

Fall 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.





Fall Colors, Fall Growth



Fall in Chapel Hill is a beautiful time to be alive and outside.

It's not quite sweater weather, but the heat and humidity of the Summer is gone, replaced by a cool wind that seems to bring apple picking and pumpkin carving along with it, surrounded by leaves that turn brilliant colors before falling to the ground.

While the plants outside die back and go to seed, academic PM&R programs like ours put our growth plans into play. The cooling October and November weather ushers in another year of residency interviews, a months-long process that culminates in March when we learn who our 4 new resident trainees will be.

In this Fall newsletter, we check in with our current PGY-2 residents, hear from our department's Diversity, Equity and Inclusion Liaison, celebrate our 1st time being named a US News & World Report Best Hospital for Rehabilitation, and look forward to our upcoming move to our new state of the art Acute Inpatient Rehabilitation Hospital program in February 2022.

Fall may be thought of as a time where growth slows down, but this Fall, our department is continuing its rapid expansion!! Search committees are in place, and we are actively recruiting for three new faculty directors (in Brain Injury Medicine, Cancer Rehab, and Inpatient Consults). If you or someone you know are interested in joining our Rehab Family, we'd love to hear from you.

I invite you to get yourself a hot drink, settle in under a comfortable blanket, and spend the next half hour perusing the pages of this newsletter for these stories and more. And be sure to subscribe to our Twitter and Instagram feeds to get future photos from our gym overlooking the trees that surround our new site. Can't wait to share the views when the leaves change color.

Be Well,

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





U.S. News' 2021-22
BEST
HOSPITALS
FOR REHABILITATION

UNC Hospitals Rehabilitation Ranks in Top 50 Nationally

Congratulations to UNC Hospitals Rehabilitation for ranking nationally in the top 50 among over 1,000 hospitals in U.S. News & World Report's 2021-2022 Best Hospitals for Rehabilitation Care. Thank you to all our faculty, residents, and staff for help making happen. This is the first year we've made the top 50 and we couldn't have done it without you!



Photos: UNC Hillsborough Campus

Updates from Our PGY-2s



**Kaitlyn DeHority, MD
PGY-2**

Describe your experiences so far this year.

I started with a month of clinic which has been followed by 2 months on the spinal cord team. I enjoyed rotating with and getting to know a majority of attendings during my first month of PGY-2.

What have you most enjoyed about this year so far?

I've enjoyed getting to dive into PM&R and focus on different aspects of the specialty. Having more weekends free to explore the area doesn't hurt!

What has challenged you?

I think one of the most challenging parts of transitioning to PGY-2, especially on the inpatient services, is now coordinating medical care along with helping to manage socially complex discharge planning.

What has surprised you about Residency life?

I have been pleasantly surprised at how often I've been able to see and interact with residents from other departments that I got to work alongside during intern year.

Describe the comradery you have experienced since joining our residency training program.

I have loved getting to work in the same space as my co-residents opposed to being spread all over the hospital like we were during intern year.

What is your current work-life balance like?

Definitely improved from intern year!

What are some ways that you de-stress?

I am involved in a few music ensembles in the area, including the Durham Medical Orchestra and the Triangle Wind Ensemble. I have also been known to bring in a baked good or two.

How do you like Chapel Hill and the Triangle area? What are some of your favorite things to do in the area?

I love living in the triangle! I've tried to take advantage of all it has to offer but am definitely still in the exploring phase.

Name one of your favorite things about the UNC PM&R department.

The people, hands down!

FAVORITE THING ABOUT THE DEPARTMENT:

“The people, hands down!”

Updates from Our PGY-2s



**Marina Kodsi, DO
PGY-2**

Describe your experiences so far this year.

I have completed my Inpatient C Service (Amputee, Orthopedic, Trauma, General) rotation and have learned so much! I learned from experiences with poly-trauma patients and medically complex patients to keep my medicine skills sharp!

