



PM&R Physician Update

October 2025

Patient Care



Use of artificial intelligence-based clinical documentation tools expanding in PM&R

In this Q&A, Mayo Clinic physiatrist Paul M. Scholten, M.D., discusses how his experiences using ambient listening technology tools have impacted his clinical workflow.

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Focused shockwave and radial pressure wave are noninvasive treatments for soft tissue and bone-related conditions

Sports medicine physiatrist Joshua M. Romero, M.D., shares updates on these treatments, describing their physical properties, biologic effects, indications, contraindications, potential side effects and complications.

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Refer a Patient

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Research



First-in-human phase 1 clinical trial testing gene therapy treatment for osteoarthritis yields encouraging results

Results demonstrate that injection of local gene therapy for knee joints is safe and achieves sustained, intra-articular concentrations of a therapeutic gene product.

[Learn more](#)



Study helps optimize a wrist-worn accelerometer-based, automated sleep detection methodology for evaluating sleep in patients with chronic pain

The research focused on optimizing the Tudor-Locke sleep period identification algorithm to characterize sleep in patients with chronic pain.

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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.

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

Available until 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.

Register Now



Electromyography (EMG), Electroencephalography (EEG), and Neurophysiology in Clinical Practice 2026

Jan. 24-29, 2026
Scottsdale, Ariz.

This course reviews clinical neurophysiology topics and techniques, including basic physiology, electroencephalography, evoked potentials, electromyography, electrocorticography, movement disorders and intraoperative monitoring.

Register Now



Mayo Clinic Advancements in Surgical & Medical Management of the Spine 2026

Feb. 22-26, 2026
Lahaina, Hawaii, and Livestream

This course addresses surgical and nonoperative approaches to management of spinal injuries and conditions, including epidemiology, clinical anatomy, biomechanics, clinical assessment and spine imaging review.

Register Now



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

Available until March 5, 2026
Online course

This course offers knowledge and skills to foster rehabilitation of adult and pediatric patients in the intensive care unit, including insight into rehabilitation feasibility and safety and psychosocial elements.

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866-629-6362

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