Physiatrist's Voice

NEWSLETTER APRIL 2015

Enhancing Health And Function Through Education And Research In The Field Of Physical Medicine And Rehabilitation

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President's Report

Michael Creamer, DO

The FSPMR Board has been active in representing the interests of all Physiatrists in the state of Florida. We have held two meetings this year with active discussions addressing upcoming events and legislative concerns. Financially we are stable and continue to receive annual dues from our members. A grant from the Medtronic Corporation has been received to support our website and educational activities. St. Jude sponsored our last board meeting in Gainesville on February 20, 2015. The highlight of this event was Dr. Randall Braddom's presentation on Complex Regional Pain Syndrome. PMR resident physician involvement continues to grow and we are grateful for their contribution to the Society and the Newsletter. The recent board meeting was attended by three resident physicians from the University of South Florida who were active participants in the meeting.

New areas of discussion included a resolution to include physician extenders into membership of our organization. Nurse Practitioners and Physician Assistants continue to play a critical role in both the inpatient and outpatient settings. This change will be reviewed over the next several months to determine its feasibility and implications.

Dr. Jesse Lipnick and Dr. Mark Rubenstein continue to represent our interests to improve patient access to prescription pain medications. We are appreciative of their efforts and commitment. Dr. Lipnick's recent newspaper article addressing the availability of pain medications is included in this newsletter. Dr. Zipper has loyally represented our society as CAC representative for many years, but due to his recent retirement from clinical practice, and we are required to find a replacement. We welcome any interested members to consider this opportunity.

Our Website continues to reflect the activities and interest of our group. All physician and allied professionals are encouraged to contribute to the website and newsletter. Dr. Randall Braddom has graciously agreed to assist as editor of the newsletter and oversee resident physician contributions.

Our practices need to stay current with the proposed change to ICD 10 and continuing medicare reimbursement requirements. FSPMR aims to assist our members in these transitions in order to continue to provide the best care to our patients.

The annual FSPMR meeting is June 26-28th in Orlando, in conjunction with the Florida Academy of Pain Medicine. A Friday afternoon breakout session will be held with a focus on Rehabilitation Medicine. Our annual dinner will be sponsored by the Medtronic Corporation. E- mails and flyers will be sent shortly. Please RSVP as soon as possible so that accommodations can be made for all interested. Looking forward to seeing you in June!

Respectfully Submitted,

Michael Creamer, D.O.
President
Florida Society of Physical Medicine and Rehabilitation

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AOCPMR | American Osteopathic College of Physical Medicine & Rehabilitation

Best Conference for Residents!

FREE Workshops!
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Who says there is no free lunch? The conference participants who attend this years AOCPMR Mid-Year Meeting and Scientific Seminar will have access to a remarkable forward thinking lecture session catered to the in-training physician; certification in fluoroscopic and radiation safety; and the top of the line workshops in interventional ultrasound and manipulation medicine, with a special focus on Spine and Sports Medicine.

In addition, the Resident Council be debuting something special at this years resident session, please stay tuned.

Come join the AOCPMR family and I hope to see you in San Antonio!

Amir Mahajer, D.O.
AOCPMR Executive Board,
Resident Council President
Email: amir.mahajer@gmail.com

PHYSIATRIST'S VOICE
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RESIDENTS SECTION

Joshua Rothenberg, DO
PGY3 Resident Physician
University of Miami PM&R

Andrew Sherman, MD
Residency Program Director
FSPMR Member
University of Miami Miller School of Medicine

Chanë Price, MD, MBS PGY-3 Resident Physician
University of Miami Miller School of Medicine
Department of Physical Medicine & Rehabilitation

From wheeling and sailing to cycling and kayaking, the Department of Physical Medicine and Rehabilitation at the University of Miami Miller School of Medicine transitioned well into the winter and spring months of 2015. These four events allowed faculty and residents the opportunity to give back to the community and provide medical services, which was very rewarding for all involved.

We started this year off with a bang! In early January, the community service projects for the rehab residents began with the Miami Heat Wheelchair Basketball Tournament, a competitive tournament in which wheelchair basketball teams around the country came to Miami, FL to compete in a two-day elimination event. Residents volunteered and served as a watchful eye for any injuries that may have occurred, with additional responsibilities such as managing the scoreboard, recording statistics, and handing out water to the players.

In late January, the residents provided medical coverage for the US World Sailing Championships. This was a weeklong event, where residents helped cover the event alongside experienced physical therapists from the Department at the medical school. A variety of medical issues occurred during this event such as: shoulder dislocation, lacerations, abrasions, sprains, and multiple infections. The event turned out to be a huge success.

