Vignettes  <u>3pm: Journal Club</u>	K Vincent  K Vincent  H Vincent, Sibille	3 <sup>rd</sup> year resident 2   2 <sup>nd</sup> year resident 1 and 2	Cuccurullo Ch. 252, p 252-270
10/25/23	1pm: Hip and Knee anatomy, Physical Exam  2pm: Vignettes  3pm: Ultrasound, Shoulder	Alfonso, K Vincent  Alfonso, K Vincent  Alfonso	3 <sup>rd</sup> year resident 3	Cuccurullo Ch. 4 p 206-226 (hip) and p 226-245 (knee)

## Upper and Lower Extremity Anatomy and Exams, Muscle Myopathies and Exercise Medicine

### November

Date	Topics	Attending Oversight	Resident	Book References <i>Additional References</i>
11/1/23	1pm: Shoulder and elbow anatomy, physical exam  2pm: Vignettes  <u>3pm: M&amp;M</u>  <u>4pm: Faculty meeting</u>	Zaremski  Zaremski	3 <sup>rd</sup> year resident 4	Cuccurullo Ch. 4 p 149-156 (shoulder) and p. 177-179
11/8/23	1pm: Forearm, wrist and hand anatomy, physical exam  2pm: Vignettes  <u>3pm: Journal Club</u>	Zaremski  Zaremski	2 <sup>nd</sup> year resident 1  2 <sup>nd</sup> year resident 3 and 4	Cuccurullo Ch. 4, p 190-192 (wrist) and p 198-201
11/15/23 <i>*AAPMR Week</i>	1pm-3pm: Visit VA P&O clinic	Sein to coordinate with Dr. Charles Plumlee	All to participate	Cuccurullo Ch. 6, p 463-508
11/22/23 <i>*Tgiving week</i>	1pm: Muscle myopathies  2pm: Muscle myopathies and rehabilitation considerations	Dubin  Dubin, Therapist in Hospital staff	2 <sup>nd</sup> year resident 2	Cuccurullo Ch. 5 p 437-444
11/29/22	1pm: EIM for Osteoarthritis  2pm: EIM for Low back pain  3pm: Ultrasound, Knee	K Vincent  H Vincent  Alfonso	*****	<u>Readings:</u> Bennell KL et al. Best Pract & Res Clin Rheum. 2014, 28:93-117  Barrow Dr et al. BMC Musculoskel Disord. 2019, 20(1):610.  Bannuru RR et al. Osteo Cart. 2019, 27(11):1578-1589.

## Obesity and Weight Management, Spasticity

### December

Date	Topics	Attending Oversight	Resident	Book References <i>Additional references</i>
12/6/23	1pm: Obesity Challenges in PMR  2pm: Weight management impact on health: MSK, brain and pain!  <u>3pm: M&amp;M</u>  <u>4pm: Faculty meeting</u>	H Vincent  H Vincent	*****	<u>Readings:</u> Bell JA et al. Int J Obes. 2017, 41(6):866-872.  Jacobs CA et al. Cartilage. 2020, 11(1):38-46  Cruz-Almeida et al. J Gerontol. Biol Sci Med Sci. 2017, 72(9):1270-1276.  Ryan DH et al. Curr Obes Rep. 6(2):187-194.
12/13/23	1pm: Spasticity principles, causes, assessment; PO versus injectable medications versus Non-Pharm treatment  2-3pm: Spasticity Workshop	Geis  Geis	*****  All to participate	Cuccurullo Ch. 12, p 853-866
12/20/23	1-3pm: Peripheral Joint injection workshop  3pm: Ultrasound, Elbow	Alfonso, Zaremski, K Vincent  Zaremski	*****  All to participate	
12/27/23	<u>Wellness Week</u>	-----	-----	-----