



The future
of physiatry
happens
here!



Association of Academic Physiatrists

REGISTER NOW TO SAVE AT
[PHYSIATRY.ORG/ANNUALMEETING](https://www.physiatry.org/annualmeeting)



YOUR TIME TO SHINE

Physiatry '26 is the must-attend event for innovators and trailblazers in physiatry and rehabilitation. This February, join the AAP Annual Meeting to spark fresh ideas, build connections, and shape the future of the field.

The Educational & Social Event of the Year

If there's any in-person physiatry event to attend in 2026, this is it. With an anticipated 2,000+ attendees, 1,000+ poster presentations, 80+ workshops & educational sessions, 50+ exhibitors, and several signature networking events, you can discover groundbreaking science and career-growth at every step of your Physiatry '26 experience.

Get Your Best Rate

Become a member of the AAP and register by December 18, 2025, to enjoy significantly reduced registration rates. You can save up to \$300 by participating in this early bird discount. Join our community at physiatry.org/membership.

The Latest Details

As we get closer to Physiatry '26, more up-to-date event descriptions, timelines, and a few extra surprises can be viewed on our website at physiatry.org.

Get Social

In this increasingly virtual era, more and more physiatrists and PM&R programs are taking to social media. Make sure you're following our accounts to connect and learn! Hear from speakers and presenters, exchange diverse insights and opinions, and stay on top of the event's latest news using **#Physiatry26**, our official event hashtag.



Follow us on:

-  [Association of Academic Physiatrists](https://www.facebook.com/AAPPhysiatrists)
-  [@AAPPhysiatrists](https://twitter.com/AAPPhysiatrists)
-  [aaphysiatrists](https://www.instagram.com/aaphysiatrists)
-  [@aaphysiatrists.bsky.social](https://bsky.app/profile/aaphysiatrists.bsky.social)
-  [Association of Academic Physiatrists](https://www.linkedin.com/company/association-of-academic-physiatrists)
-  [Association of Academic Physiatrists](https://www.youtube.com/AssociationofAcademicPhysiatrists)

Register Now

- Visit physiatry.org/annualmeeting
- Mail your check (in US dollars)
- Call +1 (410) 654-1000
(credit card payments only)

REGISTER BY DECEMBER 18, 2025 TO SAVE!



Welcome: From our Program Committee

We're excited to welcome you to Physiatry '26—AAP's Annual Meeting in beautiful San Juan, Puerto Rico! Get ready to experience inspiring sessions, new connections, and fresh ideas—then step outside to unwind with San Juan's beaches, vibrant culture, and nightlife. Physiatry '26 and this city are made for exploring!

Whether you're sharpening clinical skills, advancing research, or growing as a leader, Physiatry '26 is where it all comes together. Home of more than 3,000 passionate professionals in physiatry, AAP is proud to foster a welcoming community united by innovation, education, academic excellence.

We've added fresh new pre-conference activities this year—so plan to come early and soak up a little extra Puerto Rico!

- ✓ Hands-on workshops for pediatric physiatrists that bring fresh approaches to care
- ✓ The second iteration of Spasticity X: Momentum Lab—an interactive, international forum pushing the boundaries of spasticity science
- ✓ A collaborative skills session for inpatient physiatrists and medical directors to tackle real-world challenges together
- ✓ Plus, the trusted session tracks, interactive education, and staple workshops you've grown to know and love

We are also spotlighting neuromodulation as this year's special theme, headlined by keynote speaker Prof. Friedhelm Hummel (Germany), whose insights will inspire new thinking and ignite discussion across disciplines.

And don't miss the Top Research Awards—cash prizes, inspiring presentations, and a chance to celebrate groundbreaking work in our field.

Join us in San Juan this February to connect, discover, and lead the future of physiatry—all while experiencing the warmth, energy and culture, and beauty of Puerto Rico!

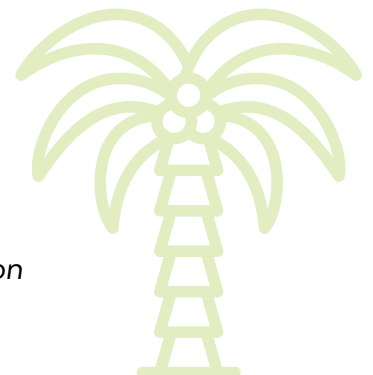


Shanti Pinto, MD, MSCS

Chair, AAP Program Committee

Physician-Scientist, Department of Physical Medicine and Rehabilitation

Spaulding Rehabilitation Hospital, Boston, MA





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Wake Forest University
School of Medicine



World
Rehabilitation
Alliance



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Welcome to San Juan

Lead, Learn, and Unwind

HOLA, SAN JUAN! Get ready to experience the vibrant capital of Puerto Rico. San Juan offers the perfect blend of history, culture, and Caribbean beauty—all just steps away from Physiatry '26. From its colorful colonial streets and historic forts to pristine beaches and lively nightlife, San Juan is a destination that has it all.

