



Winter 2021

THE UNIVERSITY OF NORTH CAROLINA SCHOOL OF MEDICINE
DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION

Improving health, function, and well-being.

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Our mission is to improve the health, function, and well-being of people across North Carolina and beyond through excellence in patient care, education, research, and innovation.



A Commitment to Communicate



This past week marked the 1-year anniversary of the first COVID-19 diagnosis here in North Carolina. Throughout the pandemic, members of our department have gowned up to take care of COVID + patients, volunteered their time in vaccination clinics, spent innumerable hours in the Occupational Health Clinics, and reached out to other specialists across campus to establish an innovative UNC Covid-19 Recovery Clinic (more on that in our next newsletter).

The UNC Department of PM&R has long supported such innovative approaches to care, whether it's the cutting-edge telemedicine program that Dr Poplawski references in her interview, the virtual resident recruitment program described by our Residency Program staff, or the Center for Complementary and Alternative Health and/or Rehab Maker Space program that are planned to be part of our new state of the art Inpatient Rehabilitation Center scheduled to open in February 2022.

Such innovation is only one of many strengths of our department. This past year has demonstrated the indispensable importance of our programs as well as the dedication of our faculty, staff, residents, and fellows. I am extremely grateful to be part of a department that supports each other and answers the call to be flexible, courageous, and kind during times of sometimes intense stress. I've witnessed many acts of compassion and understanding and have been inspired by everyone's dedication to their work and to each other.

While we're currently seeing a welcome decrease in new COVID-19 cases and hospitalizations and a concomitant increase in numbers of our citizens who've been vaccinated against the virus that caused this pandemic, there is still much work to be done, and I'm certain that our department will continue to rise to the challenges to care for our patients, for their families, and for each other.

If you'd like to learn about any of our current or future programs, please don't hesitate to contact me at Joshua_Alexander@med.unc.edu

Be Well,

Joshua J. Alexander, MD
Sidna Chockley Rizzo Distinguished Professor & Chair
UNC Department of Physical Medicine and Rehabilitation

Spotlight

Alumnus Elizabeth Poplawski, DO



Over the holidays, we had the chance to catch up with Elizabeth Poplawski, DO (UNC PM&R residency graduating class of 2011.) Dr. Poplawski grew up in Plano Texas, a suburb of Dallas. She attended Baylor University and received a BS in Health Science Studies in 2003. She went on to receive her DO at Virginia College of Osteopathic Medicine at Virginia Tech in 2007 before entering UNC PM&R four-year residency. During her training at UNC she received several national honors and served as chief resident in education. Following her training in Chapel Hill, she completed a fellowship in Pediatric Rehabilitation Medicine at Emory University/Children's Healthcare of Atlanta. After completing her fellowship in 2013 she joined the staff of Children's Healthcare of Atlanta.



Elizabeth Poplawski DO

UNC PM&R Class of 2011

What are you doing right now in your professional career?

I'm a full-time physiatrist in pediatric rehabilitation at Children's Healthcare of Atlanta, where my time is split between our inpatient rehab unit, consults, clinics and procedures. We have a 28 bed inpatient pediatric rehabilitation unit where we manage children with a variety of traumatic and non-traumatic injuries. I also participate in outpatient general and multi-disciplinary clinics, and perform multiple procedures including injections with botulinum toxin and phenol neurolysis, ITB management, and intra-operative monitoring for selective dorsal rhizotomies. I am also the Pediatric Rehabilitation Medicine fellowship director.

Why did you choose UNC?

Pediatric PM&R is a pretty small subspecialty, and one that most medical students often aren't exposed to or even aware of. Thankfully I learned about Pediatric PM&R in college, when I had the chance to shadow a Pediatric Physiatrist at Our Children's House at Baylor in Dallas, Texas. My experiences in medical school reinforced this choice. What initially drew me to the UNC program was that they offered the most time in pediatric rehabilitation (above the ACGME minimum) out of all the other programs I was considering. There was also a large variety of exposures from different attendings.

What drew you to Pediatric Rehabilitation?

I have an older brother with special needs and always wanted to work with this population of children in some capacity. When I was younger, I thought I would go

into elementary education. Then as a young gymnast, I seemed to frequently end up in physical therapy, which piqued my interest in pediatric physical therapy. I entered college with the intention of pursuing Pediatric Physical Therapy, however once I shadowed a Pediatric Physiatrist I knew I had found my calling!