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RESIDENTS SECTION

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As the sailing challenge came to a close, the Sylvester Cancer Center/Miami Dolphins Cycling Challenge took center stage in February. The Physical Medicine and Rehabilitation department had the largest number of volunteers serving as the primary medical coverage. Many faculty members and multiple residents covered medical tents located at rest stations from West Palm Beach to South Beach ending at Sun Life Stadium. Additionally, one resident cycled for team UM Sylvester, and cycled the 72-mile ride that ended at Dolphin Stadium. The event was extremely successful and rewarding for all involved.

The 2015 event season culminated with the Paralympic experience in early March, Again, many residents gave up their free time and volunteered with the disabled population who participated in multiple Paralympic sports including wheelchair basketball, hand cycling, and kayaking. Adults and children with a range of disabilities participated in the one-day event at Tropical Park in Miami, FL. They enjoyed a day full of activities and were grateful for those that volunteered.

Looking further into 2015, the Department of Physical Medicine and Rehabiliation has many events planned. These include Research Day on Friday May 29 from 8:00-12:30 where graduating senior residents and Kaynote Speaker Amie McLean, MD will be presenting topics and research and a single day conference on Neurotrauma rehabilatation which will take place on Saturday June 20. More specific information on these events which will be open to the PM&R communuty will follow through the FSPMR website.

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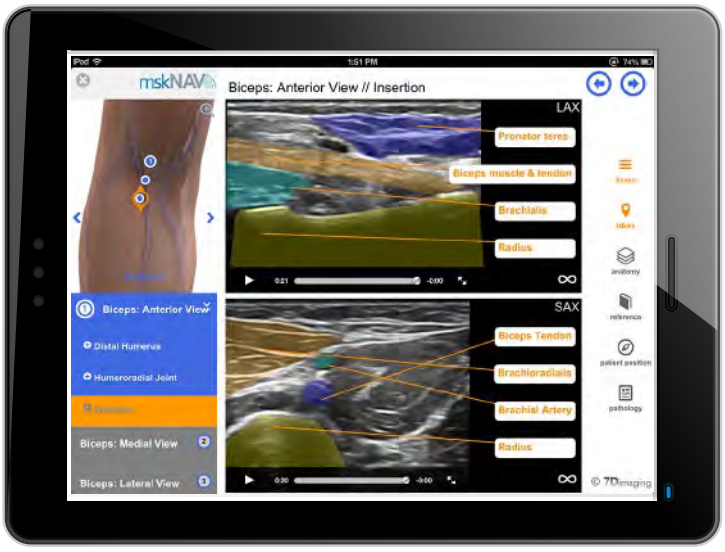
RESIDENTS SECTION

Jessica G. Cupido, D.O.
Physical Medicine & Rehabilitation, PGY-3
University of South Florida

The University of South Florida Physical Medicine and Rehabilitation Department is proud to report a successful round with the annual SAE-R (Self Assessment Examination for Residents) that was administered at the end of January. One of our residents scored in the 94th percentile of all PGY-2 residents in over 90 PM&R residency programs in the US, Canada, and the Philippines! We continue to utilize the SAE-R as an evaluation of what areas we excel in and those areas we need to continue to improve upon. One of the educational areas we strive to improve annually is our formal didactic lectures. This spring, we are revamping the training in MSK ultrasound to include even more formal lectures in addition to the hands-on skillset. Ultrasound is a progressive field of interest in PM&R, yet still obscure as to what residency programs are expected to provide in regards to formal training and exposure.

One very promising new app for iPad that many of the USF PM&R residents were introduced to at the 2015 Association of Academic Physiatrists (AAP) Annual Meeting in San Antonio, TX this March was the 7Dimaging app. We were able to interact with the app and discuss it with its innovator (a PM&R former attending physician who wanted a better way of learning ultrasound) and found it to be extremely interactive, offer a range of training from general introductory to advanced techniques, and a useful tool for possible integration into self-teaching and formal lectures. For those who may be interested, the full MSK course is listed here: http://www.7dimaging.com/musculoskeletal. For our PM&R physicians already in practice, it provides up to 66 CME Accredited Category 1A hours.