COASTAL ADVENTURES

Bask in the sun on golden beaches, snorkel in crystal-clear waters, or take a day trip to El Yunque National Forest, the only tropical rainforest in the U.S. National Forest System.

CULTURE & HISTORY

Stroll through Old San Juan's cobblestone streets, explore 16th-century fortresses, or visit world-class museums showcasing Puerto Rico's rich heritage and contemporary art.

A FLAVORFUL EXPERIENCE

From fresh-caught seafood to mofongo and craft cocktails, San Juan's dining scene blends local tradition with global flair. Cap off your evenings with live salsa, vibrant nightlife, or a quiet seaside sunset.



[DISCOVERPUERTORICO.COM](https://discoverpuertorico.com)

HOTELS: Sheraton Puerto Rico Resort & Casino, Aloft San Juan, Hilton Garden Inn San Juan Condado, Condado Plaza Hotel Puerto Rico, Hyatt House San Juan, and Hyatt Place San Juan

Visit physiatry.org/AnnualMeeting for hotel information, booking, and pricing.

✈ **AIRPORT:** LUIS MUÑOZ MARÍN INTERNATIONAL AIRPORT (SJU)

\$ **CURRENCY:** \$ USD

🕒 **TIME ZONE:** ATLANTIC STANDARD TIME (AST)



Key Features & Events

Innovative Pre-conference Workshops & Symposiums

Kick off the week with a dynamic lineup of pre-conference workshops! Explore the special Spasticity X Lab, brand-new symposiums for Pediatric Physiatrists and for Inpatient Physiatrists & Medical Directors, plus a new Launchpad session designed for Program Directors & Coordinators. You'll also find the trusted pre-con favorites you know and love—RFPD, Ultrasound, and Resident Bootcamp. These sessions deliver hands-on learning, fresh insights, and meaningful discussions you won't want to miss.



Pickleball, Prizes & Celebration

Our community loves a little friendly competition! Back by popular demand, the Pickleball Championship returns—right in the Expo Hall. Cheer on your colleagues or grab a paddle and join the fun. Then, stick around as we honor excellence in education, leadership, and research with our Top Paper and Poster Awards. Who will take home the trophy—your pickleball team or your poster?



A Puerto Rican Welcome Reception

Kick off the conference immersed in the vibrant culture of San Juan. Our welcome reception celebrates Puerto Rican music, cuisine, and tradition—an unforgettable way to connect with colleagues while experiencing the warmth and spirit of the island.



Plus all of the fantastic demo pods, networking events, and impactful sessions that you know and love!

Physiatry '26 offers
unbiased, actionable
insights on the trends and
tools that are shaping our
specialty across the country.
Take part in educational
sessions, lively networking
events and spontaneous
meet-and-greets.



Visit the Physiatry '26
event website

Schedule at a Glance

TUESDAY, FEBRUARY 17

Residency & Fellowship Program Directors (RFPD) and
Program Coordinators Workshop - Part 1

Spasticity X: Momentum Lab - Part 1

WEDNESDAY, FEBRUARY 18

RFPD & Program Coordinators Workshop - Part 2

Special Interest Pre-Conference Workshops
Spasticity X: Momentum Lab - Part 2

*Sign up in advance for hands-on learning with leading
experts in physiatry*

Fellowship & Job Fair

THURSDAY, FEBRUARY 19

Expo Hall Open

Educational Sessions

Plenary Speaker

Poster Gallery Reception

Welcome Reception

FRIDAY, FEBRUARY 20

Plenary Speaker

Expo Hall Open

Educational Sessions

New Knowledge Sessions

Complimentary Lunch in the Expo Hall

Poster Gallery Reception

Resident/ Fellow Networking Night

SATURDAY, FEBRUARY 21

RMSTP Scientific Papers

AAP Member Caucus & Awards Breakfast

Expo Hall Open

Educational Sessions

Visit physiatry.org/annualmeeting
for the most up-to-date
schedule and news!

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What's in it for You

Join over 2,000 AAP members at the premier physiatry event of the year! Whether you're aiming to expand your network, explore the latest research and academic advances, master cutting-edge treatments and technology, or take your career to the next level—PHYSIATRY '26 IS YOUR TIME TO SHINE.

REGISTER TODAY TO:

- 1 **CUT COSTS** with our *early bird discount* that can save you up to \$300
- 2 **REUNITE** with your colleagues and make new physiatry friends for life
- 3 **TAKE HOME** practical ideas, solutions and collaborations that will boost your network & career
- 4 **BE INSPIRED** and prepared for the road ahead
- 5 **ENJOY** San Juan's beautiful beaches, vibrant culture and cuisine, and rainforest adventures

Visit physiatry.org/annualmeeting to view our early bird prices, networking opportunities, and events to look forward to in person.



MAKE CONNECTIONS THAT MATTER

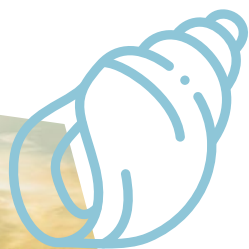
SPONSOR, EXHIBIT, ADVERTISE

Join the world's leading and emerging voices in physiatry at the AAP Annual Meeting. Showcase your organization to an engaged audience eager to network, collaborate, and innovate.