How did UNC PMR prepare you for after graduation?

The mentorship from Dr. Joshua Alexander was incredible, and the amount of exposure to pediatric rehabilitation in particular at UNC was great. I also had the opportunity to participate in TelAbility, a UNC PM&R telemedicine program for children with disabilities, led by Dr. Alexander. Telemedicine was uncommon at the time, and I always thought I would like to find a way to incorporate that into my practice. The experience came in handy in 2020 when most practices, including ours, began to incorporate telemedicine due to the COVID-19 pandemic. While we have scaled back our telemedicine and are mostly seeing patients in the office, for now I am continuing a half day each month.

How has Covid affected your practice?

Our patient volume wasn't really affected. While I have cared for a few children with MIS-C, thankfully they have been few and far between. Our medical director was really on top of things and our practice was one of the first in the system to initiate telemedicine starting in early April. We're back to doing primarily in person visits now, but we still incorporate telemedicine on a limited basis. I'd like to see this continue even after the pandemic based on my experience with Dr. Alexander.



How do you alleviate stress?

Working out is my stress reliever and going to the gym has always been a big motivator for me. Even though most gyms have re-opened following the shut down in mid-March, I still don't feel comfortable going. For now, I continue to wake up early and enjoy my time doing workouts in the living room before my family gets up for the day. Working out at home also allows us to model healthy behavior for our young girls, and sometimes they even join in. Our daughters love burpees, telling us when we aren't doing what is being done on the computer, and being bench pressed.☺ I still look forward to the day I can safely return to the gym though!

How was living in Chapel Hill/RTP?

My husband and I love Chapel Hill. It holds a special place in our hearts because it is where we met. During my residency, he was a physical therapist in the UNC outpatient sports program. We met playing intramural softball on the department team, and we "hit it off!" Overall, Chapel Hill is a neat city with tons of opportunities for sports, arts, culture, and academics. It's a smaller city, but there are larger cities and an international airport nearby. You are also only a short drive away from the mountains and beach.

Do we hear there is a FUN fact about your husband?

Yes! My husband, Kevin Poplawski, is a physical therapist in sports medicine at Emory. He also has a side hobby as a children's book author. He wrote *Eli's Magic Moment* when I was pregnant with our first child. She loved the story and he ultimately published it. He and his book illustrator, Michael Rausch, later published a sequel, *The Trekkers' New Hope*. At the start of the pandemic in March 2020, the Emory Global Health Institute held a competition for a children's e-book about COVID-19, that aimed to reduce stress and anxiety among school age children. Within two weeks, Kevin and Michael wrote and illustrated *Together: Living Life During COVID-19*, and won honorable mention! You can [download the COVID-19 book here](#), or purchase a copy of any of the books on [Amazon](#).

Thank you Dr. Poplawski!

If you're an alum of our residency program, we'd love to hear from you!

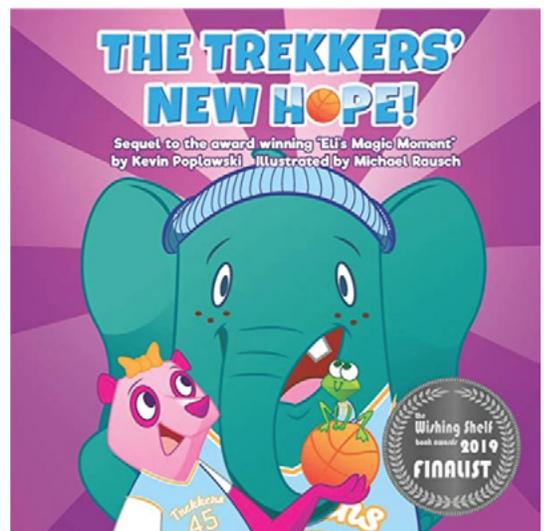
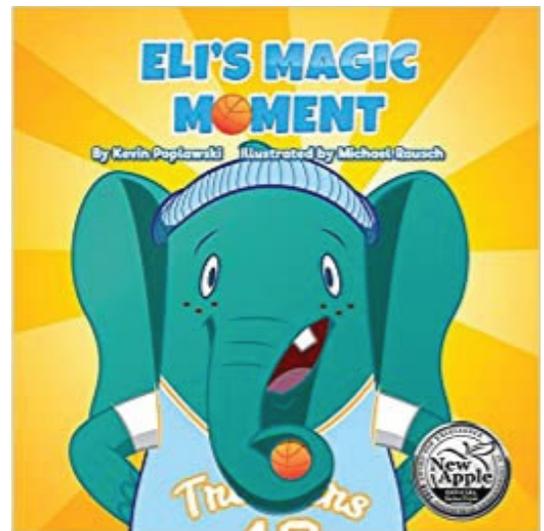
Please contact us at:
pmrnews@med.unc.edu
and mention our newsletter to be included in a future edition!

