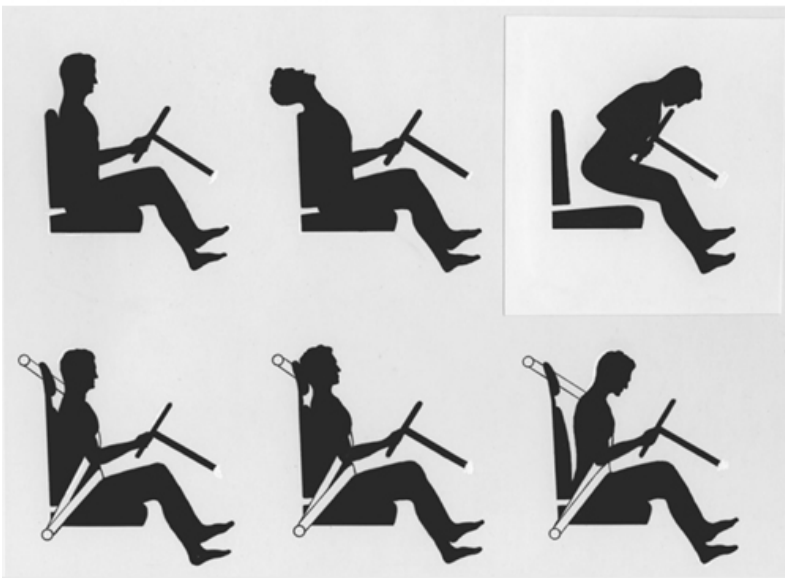




# PM&R Physician Update

June 2022

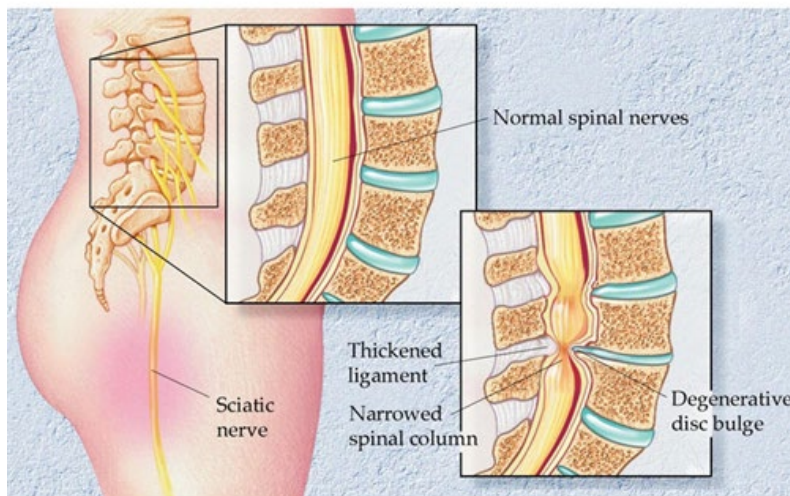
## Patient Care



### Multiple approaches involved in medical management of whiplash-associated disorders

Randy A. Shelerud, M.D., discusses literature-supported treatment options for managing whiplash-associated disorders, including exercise, medications, complementary medicine, injections and psychological interventions.

[Learn more](#)



## Medical management of lumbar spinal stenosis is evolving

Mayo Clinic physiatrist Kimberly L. Seidel-Miller, M.D., discusses lumbar spinal stenosis and how to determine appropriate medical management options for this condition.

[Learn more](#)

[See more Physical Medicine and Rehabilitation news](#)

[View Physical Medicine and Rehabilitation specialty videos and Grand Rounds presentations](#)

## Research



## Animal study suggests that low doses of messenger RNA helped regenerate bone without side effects

Messenger RNA treatment yielded faster tissue regeneration response and better bone quality than outcomes associated with currently available clinical treatment.

[Learn more](#)



## Interim results in phase 1 trial demonstrate safety of gene therapy approach to treatment of osteoarthritis

A phase 2 trial will evaluate effectiveness of using adeno-associated virus to deliver cDNA encoding the interleukin-1 receptor antagonist to treat knee osteoarthritis.

[Learn more](#)

[See all Physical Medicine and Rehabilitation Clinical Trials at Mayo Clinic](#)

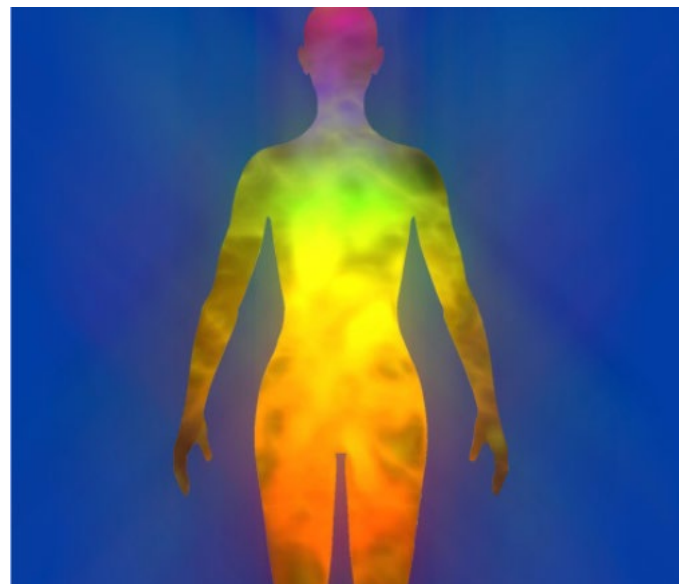
## Education

Mayo Clinic School of Continuous Professional Development offers [live courses](#), [livestreaming courses](#), [online continuing medical education \(CME\) courses](#) and [podcasts](#) to meet your CME needs. Medical education from Mayo Clinic experts is also available through [GIBLIB](#), a new on-demand medical education library.

[See all Physical Medicine and Rehabilitation Continuing Medical Education courses](#)



[RISE for Equity: Reflect, Inspire,](#)



[Wound Care Symposium: Managing](#)



## **Strengthen & Empower 2022**

July 21-23, 2022

Chicago and Livestream

Join this national health care dialogue about diversity and health disparities, digital equity, and inclusion in workforce development and organizational culture.

Explore evidence-based solutions and innovative initiatives.

[Register Now](#)

## **Wounds from Shear to Necrotizing Fasciitis — Online CME Course**

Course open through March 18, 2024, online

This course provides the latest diagnostic and treatment strategies for comprehensive wound management, with a multidisciplinary faculty representing various wound-related fields.

[Register Now](#)



## **Parkinson's Disease and Other Movement Disorders — 2022**

Nov. 4-5, 2022

Phoenix and Livestream

This course includes standard of care treatment algorithms for management of movement disorders and video demonstrations to assist with movement diagnosis.

[Register Now](#)

## **31st Annual Mayo Clinic Symposium on Sports Medicine**

Nov. 4-5, 2022

Rochester, Minn., and Livestream

This course includes current evidence-based diagnostic and treatment strategies for sports-related and musculoskeletal conditions, including athletic injury evaluation, treatment, prevention and return to play transition.

[Register Now](#)

[COVID-19 Updates and Resources](#)

[Read more](#)

## Consults and Referrals

### Phoenix/Scottsdale, Arizona

866-629-6362

### Jacksonville, Florida

800-634-1417

### Rochester, Minnesota

800-533-1564

### Online Referrals

## Resources

[Life-Changing Careers](#)

[Clinical Trials](#)

[Mayo Clinic School of Continuous Professional Development](#)

[PM&R at Mayo Clinic](#)



### Comments?

We're interested in your feedback about this newsletter.

### Pass It On

Invite a friend to subscribe.