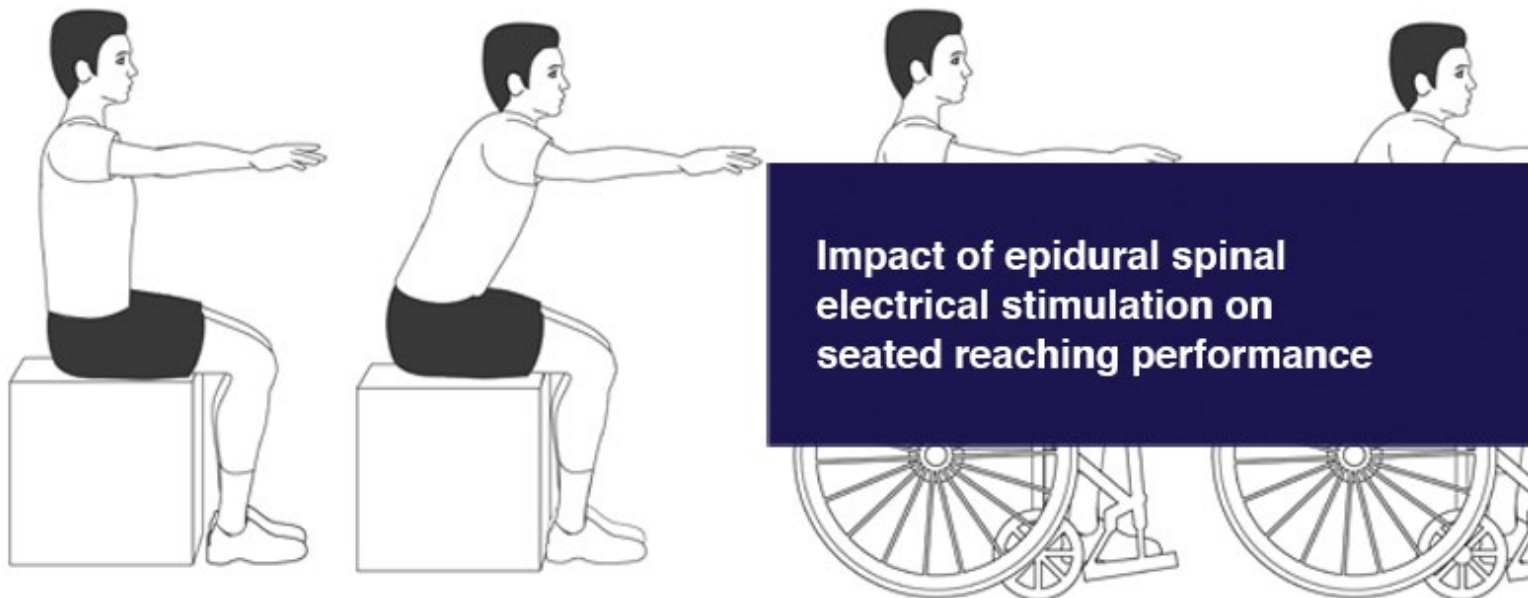
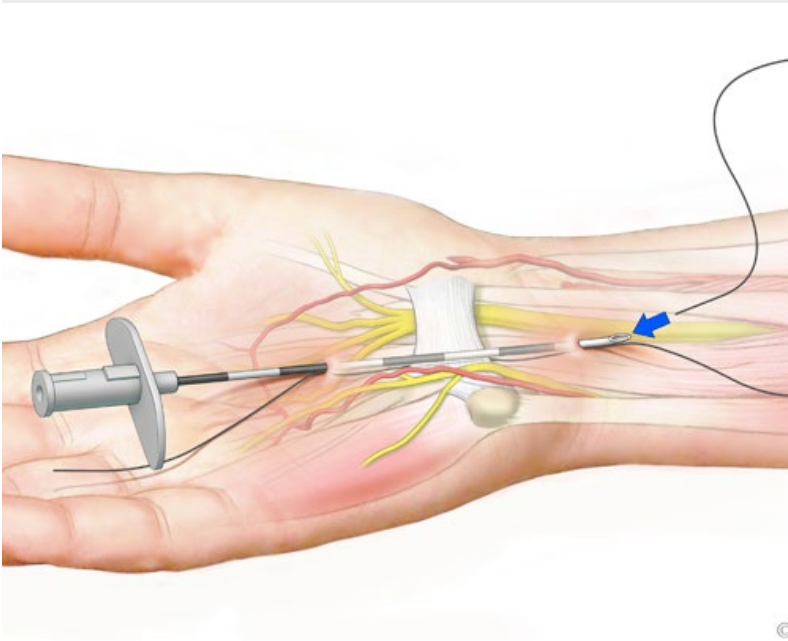