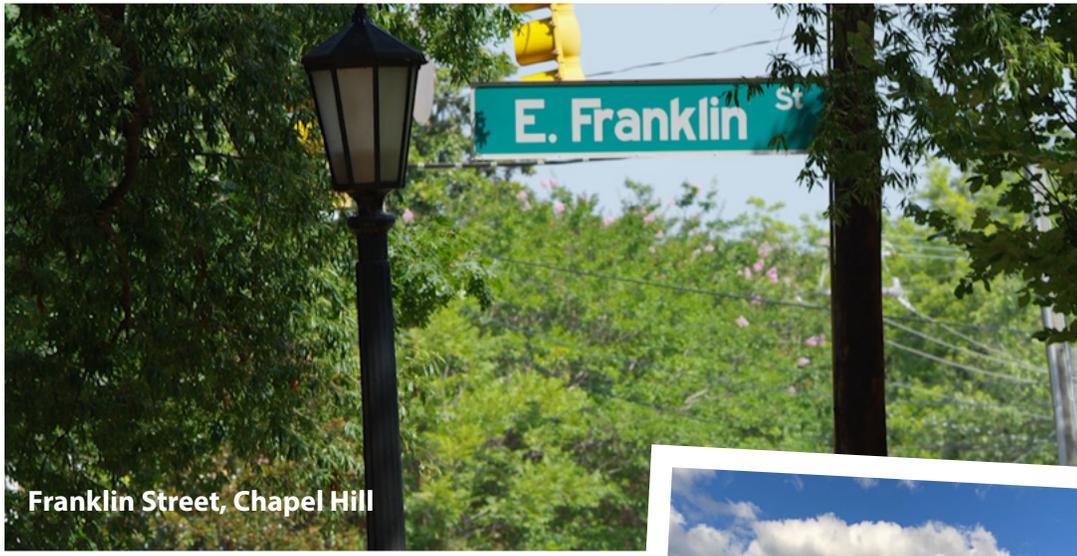
Together



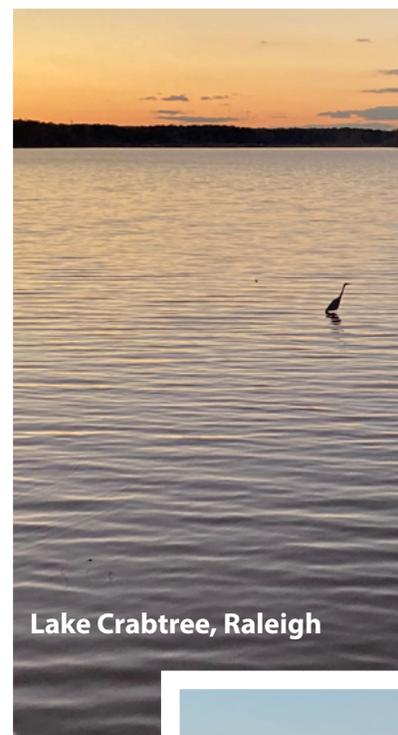
Living Life During COVID-19

By Kevin Poplawski Illustrated by Michael Rausch

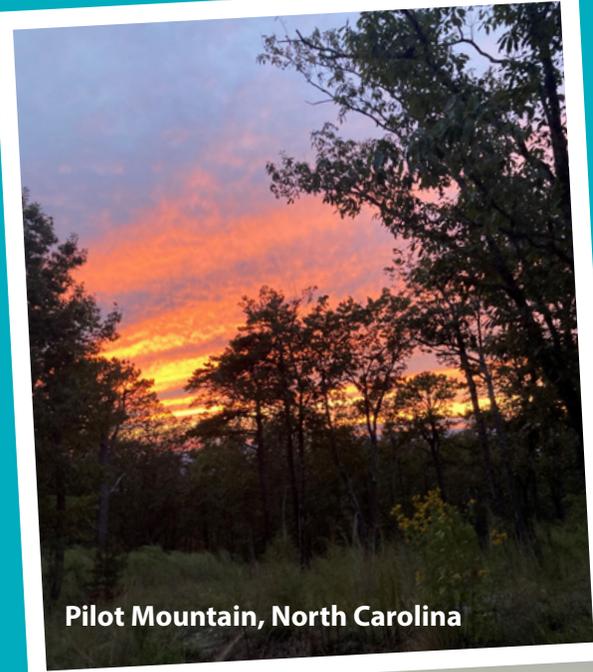




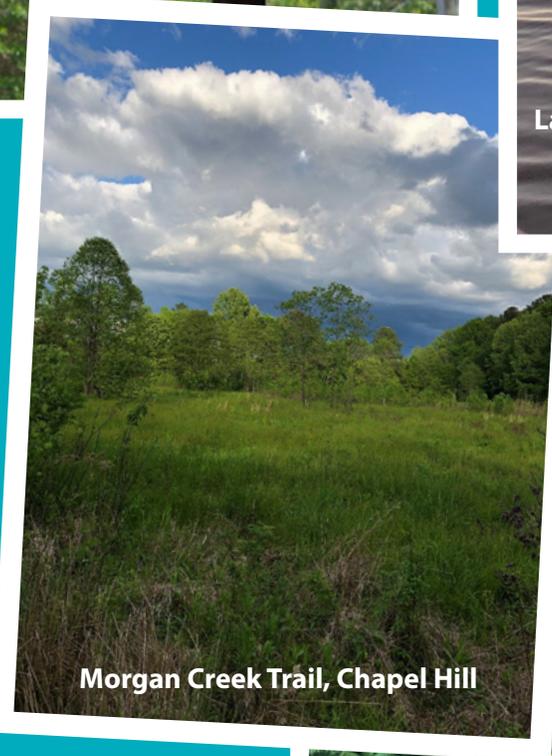
Franklin Street, Chapel Hill



Lake Crabtree, Raleigh



Pilot Mountain, North Carolina



Morgan Creek Trail, Chapel Hill



Stone Mountain, North Carolina



Coker Arboretum, UNC Campus

sights around our great state



The Old Well, UNC Campus



The Bell Tower, UNC Campus



Harker's Island, North Carolina



Bolin Creek Trail, Chapel Hill



UNC Hospital, Hillsborough

Residency Recruitment in the Time of COVID



William Filer, MD
Residency Program Director
Associate Professor
UNC Department of PM&R



Kimberly Rauch, DO
Associate Residency Program Director
Assistant Professor
UNC Department of PM&R



Thomas Petruska, MS
Residency/Quality Program Coordinator
UNC Department of PM&R

When the year 2020 began, our leadership team was hard at work engaging in ambitious goals. We were not only beginning to plan for a move to a new Inpatient Rehabilitation facility in Hillsborough, but we were also working toward expansion of our Residency Program from 12 spots (3 Residents/year) to 16 spots (4 Residents/year). This expansion necessitated building additional rehab beds in Hillsborough as well as hiring multiple new faculty and staff to expand our educational and research footprint. Then, the COVID-19 Pandemic hit.