What have you most enjoyed about this year so far?

I have enjoyed being able to see my co-resident more often and being able to learn from their experiences as well.

What has challenged you?

One of the biggest challenges was managing the stress from home calls as a new PGY-2 and learning to manage a rapid response from home. But over time, it has gotten better.

What has surprised you about Residency life?

We have an incredible work-life balance. I have been able to attend important life events of my family and friends despite being in residency.

Describe the comradery you have experienced since joining our residency training program.

Comradery is probably one of the best things about the program. When I've had a rough call week, many residents (in all the PGY years) offered to cover me the night so I could get rest. The support from each resident is indescribable and makes this program so unique. We are truly a family.

What is your current work-life balance like?

It is wonderful! I have a good routine now in life and work and have been able to resume serving in my church. I have had time to make weekend trips to the beach throughout the summer and even have been able to visit my family back in NY a few times!

What are some ways that you de-stress?

As most people sleeping, eating, and exercise have been core ways of de-stressing from my day. But, the women of the program have been doing unofficial monthly girls' night that has helped us de-stress a ton! It usually involves going to someone's house and just having a good meal and some good laughs! I am involved in my church and my church community that has helped a lot with my stress.

How do you like Chapel Hill and the Triangle area? What are some of your favorite things to do in the area?

I have been going on walks and exploring trails around the Triangle area! There are many hidden gems for a quick or a long walk/hike that can be done during the work week! There are so many outdoor activities to do here in the Triangle area. I never saw myself as an outdoorsy person but, I'm enjoying many of these trails!

Name one of your favorite things about the UNC PM&R department.

Honestly, it's the people. Specifically, the attendings and the residents make every day enjoyable and a great learning experience.

DESCRIBE THE COMRADERY YOU HAVE EXPERIENCED :

“The support from each resident is indescribable and makes this program so unique. We are truly a family.”

Updates from Our PGY-2s



**Michael Melson, MD
PGY-2**

Describe your experiences so far this year.

I have completed my Inpatient Stroke/TBI rotation, my first month in the CRC clinic, and my Inpatient Orthopedics/Trauma rotation. I've enjoyed the Ortho/Trauma service the best, but they've all been great!

What have you most enjoyed about this year so far?

I've enjoyed being able to focus on PM&R and having the time to learn more about Rehab Medicine as a whole. I've had more time to establish myself in Chapel Hill and visit with family and friends as well.

What has challenged you?

There was an initial learning curve upon starting inpatient rehab rotations and working in the CRC, but once I got the hang of things, there haven't been a ton of major challenges that I've faced. The other residents were a great resource to help orient me to the flow and logistics of inpatient and outpatient rehab.

What has surprised you about Residency life?

I can't say I've been too surprised by any one thing. I was a little surprised at how much our schedules changed from month to month during intern year, but I liked that we did one consecutive month of each rotation.

Describe the comradery you have experienced since joining our residency training program.

There's a great bond in the workroom. My co-residents make the day go by much quicker and make my work a lot more enjoyable. We look out for each other and work together to help one another if any one person is stressed or overloaded with work.

What is your current work-life balance like?

My current work-life balance is great! I generally work from about 7:30 – 5 pm unless I'm on call or it's a busy day so I really can't complain! I've had the time to visit with family/friends and pursue more hobbies (see below).

What are some ways that you de-stress?

My favorite way to de-stress is by weightlifting and working out. I also really like traveling when I have the time. I love playing disc golf, playing with my dog, fishing, kayaking, playing ultimate Frisbee, and watching sports (football and basketball) and movies/TV shows.

How do you like Chapel Hill and the Triangle area? What are some of your favorite things to do in the area?

I love living in Chapel Hill! We live just south of Chapel Hill so it only takes me about 8 minutes to get to work every day. I love having a yard and still having all the opportunities of a bigger city just 20 minutes away.

Name one of your favorite things about the UNC PM&R department.

