

January 2021

COVID-19 Updates

Find resources for providers and answers to questions on referrals and testing on the [Medical Professionals Resource Center](#)



Patient Care

[Mayo Clinic physiatrists develop telemedicine musculoskeletal exams](#)

In two published articles and accompanying videos, Mayo Clinic physiatrists share specific physical examination techniques for virtual evaluation of the hand, wrist, elbow, shoulder, hip, knee, ankle, and cervical and lumbar spine.

[Bowel Evacuation Disorders Program helps patients living with pelvic floor dysfunction](#)

Based at Mayo Clinic's campus in Rochester, Minnesota, this program offers a unique and intensive curriculum to help patients retrain pelvic floor muscles using biofeedback and behavior modification.

[Evaluating and treating patients with leg and buttock pain involves multiple considerations](#)

Physiatrist Jonathan T. Finnoff, D.O., explains his approach to the evaluation and treatment of leg and buttock pain in this Simply PM&R podcast. Scroll to the podcast name.

[See more Physical Medicine and Rehabilitation news and view specialty videos and Grand Rounds presentations](#)



Research

[SASP proteins positively associated with chronological age, frailty and adverse post-surgery outcomes](#)

A Mayo Clinic study suggests that senescence-associated secretory phenotype (SASP) proteins could help identify people at risk of functional decline and those who may benefit from preventive intervention.

[Mayo Clinic researchers identify factors that help predict post-discharge outcomes among patients hospitalized for stroke](#)

Study results show that a measure of a patient's functional performance at discharge from rehabilitation is the strongest predictor of functional independence at three months.

[Study determines that blocking PAR1 helps promote the repair of demyelinated lesions in the adult brain](#)

Mayo Clinic researchers demonstrated that blocking protease activated receptor 1 (PAR1) stimulates the regeneration of myelin, which can lead to neurological healing.

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



Education

Mayo Clinic School of Continuous Professional Development offers [online CME courses](#) and [podcasts](#) to help meet your CME needs during the COVID-19 pandemic.

Medical education from Mayo Clinic experts is also available through [GIBLIB](#), a new on-demand medical education library. GIBLIB provides a free 7-day trial and 25% discount on premium annual subscriptions including unlimited CME for Mayo Clinic learners. Simply enter code **MAYOCPD2021** to access this offer.

[4th Annual Mayo Clinic Sports Medicine Summit: Care for the Athlete — LIVESTREAM](#)

Feb. 11-12, 2021

This course includes evidence-based and cutting-edge diagnostic and treatment strategies for sports-related and musculoskeletal conditions with a concentrated focus on the lower extremity and primary care sports medicine.

[Mayo Clinic Wound Symposium 2021 — LIVESTREAM](#)

March 18, 2021

Learn the latest diagnostic and treatment strategies for comprehensive wound management. Faculty members present multidisciplinary, evidence-based therapies and techniques for wound care, focusing on clinically relevant updates to improve patient outcomes.

[Physical Medicine and Rehabilitation Board Review: Clinical Knowledge Review — Online CME](#)

March 1, 2019-Feb. 28, 2022

This course helps candidates preparing for certifying and maintenance of certification examinations. The 16 modules serve as a comprehensive review and can be used as stand-alone education.

[See all Physical Medicine and Rehabilitation Continuous Professional Development courses](#)

Consults and Referrals

Phoenix/Scottsdale, Arizona

866-629-6362 (toll-free)

Jacksonville, Florida

800-634-1417 (toll-free)

Rochester, Minnesota

800-533-1564 (toll-free)

[Online Referrals](#)

Resources

[Careers: All Physician Specialties](#)

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