Suddenly, like many Residency Programs, we found ourselves navigating a new world with new challenges, in a travel-restricted and socially distant world. To meet these challenges, we learned new digital tools and platforms and migrated all of our educational programming online to keep our residents and faculty safe. After some practice with hosting events internally, we hosted our first external virtual event, the annual UNC PM&R Research Day, on May 6, 2020. After some encouraging feedback, we explored other avenues to highlight our program virtually before the interview season began. Our Residents partnered with PMR Scholars to illustrate our program alongside other PM&R programs in the nation. They also hosted a virtual meet and greet to allow applicants to get to know our program culture better.

Many medical students interested in the field had the unfortunate experience of having rotations canceled or rescheduled as a result of COVID-19. Recognizing the difficulties that these medical students were facing, we also implemented a free online "Introduction to PM&R" lecture series where we invited our Faculty members (and Guest Faculty) to speak about the different topics in PM&R. This allowed prospective PM&R applicants to learn more about the field from our faculty experts before making the important decision to pursue training in physiatry. We are happy to be presenting this project, with data and feedback from attendees, as an Abstract at the upcoming AAP Physiatry 2021 Annual Meeting.

UNC PM&R Resident's Meet & Greet

Come learn more about the UNC PM&R Residency Program
hosted by our residents.



Register here: bit.ly/uncpmr_meetgreet
Zoom credentials will be emailed day of session.

