

PM&R Physician Update

February 2024

Patient Care



Cancer rehabilitation addresses patients' physical and emotional well-being

Cancer rehabilitation is a rapidly evolving discipline focused on helping patients maintain and restore function and lead meaningful, fulfilling lives before, during and after cancer treatment.

[Learn more](#)



Comprehensive, office-based evaluation of core strength contains multiple components

Mayo Clinic physiatrist Jane Konidis, M.D., summarizes what to include in an office-based evaluation of core and gluteal musculature strength and lumbo-pelvic stability.

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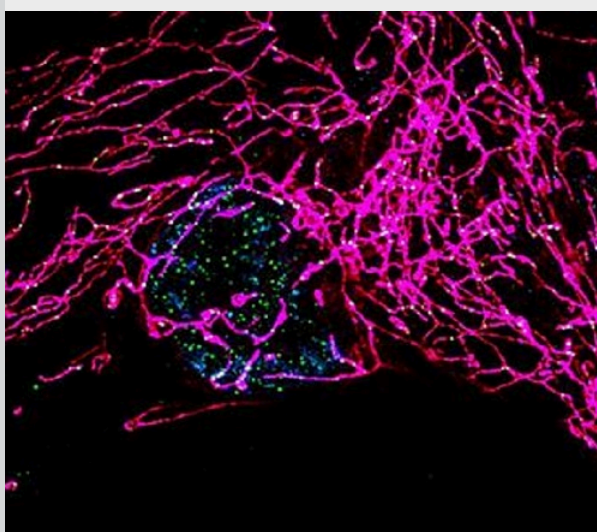
Research



Researchers examine impact of bed rest on development of orthostatic intolerance in older adults

Fourteen days of bed rest, with or without daily exercise, increases levels of biomarkers for neurodegeneration, many of which correlate with cardiovascular and muscular function decline.

[Learn more](#)



Zombie cells linger and contribute to various age-related health problems and diseases

In a study published in *Aging Cell*, Mayo Clinic researchers analyzed senescent cells, often referred to as zombie cells, to explain aging at the cellular level.

[Learn more](#)

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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](#)



International Symposium on Surgery of the Spastic Upper Limb

June 4-6, 2024
Rochester, Minn., and Livestream

This course provides a multidisciplinary approach to managing the spastic upper extremity, including controversial surgical techniques, all-access live surgery demonstrations and case presentations.

[Register Now](#)

Consults and Referrals

Phoenix/Scottsdale, Arizona
866-629-6362

Jacksonville, Florida
800-634-1417

Rochester, Minnesota
800-533-1564

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