AAP MEDICAL STUDENT COUNCIL

RESOURCE GUIDE FOR MEDICAL STUDENTS

Medical Student Didactic

Hosted by: AAP Medical Student Council
Created by the AAP’s Medical Student Council, this lectures series serves as a resource for medical students to become familiar with the basics and core concepts of physiatry. Topics include an introduction to the field, how to perform musculoskeletal exams and manage common MSK concerns.

Virtual Didactic: Resident-level didactic series

Hosted by: AAP Residency/Fellow Council
Created by the AAP’s Resident/ Fellow Council, this series is an on-demand resource for comprehensive academic physiatry information and education.

PM&R Pocket Mentor

Hosted by: Edward Pingenot
Created by the AAP’s Medical Student Council, this series is designed to introduce medical students to physiatry and leaders in the specialty. Get inspired as you discover their paths to physiatry, residency and career tips, and more.

PM&R Board Review Series

Directed by: Margaret Beckwith, MD & Collin Byrne, MD, MSc
Created by the AAP’s Resident/ Fellow Council, this series was created to help you prepare for your PM&R Board Exams. Each episode is a deep dive into current practices and core knowledge that you will be tested on.

Listen on Soundcloud
Introduction to PM&R

**PM&R is One of the Best Kept Secrets in Medicine** *(45:44)*
Patrick Kortebein, MD

**How to Be Successful on a PM&R Elective** *(29:46)*

Spasticity Basics *(23:29)*
Paul Winston, MD

Evaluation, Assessment, & Plan

**Intro to Scales and Outcome Measures in PM&R** *(42:20)*
Emily Kivlehan, MD

**Rehabilitation Assessment Plan** *(41:35)*
Carolyn Black, MD

**The Functional Evaluation** *(uploading in process)*
Anne Goldring, MD and Christopher Lewis, MD

Spinal Cord Injury

**Spinal Cord Injury and the ASIA Exam** *(59:39)*
Susan Garstang, MD

**SCI and Neurogenic Bladder** *(uploading in process)*
Miguel Escalon, MD

**Autonomic Dysreflexia in SCI** *(56:45)*
Ryan Solinsky, MD

**Complications of SCI** *(59:15)*
Margaret Jones, MD

**ASIA Exam** *(38:20)*
Jesse Lieberman, MD

**Respiratory Management After SCI** *(33:17)*
Jesse Lieberman, MD

**Stroke Abbreviations** *(53:33)*
Nneka Ifejika, MD, MPH
Sideline & Early Concussion Management (1:24:10)
Mary Alexis Iaccarino, MD

Musculoskeletal Ultrasound Fundamentals (1:03:32)
Christopher Visco, MD

Ultrasound Guided Procedures (51:33)
Michael Schaefer, MD

Peripheral Neuropathies of the Upper Extremity: An Ultrasound Based Approach (53:47)
Robert Bowers, DO, PhD

Pitching & The Elbow: Common Injuries (1:01:21)
Jason Zaremski, MD

 Blades of Glory: The Story of the Scapula (59:56)
Rex Ma, MD

Knee Osteoarthritis: Much More than 'Wear and Tear' (59:57)
Prakash Jayabalan, MD, PhD

Achilles Tendinopathy: From Basic Tendon Concepts to Novel Treatments (1:01:17)
Stephen Schaaf, MD

Groin Pain in Athletes (47:03)
Zachary Bailowitz, MD

Hip Pain in the Athlete (54:18)
Mindy Loveless, MD

Overuse Injury in Sports: Identifying & Addressing Risk Factors (55:00)
Gerardo Miranda-Comas, MD

Youth Sports Medicine Review: Sports Specialization & Overuse Injury (1:05:39)
Emily Kraus, MD

Youth Athletes with Disabilities (1:01:12)
Mary Dubon, MD

Tendinopathy: Mechanisms of Tissue Healing & Injury (1:02:33)
Asad Siddiqi, DO

Ehlers Danlos Syndrome (49:33)
Neyha Cherin, DO
Spine and Pain

Low Back Pain (uploading in process)
John Alm, DO

Spine Physical Exam (1:01:33)
McCasey Smith, MD

AAP Board Review Series Episode 1:
Pain, Pharmacology (31:32)

Quantifying Risk in Interventional Spine Procedures (53:23)
Byron Schneider, MD

How to Approach the Patient with Low Back Pain (1:02:01)
Jonathan Kirschner, MD, RMSK