 SCHOOL OF MEDICINE
Physical Medicine and Rehabilitation

This early engagement with applicants led to a record number of students applying to our program. Fortunately, our residency expansion plans allowed us to invite and meet with more of these qualified candidates. Even so, given the competitive nature of PM&R residency, we were not able to invite many candidates who undoubtedly will go on to have very successful careers. In keeping with our hospital's mission to service, we chose to more heavily weight qualitative factors, like volunteering, advocacy and diversity, over many traditional metrics, such as test scores. While these qualitative attributes can be difficult to discern without meeting candidates in-person, we feel that the additional time and effort spent in a holistic review of paper applications will improve our program and the field as a whole.

Overall, our collective efforts gave the UNC PM&R Residency Program a unique opportunity to showcase the amazing education, research, and innovation our faculty and residents perform every day to improve the quality of life for our patients. The opportunity to engage with and get to know our candidates before and during interview day, no matter their location, was an added bonus. Despite the challenges COVID-19 has presented for us all, we have managed to interview 64 candidates in a virtual platform, invent new virtual educational programming opportunities, expand our Residency program, and receive the approval for an additional inpatient rehabilitation beds for our move to Hillsborough in 2022. We think this speaks volumes about the strength and resilience within our program, but we could not have done this without the hard work and engagement of our amazing residents, faculty and staff. We are looking forward to continuing to adapt as needed, to innovate and to create new ideas and tools that have the capabilities necessary to train the physicians of tomorrow here at UNC.

UNC PM&R Diversity and Inclusion Committee



Raj Telhan, MD
Assistant Professor
Committee Chair

The UNC PM&R Department is committed to building an environment in which all of its members can thrive. An important first step in creating a representative, equitable, and inclusive community is to understand faculty and staff perspectives about these important issues. The PM&R Diversity and Inclusion committee was established to help our department gain an understanding about our faculty and staff members' experience related to diversity and equity and to implement policies aimed at making meaningful changes within our department. In addition to Table Talks and Residency Education described below, the DEI committee is involved in fostering equity and inclusion in our department in many ways, with new projects coming up in the future!



Matthew Harris, PhD
Assistant Professor
Committee Co-Chair

Our Approach

Table Talks

The committee hosted its first department-wide DEI Table Talk in January 2021. The virtual table talk will convene once a month to hear from PM&R faculty, staff, and therapy personnel.

This table talk is an open forum for people to bring up any questions, concerns, ideas, or really anything they would like to discuss, related to diversity and inclusion. We encourage everyone to make their voices heard.

Reforming our Education Program Residency Program and DEI Education

Our Committee Chair of the UNC PM&R Diversity, Equity and Inclusion, Dr. Raj Telhan and Committee Member, Dr. Karla Thompson, launched the first lecture on Structural Competency and Health Equity in August 2020 to our Residents. Health equity is defined by the CDC as the opportunity to "attain his or her full health potential" and no one is "disadvantaged from achieving this potential because of social position or other socially determined circumstances."

This lecture reflected a commitment to shift medical education away from pedagogic approaches to stigma and inequalities that emphasize cross-cultural understandings of individual patients, toward attention to forces that influence health outcomes at levels above individual interactions.

The lecture reviewed existing structural approaches to stigma and health inequalities developed outside of medicine. Due to the overwhelming positive feedback from Residents, Dr. Telhan launched his Spine/Pain Didactic Series in January 2021 and started to incorporate Health Equity lessons and care of diverse patient populations within the topic.

With this pilot program, we also now capture real-time feedback on the effectiveness of this new way of teaching.

We continue to receive positive feedback to the addition of these topics within the lectures, and look forward to continuing to improve Resident Education with continued investment in Health Equity education.

Find out more about our DEI commitment: go.unc.edu/pmr-dei

2nd Annual Mild Traumatic Brain Injury Symposium

On Saturday, October 31st, 2020, UNC's Department of Physical Medicine and Rehabilitation and the UNC Center for Rehabilitation Care hosted the 2nd Annual 2020 UNC Concussion Symposium: Focusing on Mild Traumatic Brain Injury (mTBI).

This year's virtual symposium, hosted in collaboration with Greensboro AHEC, highlighted current innovations, testing, treatment, and management of mTBI and concussion. The symposium was designed to enhance understanding of the professional roles and multidisciplinary approach in the diagnosis, assessment, and treatment of concussions or mTBI.

