

PM&R Physician Update

June 2024

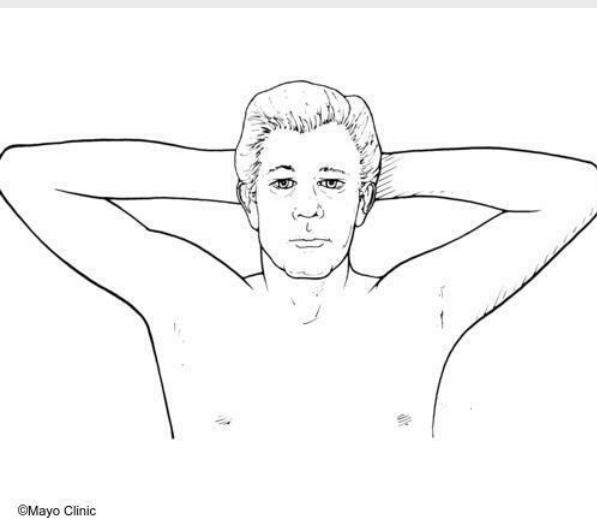
Patient Care



Integrated peripartum pelvic health program seeks to reduce or eliminate pelvic floor dysfunction associated with pregnancy and childbirth

Nikki J. Ron, P.T., D.P.T., WCS-ABPTS, explains the evolving role of Mayo Clinic physical therapists in pregnancy and postpartum care.

[Learn more](#)



Gaming and Esports Medicine team members offer tips to help players stay healthy

Mayo Clinic physiatrist Jane Konidis, M.D., shares some valuable insights on how to help gamers improve sleep quality, protect their eyes and reduce neck pain.

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[Refer a Patient](#)

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Research



Researchers analyze the impact of physical therapy on symptomatic thoracic radiculopathy

While a systematic review suggests that PT can alleviate symptoms, limited evidence, bias risk and low evidence certainty make these initial data too weak to support a definite conclusion.

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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.

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



Mayo Clinic Rehab in the ICU: An Interdisciplinary Approach Online Course

March 6, 2023-March 5, 2026
Online course

This course addresses how to foster rehabilitation of adult and pediatric patients in the ICU setting. Topics include rehabilitation feasibility and safety as well as psychosocial elements affecting patients and families.

[Register Now](#)



Physical Medicine and Rehabilitation Board Review: Clinical Knowledge Review Online CME Course

Jan. 16, 2023-Jan. 15, 2026
Online course

This course includes a comprehensive review of all 16 exam topic areas to assist candidates preparing for certifying and maintenance of certification examinations in physical medicine and rehabilitation.

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Consults and Referrals

Phoenix/Scottsdale, Arizona
866-629-6362

Jacksonville, Florida
800-634-1417

Rochester, Minnesota
800-533-1564

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