The people and the family feel of the program. From the start of intern year, all the residents did a great job of welcoming us to the program and making us feel supported throughout intern year. I also really liked our intern year. Intern year is going to be tough regardless of where you do it, but I thought ours prepared us well for PGY2 while also giving us an opportunity to meet many of the residents, fellows, and attending's that we interact with as PM&R residents.

HOW DO YOU LIKE CHAPEL HILL AND THE AREA:

"I love having a yard and still having all the opportunities of a bigger city just 20 minutes away!"

UNC's Introduction to PM&R

Virtual Lecture Series



All Sessions will be held from 8 PM - 9 PM EST

Monday August 9th

Introduction to PM&R Amputee and TBI

William Filer, MD
Associate Professor
Residency Program Director
UNC Department of Physical
Medicine and Rehabilitation

Thursday August 12th

Spine, Sports, and Pain Medicine

Michael Ingraham, MD
Assistant Professor
Katie Bartolo, MD
Assistant Professor
UNC Department of Physical
Medicine and Rehabilitation

Monday August 16th

Stroke Rehab

John Michael Baratta, MD, MBA
Assistant Professor
UNC Department of Physical
Medicine and Rehabilitation

Wednesday August 18th

Pediatric Rehab

Joshua Alexander, MD
Department Chair
Elizabeth Barton, MD
Assistant Professor
UNC Department of Physical
Medicine and Rehabilitation

Monday August 23rd

Spinal Cord Injury

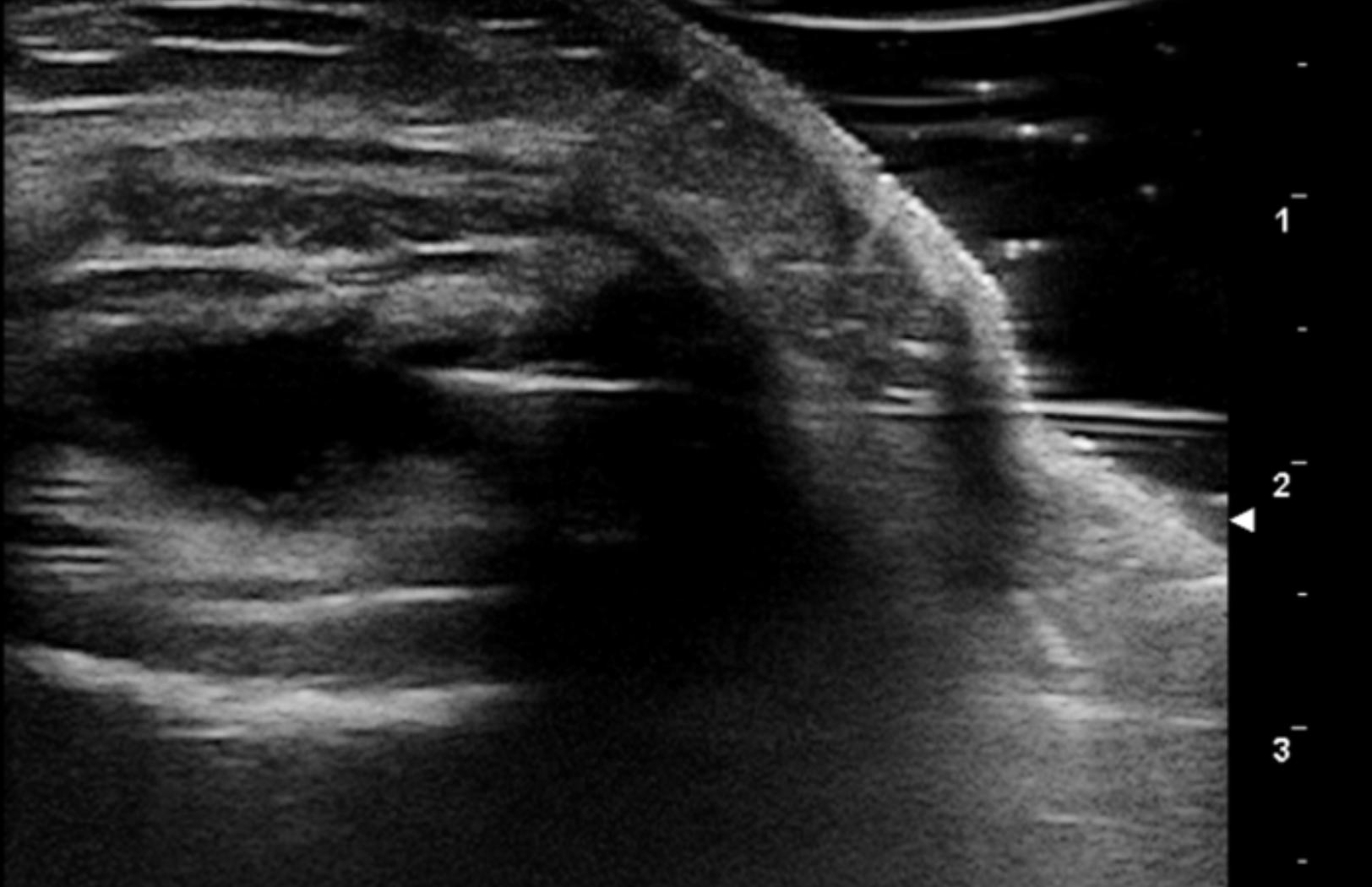
Christine Cleveland, MD
Assistant Professor
UNC Department of Physical
Medicine and Rehabilitation