The day's lectures included:

Kevin Franzese, DO (Keynote; presented the "Sam E. Reeve Lectureship in PM&R"): "Red and Yellow Flags: When to Stop and When to Look Deeper in Concussion Rehabilitation"

Mary Alexis Iaccarino, MD: "Pharmacology to Augment Concussion Recovery"

Lee Shuping, MD, MPT: "Autonomic Dysfunction in Mild Traumatic Brain Injury"

Drs. Karla Thompson, PhD, and Matthew Harris, PhD: "Neuropsychology and New Treatments for Brain Injury Rehabilitation"

Brett Miller, OD: "FCOVD Managing the Visual System After a Mild TBI"

Karla Thompson, PhD and Padma Doobay MSW, LCSW-A: "Navigating Community Resources"

Samuel F. Yanuck, DC: FACFN, FIAMA: "Preventing Excessive Neuronal Loss After TBI"

Isabel Roth DrPH, MS: "Yoga for Brain Injury"

Akash Patel, DO: "Case Study Presentation: Motor Vehicle Collision"

The symposium was a great success with 80 attendees representing a range of healthcare backgrounds and widespread geographic locales.

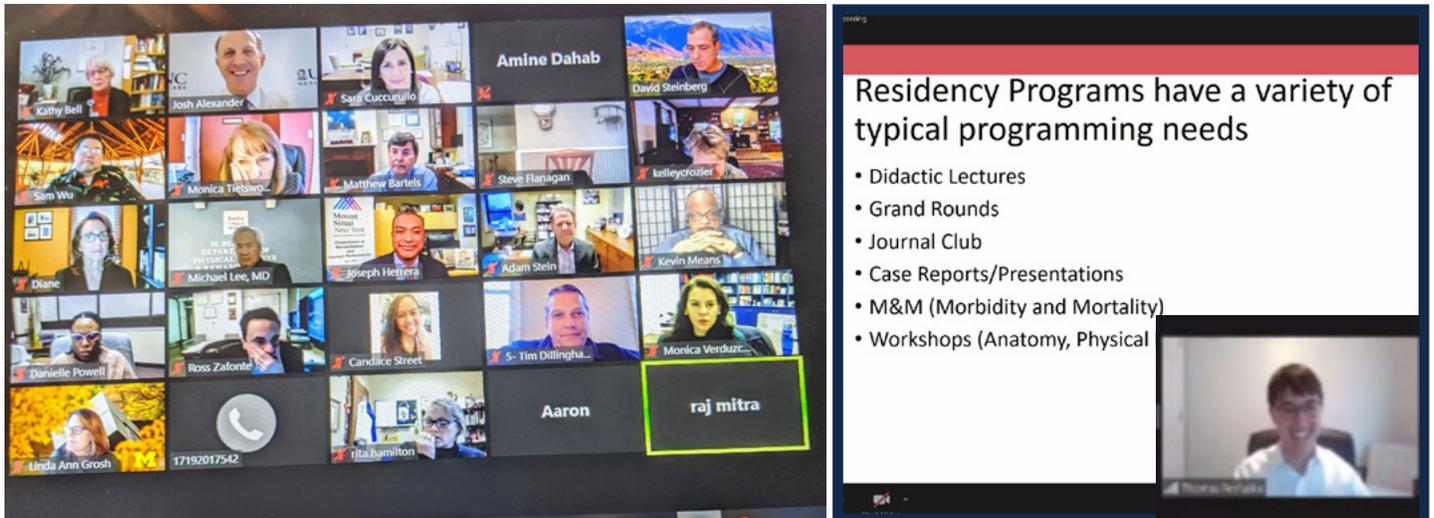
The Chair of UNC Physical Medicine and Rehabilitation, Joshua Alexander, MD, had these comments to share after the symposium:

"Even though this year's symposium was held online, the excellent presentations and high level of participant involvement made it feel like we were all learning together at one site. The breakout sessions were well-run and very interactive which made them ideal settings for interdisciplinary education."

Our department would like to extend a special thank you to the symposium's Planning Committee Members listed below. Thanks for all your hard work!

Joshua Alexander, MD
JM Baratta, MD, MBA
Christine Cleveland, MD
Aaron Olsen, MBA
Akash Patel, DO
Thomas Petruska, MS
Lee Shuping, MD, MPT (Director)
Karla Thompson, PhD

AAP Annual Meeting Posters and Presentation



Above left: Department Chair, Dr. Alexander, shares results of national survey on best practices in wellness in academic PM&R departments with his fellow chairs. **Above right:** Resident Coordinator, Thomas Petruska, presents session on Cybersecurity.

