PHYSIATRY

Physical Medicine & Rehabilitation

Physical medicine and rehabilitation (PM&R) is also called physiatry. Doctors who practice physiatry are called physiatrists. They help you feel better and move better. They do not do surgery. Instead, they use exercise, therapy, and other tools to help your body heal.



What physiatrists do

Their main goal is to help you feel better and get back to doing the things you love, like going to the gym, walking with friends, etc.

Physiatrists help with:

- Muscle or bone pain.
- Trouble moving after an injury.
- Back pain or neck pain.
- Brain or spinal cord injuries.
- Problems after a stroke.
- Difficulty walking or using your arms and legs.
- Cerebral palsy, spina bifida, or other movement problems.



How physiatrists help you

Physiatrists make a treatment plan just for you. This plan might include:

- Physical therapy to build strength and make moving easier.
- Occupational therapy to help with daily tasks.
- Speech therapy to help with speech and swallowing problems.
- Medicine for pain or muscle tightness.
- Braces, wheelchairs, or special equipment.
- Tips to work and do daily activities better.



Keep in mind

Physiatrists are like body coaches. They help your muscles, bones, and brain work together so you can move better and feel less pain. They support you as you heal and get stronger.