At the AAP conference, we were able to network with many colleagues from across the country, including some friends from medical school, program directors, and leaders in PM&R. Some of the most interesting lectures we attended are topics that continue to grow within our field: advances in ultrasound education and application, electronic and social media in PM&R, major trends in health care reform, and assistive technology and telemedicine to name a few. In addition to attending lectures and workshops, the following posters were presented by USF PM&R residents:

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RESIDENTS SECTION

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Corey Reeves, MD, Bryan Thomas, MD, Jessica Cupido, DO, Alan Alcantara, and Samantha Mendelson, DO, "Accuracy of Wearable Activity Monitors in Paralyzed People: A Literature Review."

Corey Reeves, MD, and Faiza Humayun, MD, "Delirium Secondary to Central Adrenal Insufficiency in a Patient with Acquired Brain Injury."

Corey Reeves, MD, Marissa R. McCarthy, MD, and Faiza Humayun, MD, "Cognitive and Physical Recovery Status Post Severe Anoxic Brain Injury."

Jessica Cupido, DO, and Faiza Humayun, MD, "Movement Disorder Following Hypoxic-Ischemic Brain Injury."

Neil Kirschbaum, DO, and Gail Latlief, DO, "Bilateral Quadriceps Tendon Ruptures."

Neil Kirschbaum, DO, and Gail Latlief, DO, "Targeted Muscle Re-innervation for Functional Improvement of a Veteran Amputee Secondary to a Combat Related Blast."

This past February, some of our residents were fortunate to be able to attend the FSPMR Open Board Meeting as well as Dr. Randall Braddom's lecture, "Current Diagnosis and Treatment of Complex Regional Pain Syndrome." It was a very informative and fun evening and we are hopeful there will be more opportunities like these throughout the year for residents to attend. As always, we look forward to keeping the FSPMR community updated on the current status of and events at the University of South Florida PM&R residency program. If any FSPMR member would like to speak to our residents about a topic of interest in their field or would like to support our program in any way, please contact our program director Gail Latlief, DO at gail.latlief@va.gov.

Larkin Community Hospital's PM&R Residency Program

Walter R. Frontera, M.D., Ph.D., visited Larkin Community Hospital's PM&R Residency Program on March 30, 2015. He lectured on "Exercise as a Health Strategy" and "Aging, Muscle, and Exercise." Dr. Frontera is the inaugural Chairman of the Department of PM&R at Vanderbilt University School of Medicine, and the former Chairman of the Department of PM&R at Harvard University's School of Medicine. He is also the Editor-in-Chief of the American Journal of Physical Medicine and Rehabilitation. Larkin Community Hospital's PM&R Residency Program is the largest Osteopathic PM&R Residency Program in the country. Larkin's PM&R Residency Program is based out of South Miami, and accepts 8 new residents every year. This program was established in 2012, and their first group of residents will be finishing residency on July 1, 2015.

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Letter To The Editor

A Resident's Perspective on the Use of Manual Medicine Techniques in Today's Practice of PM&R

David Ciaccia, D.O.
PGY-2 PM&R Resident at the University of South Florida

As a PM&R resident I have seen many patients with medical and musculoskeletal (MSK) complaints. While many of these patients require treatment with medications, there are some who can benefit from manual medicine. Manual medicine can be used to treat what is referred to as "somatic dysfunction." The concept of somatic dysfunction is well known to the fields of osteopathy and chiropractic. This includes structural asymmetry in posture or in an individual joint, reduced range of motion, tissue texture changes, and tenderness with palpation of tissues at various depths. This discussion will focus on a few manual medicine techniques that I've found helpful in the treatment of patients with these complaints: constipation, low back pain, and numbness/tingling.

Constipation is a common complaint, especially among post-surgical rehabilitation patients who are taking opioids. Opioids interfere with colon receptors and reduce bowel activity. This can be treated medically with medications that stimulate the colon. Senna is commonly used for this condition. At times senna (even if combined with a stool softening agent) is insufficient. In these casesstronger laxatives have to be used (such as magnesium citrate or polyethylene glycol). While these medicines usually relieve constipation, they can also cause inconvenient or embarrassing episodes of diarrhea. "Colonic stimulation" is a manual medicine technique that can potentially help relieve constipation. It may loosen hard stools, aid colonic peristalsis, and result in bowel movements. It is performed by kneading massage deep into the abdomen over the area of the colon (ascending, transverse and descending). I have found in a number of patients that this has given the "extra push" needed for successful elimination.

Another condition that can respond to manual therapy is ankle swelling associated with feelings of numbness and tingling. One patient reported being on her feet for many hours a day and had left foot pain, numbness and tingling in the calcaneal area. My examination showed mild edema, and restricted motion in the myofascial planes of that area that was exacerbated by passive range of motion of the ankle. I surmised that this was due to local compression of the calcaneal branch of the tibial nerve due to edema and myofascial tension. After I performed myofascial release that included stretching out the tissues and performing ROM exercises of the ankle joint, her main complaint resolved.