Thursday August 26th

EMG and Ultrasound

Kristopher Karvelas, MD
Assistant Professor
UNC Department of Physical
Medicine and Rehabilitation

Thanks to everyone involved in planning and executing these lectures! It has served as a great opportunity to meet many medical students (at least virtually!) and showcase our teaching faculty and how UNC has the best training program! Due to COVID-19, many medical students are not getting the exposure to PM&R that they would be otherwise, so these lectures have been instrumental in helping them learn about our specialty and about the programs across our great state. The feedback we have received from the medical students who tuned in has been overwhelmingly supportive, and we look forward to continuing to engage with medical students in new and creative ways.



Cadaver Ultrasound Lab



Kris Karvelas, MD
Assistant Faculty

UNC Department of Physical
Medicine and Rehabilitation

This summer, UNC PM&R held its first Cadaver Ultrasound Lab led by Dr. Kris Karvelas. The experience was provided to the PGY 2-4 classes and attendance was full. During the lab, residents practiced interventional ultrasound (injections) on a cadaver to simulate the clinical experience of live patients. The benefits of working on a cadaver include being able to take the time needed to find the appropriate anatomy, aligning the ultrasound with the needle, and not having to concurrently manage a patient moving or in pain. The lab also allowed residents to practice injections that aren't seen often in clinic due to the limited time they spend on the Musculoskeletal rotation as well as clinical experiences that are dependent on the patient population needing the treatment. The training took place in the UNC School of Medicine Cadaver Lab. The preservation method of the cadaver allowed for the specimen to closely simulate a live patient.

Dr. Karvelas has taught similar diagnostic/interventional neuromuscular ultrasound courses using cadavers at the Shirley Ryan Ability Lab in Chicago, IL, and Wake Forest School of Medicine in Winston-Salem, NC. The UNC PM&R residency program plans to make this an annual training with a practical exam before graduation for residents to demonstrate appropriate techniques of basic injections on a cadaver.



