
To learn more or make a referral to Courage Center's PM&R specialists, contact us:

Phone: 763-520-0453

Fax: 763-520-0869

www.CourageCenter.org/physicians

www.aapmr.org

Physical Medicine and Rehabilitation

Specializing in the whole person



Source: American Academy of Physical Medicine & Rehabilitation

What is physical medicine and rehabilitation (PM&R)?

Rehabilitation physicians are medical doctors who have completed training in the medical specialty of physical medicine and rehabilitation. They are nerve, muscle and bone experts whose goal is to enhance and restore functional ability and prevent complications for a person with an injury, illness or chronic disease. PM&R physicians take into account the whole person: medical, emotional, behavioral and vocational needs are all important parts of a patient's health and well-being.

PM&R physicians at Courage Center provide quality treatment for patients with a broad range of conditions including:

- Brain injury
- Stroke
- Spinal cord injury
- Multiple sclerosis
- Cerebral palsy
- Spasticity
- Trauma recovery
- Arthritis
- Sports Injury
- Parkinson's disease
- Muscular Dystrophy
- Muscle and nerve conditions
- Peripheral nerve disorders
- Post-polio
- Osteoporosis
- Amputation

Why should I see a PM&R physician?

Rehabilitation physicians take the time needed to accurately pinpoint the source of an ailment. They then design a treatment plan that can be carried out by the patients themselves or with the help of the rehabilitation team. This team might include other physicians and health professionals, such as primary care physicians, psychologists, nurse practitioners, and physical, occupational and speech therapists, among others. By providing an individualized treatment plan, rehabilitation physicians help patients stay as active as possible at any age. Their broad medical expertise allows them to treat disabling conditions throughout a person's lifetime.

What services can Courage Center provide?

At Courage Center, PM&R physicians provide integrated care and treatment of a wide variety of conditions and are part of a comprehensive team. Our specialists work with each patient to design and implement an individualized plan of care to restore maximum function.

Services include:

- Bone density scans
- Electromyograms (EMG) to evaluate muscle and nerve issues
- Evaluations and management of rehabilitation issues
- Neuro- and musculoskeletal rehabilitation
- Spasticity Clinic – comprehensive spasticity evaluation including therapy, oral medication, splinting, medication injections and intrathecal Baclofen pump management refills