We had a lot of department participation at the 2021 AAP Annual conference with our career booth, a cybersecurity session, poster presentations, and AAP committee meetings.

Resident Coordinator, Thomas Petruska, presented a session on cybersecurity. This past year, the switch to moving educational programming to a virtual platform provided new and exciting ways to engage with students interested in a PM&R Residency Program. Cybersecurity concerns such as “Zoombombing” surfaced as a new challenge that residency programs needed to handle, on top of the other challenges/transitions taking place.

Petruska’s talk primarily focused on understanding the relevance of cybersecurity, as well as sharing best practices for keeping virtual events safe. As we continue to navigate a virtual world and recognize the potential for the continued use of virtual platforms, it is incredibly important for us all to do our part to keep virtual events safe. He notes, “I appreciated the opportunity to share these practices, and we look forward to hosting effective virtual educational events in the future.”



Dr. William Filer



Dr. Akash Patel



Thomas Petruska



Dr. William Riden

A Rare Etiology of Finger Weakness in a Recreational Weightlifter

Patel, A., Vijayaraghavan, N., Shuping, L.

A Runner’s Dilemma: A Case Report of Exertional Anterior Compartment Syndrome

Riden, W., Sainburg, D., Shuping, L.

Free Virtual Introduction to PM&R Lecture Series for Medical Students

Filer, W; Petruska, T.

Delivery Outcomes in Women with Spinal Cord Injury: A Systematic Review

Siano, S; Chadwick, B; Jones, E; Cleveland, C.

Menstruation & Autonomic Dysreflexia: A Case Report

Siano, S; Chadwick, B; Cleveland, C.

Resident and Attending Perceptions of Virtual Medicine During Covid-19

Yeste, K; Rauch, K; Telhan, R



Dr. Daniel Sainburg



Dr. Steven Siano



Dr. Nevin Vijayaraghavan



Dr. Kaila Yeste



We're hiring!

Spine Physiatrist

More information: unc.peopleadmin.com/postings/178010

Research Faculty/Vice Chair for Research

More information: unc.peopleadmin.com/postings/173460

Clinical Neuropsychologist

More information: unc.peopleadmin.com/postings/187133

Clinical Instructor- Director of Prosthetics and Orthotics

More information: unc.peopleadmin.com/postings/187037

Traumatic Brain Injury Physiatrist

More information: unc.peopleadmin.com/postings/188112

Part-time Pediatric Physiatrist

More information: unc.peopleadmin.com/postings/189041

UNC PM&R Career listings: www.med.unc.edu/phyrehab/about-us/careers

Questions?

Please contact Le'Quisha Person, HR Consultant, at lequisha_person@med.unc.edu

2020 UNC PM&R Grand Rounds

January

Miriam Sklerov, MD, MS

Assistant Professor
Department of Neurology
University of North Carolina School of Medicine
Multiple System Atrophy

February

William Filer, MD

Associate Professor Residency Program Director
Department of Physical Medicine and Rehabilitation
University of North Carolina School of Medicine
Mentorship/Coaching

April

Andrea Giovannucci, PhD

Assistant Professor
Joint Department of Biomedical Engineering
North Carolina State University
University of North Carolina, Chapel Hill
Next Generation BMIs for Neurorehabilitation

May

Irena Dujmovic Basuroski, MD

Associate Professor
Department of Neurology
University of North Carolina School of Medicine
Multiple Sclerosis Treatment in the Era of COVID19 Pandemic

June

Beth Laurie Jonas, MD, FACR

Reeves Foundation Distinguished Professor of Medicine
Chief, Division of Rheumatology, Allergy and Immunology
University of North Carolina School of Medicine
Approach to the Patient with Inflammatory Arthritis

July

Justin Lee, MD, CAQSM

Assistant Professor
Carolina Family Practice and Sports Medicine in Raleigh
Running Injuries and Orthotics

August

Lauren Porras, MD, CAQSM

Assistant Professor
University of North Carolina Departments of Family Medicine and Orthopaedics
Management of Osteoarthritis

September

Jessica M. Cassidy, PT, DPT, PhD

Assistant Professor
Division of Physical Therapy
Department of Allied Health Sciences
Neuroimaging Biomarkers in Stroke Rehabilitation

October

Simon Khagi, MD

Assistant Professor in Medicine and Neurosurgery
Director, Neuro-Oncology Program
Director, Brain Metastases Program
Lineberger Comprehensive Cancer Center
University of North Carolina School of Medicine
Management of High-Grade Glioma: Beyond the Basics!