Low back pain also is a common complaint that can respond to manual therapy. A patient with an L3 ASIA C spinal disorder complained sharp pain in the low back when doing gait training in physical therapy (PT). The pain was local, worsened with extension, and was accompanied by spasticity. It was painful to the point of keeping the patient from participating in PT that day. Palpation of the lumbar paraspinal muscles revealed hypertonic, tender muscles. I used "muscle energy," a technique used to reduce pain and increase ROM. (Physical therapists call this technique "contract-relax.") He was placed in a lateral recumbent position with the superior leg hanging over the table. The patient was then asked to perform isometric contractions of the paraspinal muscles for 3 seconds. Then he was asked to relax the paraspinal muscles while I would stretched those muscles by increasing side bending and rotation of his lumbar spine. The patient then noted decreased pain, and was able to participate in therapy shortly thereafter.

It is my feeling that manual medicine can provide significant benefits to many of our patients. Benefits include that it's non-invasive, applicable to many types of complaints, increases physician-patient rapport, and can help reduce or even eliminate the need for medications.

FORT MYERS WORKERS COMP DOCTOR EARNS FOURTH TOP DOCTOR HONORS

Neil R. Schultz MD of Fort Myers, FL has been awarded by Castle Connolly Medical as one of America's Top Doctors in 2015 in his specialty of physical medicine and rehabilitation and his expertise in pain management. This is the fourth straight Top Doctor award for Dr. Schultz as he was also recognized in 2014, 2013 and 2012.

Dr. Schultz is board certified and has been practicing in Fort Myers since 1997 and is dedicated to treating workers' compensation patients with a strong return to work philosophy that is built around restoring the patient's functional ability in their work situations. He treats a wide variety of pain conditions including back and neck pain, disk protrusions, herniations, orthopedic and nerve injuries, sciatica, carpal tunnel syndrome, complex regional pain syndrome, muscle spasms, failed surgeries, and more. The office staff at his practice, Rehab & Pain Management Services, works quickly and can offer appointments for workers' compensation patients in two days or less. They accept all workers' compensation cases including out-of-state, federal, and complex cases. They will work directly with the insurance companies so there are never any up-front fees or any charges for medical record reviews.

Originally from Philadelphia, Dr. Schultz earned his M.D. from Temple University School of Medicine in 1989, completed his internship in internal medicine with The Albert Einstein Medical Center in 1990 and then completed his research fellowship at the New York University School of Medicine from 1990-1992. He then began his residency in physical medicine and rehabilitation at the Temple University Hospital and completed his residency in 1995 with The Moss Rehabilitation Hospital, which is in the top ten rehab hospitals nationwide. His credentials include senior disability analyst and diplomate, fellow of the American Academy of Physical Medicine and Rehabilitation, and member of The Florida Society of Interventional Pain Physicians. Dr. Schultz often gives continuing education lectures to workers' comp adjusters and case managers.

Each year, Castle Connolly Medical surveys thousands of physicians and other healthcare professionals and asks them to identify excellent doctors in every specialty in their region and throughout the nation. Then a physician-led research team carefully reviews the credentials of every physician being considered for inclusion in Castle Connolly Guides, magazine articles and website. The review includes, among other factors, scrutiny of medical education, training, hospital appointments, administrative posts, professional achievements, malpractice and disciplinary history. Doctors awarded as one of America's Top Doctors represent the top 1% of all physicians in that specialty.

Dr. Schultz's practice is located at 1630 Medical Lane, Suite B in Fort Myers, FL and the office can be reached at 239-278-5700. Their website is rehabandpainmanagement.com. The office hours are Monday through Friday 9AM to 5PM.

Source: America's Top Doctors 14th Edition by Castle Connolly Medical, LTD.
ISBN-13: 9781935036012
castleconnolly.com

Transitions

George W. Waylonis, MD - Retires

George W Waylonis, MD is a graduate of both the Case-Western Reserve University Adelbert College and Medical Schools. He completed The Ohio State University Training Program in Physical Medicine & Rehabilitation and is Board Certified in that Specialty. While at Ohio State he also achieved a Masters in Medical Science. He served as the Medical Director of PM&R Services of Riverside Hospital, Columbus for 29 years and also served as a Clinical Professor of PM&R at Ohio State University. He now has emeritus status from both programs and fully retired from practice of medicine in June 2014. He has published 63 scientific papers. He is now living in Naples Florida with his wife Suzanne and daughter Lohren.

