



# PHYSICAL MEDICINE AND REHABILITATION

VHA Physical Medicine and Rehabilitation Services (PM&RS) provides medical, rehabilitative and preventive strategies. This treating specialty emphasizes restoration and optimization of function through physical modalities, therapeutic exercise and interventions, adaptive equipment, modification of the environment, education and assistive devices.

## DISCIPLINES

VHA PM&RS disciplines include Physiatrists (Physical Medicine & Rehabilitation Physicians) physical therapy (PT), occupational therapy (OT), and kinesiotherapy (KT). Physiatrists are physicians who have completed a residency training program in Physical Medicine & Rehabilitation and lead the clinical team providing rehabilitation. Physical therapists treat Veterans with movement disorders which include impairments of the musculoskeletal, cardiovascular/pulmonary, neuromuscular and integumentary (skin) systems. Occupational Therapists provide evaluation and treatment in areas of self-care, work, productive/leisure activities to achieve participation in their everyday life occupations. Kinesiotherapists provide evidencebased interventions and therapeutic exercise adapted to enhance the strength, endurance, and mobility of individuals with functional limitations.

## POPULATION SERVED

- PMR&S serves Veterans and Active Duty Service members with neurological, orthopedic, medical, psychological, and surgical conditions.
- Special populations include age-related disability, stroke, spinal cord injury, brain dysfunction or traumatic brain injury, orthopedic injury and dysfunction, and amputation.

## OUTPATIENT SERVICES

- Patients throughout the continuum of care settings often need rehabilitation services, including outpatient and telerehabilitation services. The patient will be evaluated for the most appropriate rehabilitation.
- Individualized plans of care focuses on specific rehabilitation needs and goals for each patient.

## INPATIENT SERVICES

- Acute rehabilitation is provided for Veterans who require the intensity of medical and rehabilitation services that can only be provided at an inpatient facility are admitted to a Comprehensive Integrated Inpatient Rehabilitation Program (CIIRP). CIIRP programs are designed to optimize functional recovery after an acute illness, injury, or exacerbation of a disease process and accredited by the Commission on Accreditation of Rehabilitation Facilities.
- Subacute rehabilitation is available at multiple sites (special parts of acute care hospital and nursing facilities), designed to provide rehabilitation therapies for individuals who have a lower level of tolerance for exercise and activity, but still require the holistic, interdisciplinary approach in an inpatient setting. This rehabilitation is more intensive than traditional nursing facility care and less intensive than acute inpatient rehabilitation care.

For more information at: [www.rehab.va.gov/pmrs/](http://www.rehab.va.gov/pmrs/)

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