Thomas Petruska, MS
Residency/Quality Program
Coordinator

UNC Department of Physical
Medicine and Rehabilitation

Petruska's New Role as Vice Chair on the AAP Coordinator Council

In March 2020, I had the opportunity to fly to the ISPRM/AAP 2020 Annual Meeting in Orlando, Florida. I remember the feeling of being in an unfamiliar place, but with familiar feelings, like the smell of coffee, hearing conversations, and feeling the general camaraderie in the atmosphere. I remember shuffling between sessions, with one eye on my paper map, and one eye out to avoid bumping into other people. And I remember how every session imparted us all with more knowledge and tools that could help us strengthen the quality of education, and improve the way we do business to best serve our Residents. What stood out to me most importantly, however, was that we entered each session as strangers, and left each session as respected colleagues and friends.

Shortly after the conference, the entire world changed. It was incredible how we all banded together again (virtually) shortly after, and interacted with one another in ways we had not done so before. We collectively worked and shared with one other a plethora of resources and best practices to support our residents and teams. We all helped support one another in the realm of unknowns. This illustrated firsthand the true value of the Annual Meetings, and I strived to get more involved, so that we could continue to innovate and move forward together.

During the AAP 2021 Virtual Annual Meeting, a leadership position within the AAP Executive Coordinator Council opened up. The role was the Secretary/Program Director, which had the distinct privilege to shape the next two Annual Meetings. I was honored to be elected into this role, and immediately started working to identify speakers and plan the sessions that would help program administrators/coordinators/managers be able to best guide their respective programs. This position would be short-lived, as a vacancy for Vice Chair in the council opened up. After a vote on August 16, 2021, I am now honored to be the Vice Chair for this council.

Planning the Annual meeting this year remains challenging given the unknowns, but I am grateful to work with this very talented executive team in planning the AAP 2022 sessions. It has also been a pleasure to work and collaborate with other passionate program administrators, and I am looking forward to the sessions we have planned out!

We have several members of UNC PM&R serving in AAP leadership roles. Dr. Baratta, Co-Director of the UNC COVID Recovery Clinic, Dr. Filer, Residency Program Director, and Aaron Olsen, Associate Chair for Administration, all hold key leadership positions and committee appointment(s) with AAP councils. Our department engagement with AAP reflects our desire to accept new challenges and encourage others in our community to seek opportunities in leadership development.

I welcome the opportunity to serve in my new position as Vice Chair for the AAP Coordinator Council. I look forward to the 2022 AAP Annual Meeting and our lineup of speakers and sessions. The meeting is a wonderful opportunity to meet, see old and new faces, exchange ideas, and leave together as trusted colleagues and friends.

DEI Committee Chair, Raj Telhan, MD, MFA



Raj Telhan, MD, MFA

Assistant Professor
DEI Committee Chair

UNC Department of Physical
Medicine and Rehabilitation

In November, the PM&E DEI Committee will be reviewing and discussing *The Atlantic* article, “What It’s Like to Be Black and Disabled in America,” about the inequity faced by Black people living with disabilities. As author Shalene Gupta writes: “According to American Community Survey data, 14 percent of Black Americans have a disability, compared with 12.6 percent of the overall population. Thirty-six percent of disabled Black Americans live in poverty, compared with 26 percent of all disabled Americans. Disabled Black people often have to battle harder to get correct diagnoses and services.” As members of a specialty that provides clinical care to differently abled people living with traumatic brain injuries, limb amputations, spinal cord injuries, CP, and other conditions, PM&R physicians are in a position to advocate for patients’ needs and ensure equitable treatment. As Gupta writes, there is a need for physicians and community members to “take into account how identity—race, ethnicity, gender, class, and sexual orientation—affects a disabled person’s experience, and how ableism intertwines with other systems of oppression.” The full article can be read here: www.theatlantic.com/ideas/archive/2021/09/what-its-like-to-be-black-and-disabled-in-america/620070



UNC PM&R strives to promote diversity and inclusion within our department and residency curriculum. We provide tuition for employees to attend trainings with the Racial Equity Institute. These workshops are designed to increase understanding of structural racism and its cultural and historic roots. All employees are encouraged to complete the UNC School of Medicine DEI Certificate Program. Learn more about this program here: www.med.unc.edu/inclusion/programs-initiatives/trainings



Autumn leaves in Blowing Rock, NC

Psychosocial and Cultural Aspects of Disability: A Training Workshop for Health Professionals



On August 6, 2021, UNC's Department of Physical Medicine and Rehabilitation and the Greensboro AHEC hosted the Psychosocial and Cultural Aspects of Disability: A Training Workshop for Health Professionals.