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For more information contact Gary Reilly, Vice President of Operations
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DATES TO SAVE

AOCPMR | American Osteopathic College of Physical Medicine & Rehabilitation

Mid-Year Meeting 2015
April 9 - 12, 2015

The Florida Academy of PAIN MEDICINE
Integration & Innovation

THE 2015 ANNUAL SCIENTIFIC MEETING
In Conjunction with:
Florida Society of Physical Medicine & Rehabilitation
American Academy of Regenerative Orthopedic Medicine

June 26-28, 2015
The Hyatt Regency
Grand Cypress Hotel
Lake Buena Vista , Orlando, Florida

American Society of Interventional Pain Physicians
2015 ASIPP ANNUAL MEETING
IN CONJUNCTION WITH THE
FLORIDA SOCIETY OF
INTERVENTIONAL PAIN PHYSICIANS
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For complete details go to: http://www.fspmr.org/jobs.html

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Physiatrist for Cutting Edge Post-Acute Service
Jacksonville, FL

Posted 3/24/2015
Part time Board Certified Physiatrist
Orange Park, FL

Posted 2/26/2015
Physiatrist for Cutting Edge Post-Acute Service
Jacksonville, FL

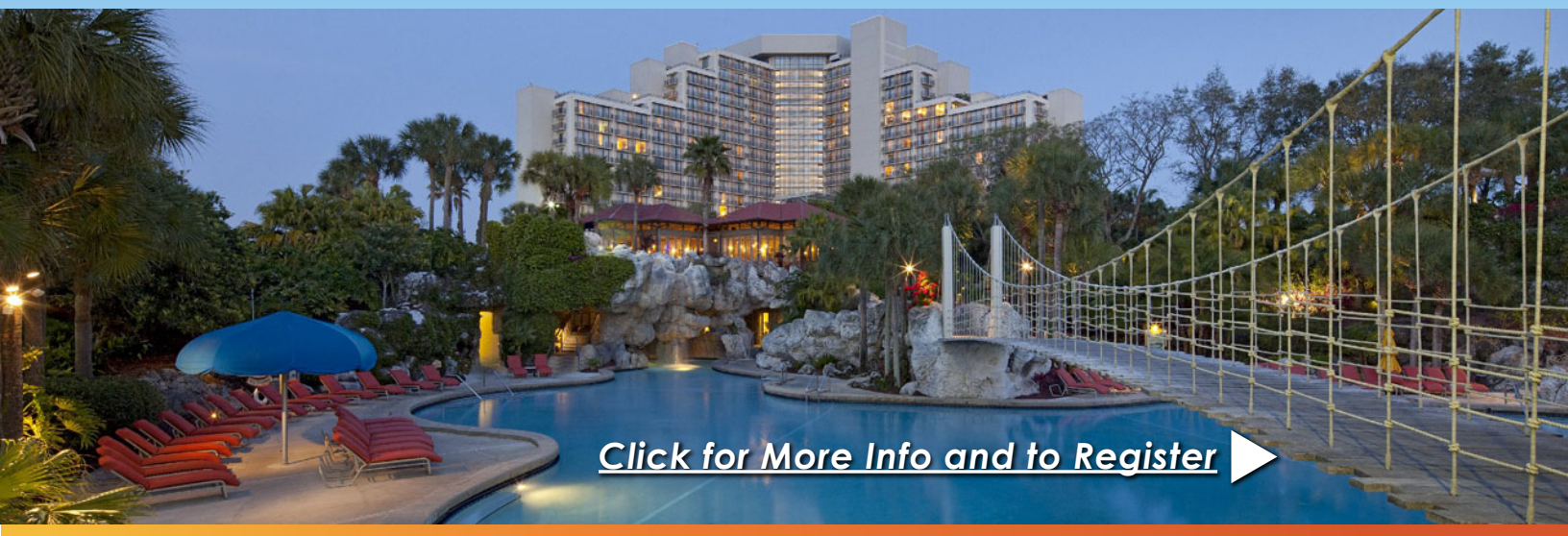
Posted 12/11/2014
Florida: Physical Medicine and Rehabilitation Physician Job

Call For Patient Education Articles

If you have any pertinent patient education articles and would like to share with our community, please contact Lorry Davis, Executive Director at 352-226-8641, or email at: Lorry4@earthlink.net

SAVE THE DATE

June 26-28, 2015

FSPMR Annual Meeting

In conjunction with FAPM