

# PM&R Physician Update

October 2023

## Patient Care



### Management of Achilles tendinopathy is evolving

In this article, Mayo Clinic physiatrist Marianne T. Luetmer, M.D., provides an overview of available treatments for this common overuse injury.

[Learn more](#)



### The gluteus maximus plays important role in core stabilization and prevention of common musculoskeletal injuries

Mayo Clinic physiatrist Jane Konidis, M.D., reviews core and gluteal musculature anatomy and muscular slings, and normal and pathological activation patterns.

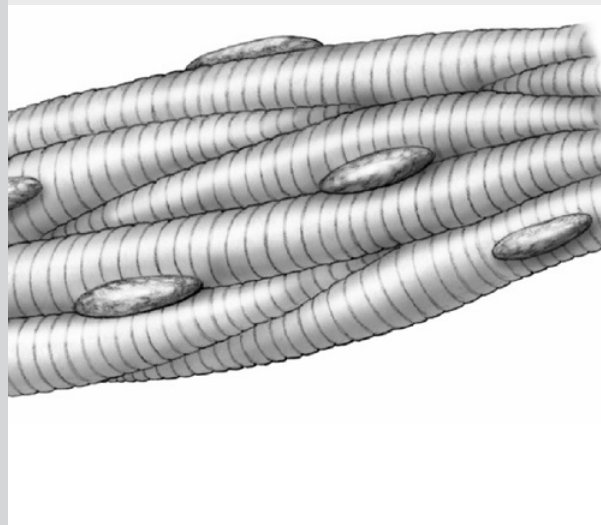
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### Refer a Patient

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## Research



### Age-related molecular mechanisms affect motor unit and muscle function

In this Q&A, Nathan J. Hellyer, Ph.D., P.T., describes some of the molecular mechanisms that accompany aging and how these processes may affect motor unit and muscle health.

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## Education

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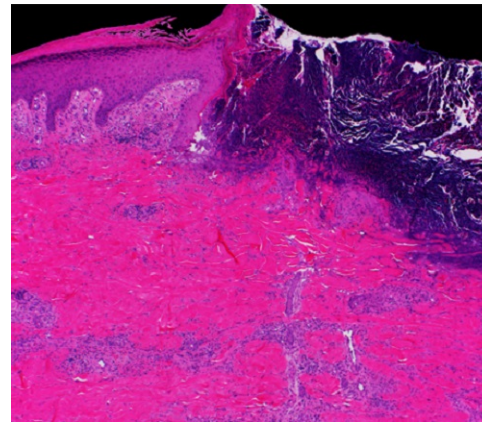


### Mayo Clinic Advancements in Surgical & Medical Management of the Spine 2024

Feb. 25-29, 2024  
Kohala Coast, Hawaii, and Livestream

This course addresses surgical and nonoperative approaches to the management of spine diseases, whether secondary to trauma, deformity or common degenerative conditions.

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### Mayo Clinic Wound Symposium: The Edges of Wound Care 2024

Feb. 28-March 1, 2023  
Rochester, Minnesota, and Livestream

This course provides the latest diagnostic and treatment strategies for comprehensive wound management, from basic to high level.

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[Rochester, Minnesota](#)  
800-533-1564

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