Interventions for the Sacroiliac Joint Complex (1:00:04)
Aaron Yang, MD

Rational Opioid Prescribing (1:01:27)
Gwynne Kirchen, MD

Myofascial Pain (48:27)
Tina Wang, MD

Shoulder Pain as a Metaphor for Evidence-Based Medicine (1:01:49)
Ameet Nagpal, MD

Choosing the Right Patient & Procedure for the Spine (1:02:11)
Aaron Yang, MD

Diagnosing Posterior Pelvic Pain (58:20)
Heidi Prather, DO
**Stroke**

*Stroke Syndromes* (1:05:18)
Monica Verduzco-Gutierrez, MD

**AAP Board Review Series:**
*Episode 4: Posterior Circulation Stroke* (17:28)

*Ann Board Review Series: Episode 2: Stroke, Anterior Circulation* (19:00)

**PM&R Board Review Series**

**Traumatic Brain Injury**

*A Primer on Traumatic Brain Injury (TBI) Rehab Rotations* (57:06)
Benjamin Seidel, MD

**Medical Student Didactic**

*Brain Injury Rehabilitation in the Acute Trauma Setting* (1:00:24)
Oscar Sanchez, MD

*Disorders of Consciousness* (54:20)
Shanti Pinto, MD

*Headaches in TBI* (41:04)
Kelly Heath, MD

*Neuropharmacology in Brain Injury* (54:48)
Mary Russell, DO, MS

*Neurostimulant Use After Recovery From Traumatic Brain Injury* (47:21)
Heather Ma, MD, MS

*Neurosurgical Complications After TBI & Stroke* (54:38)
Nikola Dragojlovic, DO

*Pharmacotherapy in Mild TBI* (57:42)
Mary Alexis Iaccarino, MD

*TBI & Sleep* (58:54)
Sima Desai, MD
Age-Associated Changes

Hospice & Palliative Medicine: Truths & Myths (59:28)
Naomi Kaplan, MD

Aging, Sarcopenia & Exercise (56:03)
Walter Frontera, MD, PhD

Amputation, Prosthesis, Orthosis, & Assistive Devices

Artificial Limbs: Demystifying Prosthetic Knees (58:18)
Rebecca Speckman, MD

Wheelchair Skills Assessment & Training (56:40)
R. Lee Kirby, MD

Upper Limb Amputation Rehabilitation (43:36)
Mary Matsumoto, MD

Immediate Fit, Adjustable, Lower Limb Prosthetics: Technology & Scientific Rationale (50:57)
Timothy Dillingham, MD

Pocket Mentor: Wheelchair Basics (24:10)
R. Lee Kirby, MD

AAP Board Review Series:
Episode 5: Ambulation Aids (16:18)

Cancer

Safety Considerations in Cancer Rehabilitation (46:25)
Susan Maltser, DO

Chemotherapy Induced Peripheral Neuropathy (50:11)
Katherine Power, MD
**COVID-19**

**COVID-19 Rehab Strategies for Acute Hospitals (42:47)**  
Andrew Haig, MD

**Rehabilitation of Parkinson's Disease Patients During the COVID-19 Pandemic (55:28)**  
Mark Hirsch, PhD

**Electrodiagnostics & Imaging**

**Radiculopathy or Plexopathy**  
Leslie Rydberg, MD (59:43)

**Diagnostic Ultrasound in the EDX Lab**  
Shawn Jorgensen, MD (59:41)

**EMG Plexopathy**  
Leslie Rydberg, MD *(uploading in process)*

**MRI Evaluation of the Lumbar Spine for the PM&R Clinician**  
Rex Ma, MD (1:03:13)

**Neurology**

**Growing up with Cerebral Palsy (53:36)**  
Edward Hurvitz, MD

**Spina Bifida (43:34)**  
Maya Evans, MD

**Neuromuscular Disorders (52:02)**  
Elba Gerena-Maldonado, MD

**Bell’s Palsy of the Brachial Plexus (52:29)**  
Erik Ensrud, MD
Pediatrics

**Pediatric Gait with a Focus on Ambulatory Cerebral Palsy (55:35)**
Didem Inanoglu, MD


Other topics / Miscellaneous

**Placebo & Nocebo: Implications for PM&R (1:01:48)**
Mary Alexis Iaccarino, MD

**Billing 101 (55:01)**
Monica Verduzco-Gutierrez, MD

**Promoting an Advocacy Curriculum in Residency (1:01:23)**
Ellia Ciammaichella, DO, JD and Justin Bishop, MD