## Advising Timeline for Students Applying into Physical Medicine and Rehabilitation

<table>
<thead>
<tr>
<th>Year 3 and 4</th>
<th>Research</th>
<th>Volunteer</th>
<th>Career Experience</th>
<th>Advising</th>
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</thead>
<tbody>
<tr>
<td>• Continue work on research project</td>
<td>• Volunteer with PM&amp;R relevant opportunities</td>
<td>• PM&amp;R rotations: Home institution (if available; late 3rd year/early 4th year)</td>
<td>• Meet with your advisor July/August of 4th year</td>
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<td>• Goal to disseminate work via abstract, article, book chapter, or presentation</td>
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<td>• PM&amp;R rotations: Away rotation (apply March/April of 3rd year; rotate June – October 4th year)</td>
<td>• Identify target programs</td>
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<td>• Elective rotations: (trauma, neurology, neurosurgery, pain, orthopedics, sports medicine, rheumatology, radiology)</td>
<td>• Identify # programs</td>
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### Before you find PM&R

- Find a research mentor
- Get involved with research in any field
- Find local volunteer opportunities
- Consider leadership opportunities within your medical school (teaching, school committees)
- Explore appropriate careers

### After you find PM&R

- Find a research mentor within PM&R or a related field or continue previous research project
- Volunteer with PM&R relevant opportunities
- Consider leadership opportunities within your medical school (teaching, school committees)
- Shadow with PM&R physicians
- PM&R interest group (join/start)
- Consider a summer externship – research vs clinical
- Understanding of PM&R as a specialty
- Find a local advisor
- Find an advisor through the AAP

### Year 3 and 4

- PM&R rotations: Home institution (if available; late 3rd year/early 4th year)
- PM&R rotations: Away rotation (apply March/April of 3rd year; rotate June – October 4th year)
- Elective rotations: (trauma, neurology, neurosurgery, pain, orthopedics, sports medicine, rheumatology, radiology)

### Advising

- Meet with your advisor July/August of 4th year
- Identify target programs
- Identify # programs
- Letters of Recommendation
- Personal Statement