PM&R Physician Update

November 2021



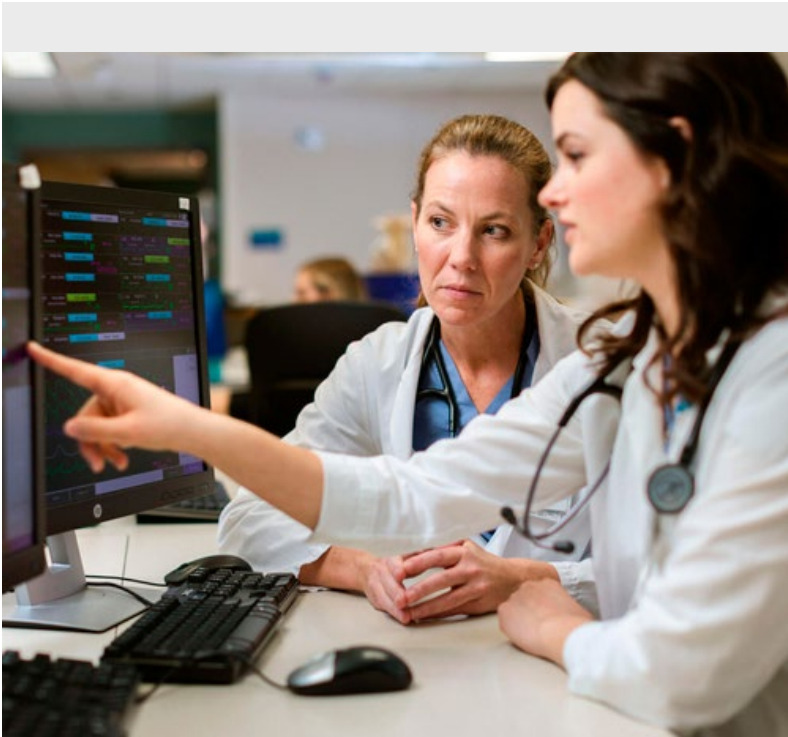
Patient Care



Minimally invasive procedures for carpal tunnel syndrome and tendinopathy gaining interest

Mayo Clinic physiatrists discuss incisionless thread ultrasound-guided carpal tunnel release and a new approach to treatment of tendinopathy via percutaneous debridement using a high-pressure saline jet.

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Research

Computerized adaptive testing tool improves delivery of function-directed hospital care, home discharge rates

Researchers developed and validated the tool to address the need for an easy method to assess rehabilitation service needs and improve functional abilities in hospitalized patients.

[Learn more](#)

Epidural spinal electrical stimulation improves seated reaching ability in two patients with spinal cord injury

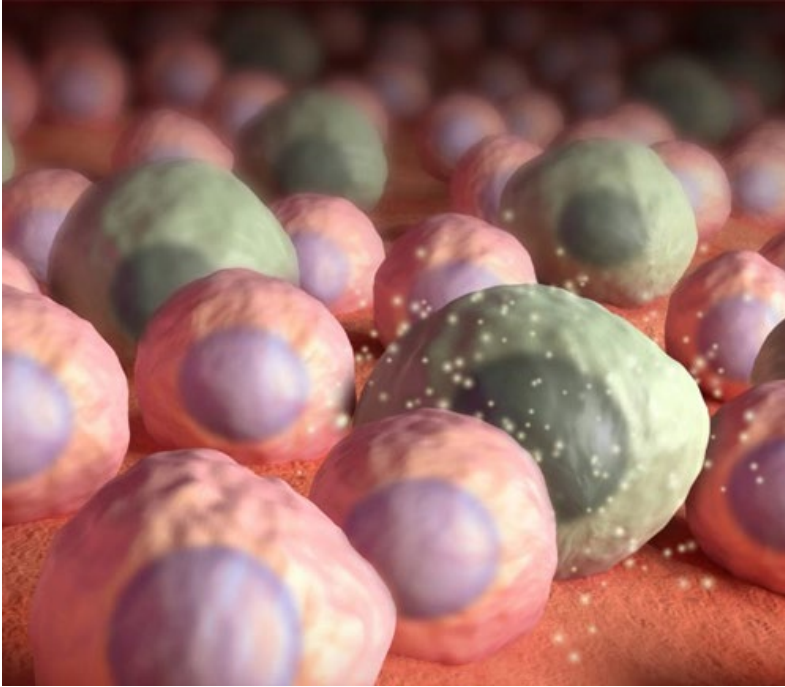
Researchers studied how electrical stimulation affects seated reaching ability and compared outcomes produced by different active electrode configurations along the lumbosacral spinal segments.

[Learn more](#)

Study provides first evidence in humans that structured exercise can lead to decline in biomarkers of senescent cell burden

Researchers tracked indicators in 34 volunteers during 12 weeks of exercise that included gradually increasing strength and endurance training.

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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. Medical education from Mayo Clinic experts is also available through [GIBLIB](#), a new on-demand medical education library.

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5th Annual Mayo Clinic Sports Medicine Summit: Care for the Athlete – LIVESTREAM

Feb. 3-4, 2022

Livestream

This course features evidence-based and cutting-edge diagnostic and treatment strategies for sports-related and musculoskeletal conditions, including concussion and upper extremity and spine injuries.

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Mayo Clinic Advancements in Surgical & Medical Management of the Spine 2022

Feb. 19-23, 2022

Kohala Coast, Hawaii

This course addresses the spectrum of spine diseases, including those secondary to trauma, deformity or common degenerative conditions. Curriculum covers strategies for surgical spine management and nonoperative approaches.

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Mayo Clinic Wound Symposium: The Edges of Wound Care 2022

March 2-4, 2022

Rochester, Minn., and Livestream

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800-634-1417

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800-533-1564

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