November

Felicia N. Williams, MD, FACS

Assistant Professor
Department of Surgery
Associate Division Chief of Burns
North Carolina Jaycee Burn Center
University of North Carolina, Chapel Hill
The Evolution of Burns and the Burn Surgeon

December

Rebecca Traub, MD

Assistant Professor
Department of Neurology
University of North Carolina School of Medicine
Chronic Inflammatory Demyelinating Polyneuropathy (CIDP): An Update

Publications

Roby PR, **Duquette P**, Kerr ZY, Register-Mihalik J, Stoner L, Mihalik JP. Repetitive Head Impact Exposure and Cerebrovascular Function in Adolescent Athletes. *J Neurotrauma*. 2020 Nov 23. doi: 10.1089/neu.2020.7350. Epub ahead of print. PMID: 33081565.

Edmondson Pretzel R, Knickmeyer RC, DeRamus M, **Duquette P**, Okoniewsk KC, Reinhartsen DB. Early Development of Infants with Turner Syndrome. *Journal of Developmental and Behavioral Pediatrics* : JDBP. 2020 Aug;41(6):470-479. DOI: 10.1097/dbp.0000000000000788.

Areson DG, **Filer WG**, **Harris MG**, Howard JF Jr, **Shuping LT**, Traub R. Accuracy of the Scratch Collapse Test for Carpal Tunnel Syndrome in Comparison With Electrodiagnostic Studies. *Hand (N Y)*. 2020 Jul 23;1558944719895786. doi: 10.1177/1558944719895786. Epub ahead of print. PMID: 32698624.

Miller VE, **Faurot KR**, Palsson OS, MacIntosh BA, Suchindran C, Honvoh G, **Gaylord S**, Ramsden CE, Mann JD. Comparing prospective headache diary and retrospective four-week headache questionnaire over 20 weeks: Secondary data analysis from a randomized controlled trial. *Cephalalgia*. 2020 Nov;40(13):1523-1531. doi: 10.1177/0333102420949180. Epub 2020 Aug 16. PMID: 32799667.

Domenichiello AF, Jensen JR, Zamora D, Horowitz M, Yuan ZX, **Faurot K**, Mann JD, Mannes AJ, Ramsden CE. Identifying oxidized lipid mediators as prognostic biomarkers of chronic posttraumatic headache. *Pain*. 2020 Dec;161(12):2775-2785. doi: 10.1097/j.pain.0000000000001983. PMID: 32694380; PMCID: PMC7669546.

Brintz CE, **Roth I**, **Faurot K**, Rao S, **Gaylord S**. Feasibility and Acceptability of an Abbreviated, Four-Week Mindfulness Program for Chronic Pain Management. *Pain Med*. 2020 Sep 8;21(11):2799-810. doi: 10.1093/pm/pnaa208. Epub ahead of print. PMID: 32897319; PMCID: PMC7685688.

Telhan R, McNeil Ba KM, Lipscomb-Hudson AR, Guobadia EL, Landry MD. Reckoning With Racial Trauma in Rehabilitation Medicine. *Arch Phys Med Rehabil*. 2020;101(10):1842-1844. doi:10.1016/j.apmr.2020.07.001

Boyd M, **Vijayaraghavan N**, **Karvelas K**. Evidenced-Based Management of Greater Trochanteric Pain Syndrome. *Current Physical Medicine and Rehabilitation Reports*. 2020. 8. 1-9. 10.1007/s40141-020-00294-0.

Yeste K, **Barton E**, **Cleveland C**, Poduri K. Spinal Cord Injury Without Radiological Abnormality. *PM&R Knowledge Now in Pediatric Rehabilitation*. 2020 Dec. now.aapmr.org/spinal-cord-injury-without-radiological-abnormality/



UNC Hospitals Hillsborough Campus Expected Opening Spring 2022



Make a Gift

For more information on how to support the Hillsborough Hospital project and the Department of Physical Medicine and Rehabilitation, please contact Ryan McGuirt, 919-843-3963 or email ryan_mcguirt@med.unc.edu.

You may also make a gift online here: go.unc.edu/dpmr

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UNC Department of Physical Medicine and Rehabilitation