This year's virtual workshop highlighted ways healthcare professionals can improve clinical and life outcomes for persons with disabilities by incorporating unique psychosocial and cultural factors into their assessment and treatment process. Traditionally, medical, mental health, and related healthcare professionals with knowledge, understanding, and expertise in working with people with disabilities and their caregivers and families can be difficult to find. This workshop provided healthcare professionals with knowledge they can use to give more informed and effective person-centered care for persons with disabilities.

Dr. Blaise Morrison, Rehabilitation Counselor and Psychologist with UNC Allied Health Sciences, had these comments to share after the conference, "We are extremely proud of the success of the workshop and view it as an initial step towards increasing social and health equity for the disabled community. Disability is another form of diversity, just like gender, race, sexuality, or age. Disability does not need to be 'fixed,' it should be celebrated. We hope that this training provided health professionals with the foundational knowledge and skills to provide more person-centered, disability-affirmative treatment in their respective practices."

Conference topics included:

Dr. Linda Mona, PhD, LP (Opening Keynote):
"Disability Diversity: The Missing Discourse in Healthcare Assessment and Treatment"

Dr. Elizabeth Barton, MD & Dr. Peter Duquette, PhD, ABPP-CN: "Medical Overview of Common Developmental Disabilities"

Dr. Kaila Yeste, DO: "Medical Overview of Common Disabilities Acquired During Adulthood"

Dr. Karla Thompson, PhD, LP: "Psychological Aspects of Living with Disability"

Dr. Blaise Morrison, PhD, LP, CRC, LPC & Mr. Lee James, MS, LPC:
"Community Engagement & Psychosocial Aspects of Living with Disability" and
"Person-Centered, Disability Affirmative Treatment Strategies and Assessment Practices"

Dr. Amy Houtrow, MD, PhD, MPH (Closing Keynote):
"Advancing Health Equity for Children with Disabilities"

The workshop was well received with over 60 attendees in the healthcare field. Several presenters spoke from their own personal experience of being disabled. The conference closed with a focused on the importance of health equity and its impact on individuals and the community.

Disability does not need to be 'fixed,' it should be celebrated.

-Dr. Blaise Morrison



We're hiring!

New Full-Time Faculty Positions

Brain Injury Medicine Physiatrist

Will provide care to adults with traumatic brain injury, anoxic brain injury, CNS neoplasms, and other brain disorders in both inpatient and outpatient settings while serving as Medical Director for Brain Injury Rehabilitation as part of our 40-bed Acute Inpatient Rehabilitation Program.

Inpatient Consult Service Physiatrist

Will lead the Inpatient Consultation Service at the UNC Medical Center (working with residents and a full-time APP) to educate UNC Hospitals clinicians and staff about the benefits of various rehabilitation interventions and programs. Will evaluate acute patients' medical status and functional impairments and provide recommendations to improve their function, enhance their medical care, reduce their risk of secondary complications, and determine their optimal discharge destination.

Cancer Rehabilitation Physiatrist (Coming Soon in Summer 2022)

As Medical Director for Cancer Rehabilitation at the North Carolina Comprehensive Cancer Center, will care for inpatients and outpatients with cancer-related conditions, collaborate with clinicians and researchers across the UNC campus, and provide diagnostic and therapeutic interventions for patients with cancer who have neuropathy, spasticity, lymphedema and/or pain.

For more information please visit: go.unc.edu/UNCPMRCareers

Publications

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UNC Inpatient Rehabilitation Center at Hillsborough Campus Grand Opening February 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