Align your brand with Physiatry '26 and strengthen your presence in the physiatry community. Prime exhibit and sponsorship opportunities are limited—contact us today to secure your spot and explore custom options.



**Sponsorship, Exhibitor
and Advertising Opportunities**





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- Cardiopulmonary Disorders
- Neuromuscular Disorders
- Pain Management and Sports Medicine
- Parkinson's Disease
- Stroke and Spasticity Management
- Spinal Cord Injury

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- Brain Injury Medicine Fellowship
- Pain Medicine Fellowship



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JFK Johnson Rehabilitation Institute



@JFK Johnson

Plenary Speakers



These thought leaders are bringing their big ideas that will influence your research, education, practice and career.



DeLisa Lecture

Thursday, February 19 | 9:30AM - 10:30AM

PROF. FRIEDHELM HUMMEL, MD

Professor, Defitech Chair, and Head of Hummel Laboratory, École Polytechnique Fédérale de Lausanne (EPFL), Switzerland

Associate Professor, Clinical Neuroscience, University of Geneva Medical School (HUG), Switzerland

Innovative Neurotechnology Approaches for Advancing Neurorehabilitation

Description: Recovery after brain lesions or neurodegeneration remains a major challenge, as many patients continue to experience persistent deficits and limited access to personalized therapies. In this lecture, Prof. Hummel will explore how innovative neurotechnologies—such as non-invasive brain stimulation and brain-computer interfaces—are opening new avenues to enhance and individualize rehabilitation.

Attendees will learn about current advances in these technologies, see methods that bring us closer to patient-tailored interventions, and hear a summary of the latest scientific and clinical evidence. The lecture will conclude with a forward-looking perspective on how these innovations can be further developed, validated, and implemented to transform the future of neurorehabilitation.

Prof. Friedhelm Hummel, MD, is a full professor at the École Polytechnique Fédérale de Lausanne (EPFL), holding the Defitech Chair of Clinical Neuroengineering, and an associate professor of clinical neuroscience at the University of Geneva. He leads the Hummel Laboratory at EPFL's School of Life Sciences, focusing on neurorehabilitation and innovative neurotechnologies.

Friday, February 20 | 9:30AM - 10:45AM

CATHERINE SANDERSON, PhD

POLER Family Professor of Psychology, Amherst College

The Psychology of Courage and Inaction: Strategies for Fostering an Ethical Bystander

Description: We are bombarded daily by news reports of bad behavior, from sexual harassment in the workplace to racist attacks on public transportation to bullying in schools. Using empirical research from psychology and neuroscience, Dr. Sanderson will examine the very normal psychological factors that lead most of us to stay silent in the face of problematic behavior and how this tendency unfortunately allows such acts to continue. As Martin Luther King Jr. said, "History will have to record that the greatest tragedy of this period of social transition was not the strident clamor of the bad people, but the appalling silence of the good people." Finally, this talk will describe practical strategies individuals and organizations can use to overcome silence and inaction and instead foster an ethical bystander culture.

This plenary will end with a thoughtful Q&A on advocacy and moderating led by AAP President Christopher Visco, MD.

Catherine Sanderson is the POLER Family Professor of Psychology at Amherst College, author, and expert on happiness, mindset, and the psychology of courage and inaction. She speaks widely for public and corporate audiences and has been featured in CNN, NPR, The Washington Post, and The Atlantic.

Emerging Leaders in Research, Training & Patient Care

PHYSICAL MEDICINE & REHABILITATION

GROWTH

- **Strategic Hiring:** Recruiting top talent to expand expertise and capacity
- **Enhanced Partnerships:** Collaborating with other departments, hospitals, and organizations
- **Focused Leadership:** Aligning with a clear vision and strategic plan for sustainable expansion

RESIDENCY & FELLOWSHIP OPPORTUNITIES

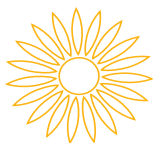
- Physical Medicine & Rehabilitation Residency Program
- Cancer Rehabilitation Fellowship
- Interventional Musculoskeletal/Spine Fellowship

CLINICAL EXCELLENCE

- Interdisciplinary program at Mark A. Asher Comprehensive Spine Care Center
- Ranked #1 in the state of Kansas for Newsweek's Best Physical Rehabilitation Centers in 2025

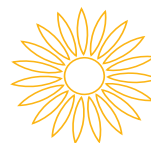
HISTORY

Department
founded in 1944
with 80 years
of excellence in
PM&R



REPUTATION

Rated as a top 25
PM&R residency
program by
reputation in
Doximity



RESEARCH

Ranked 15th in
NIH funding for
PM&R in 2024
by Blue Ridge
Institute

KU Physical Medicine & Rehabilitation is currently looking for the next great leaders in academic and clinical care. If you are interested in learning more about the residency or fellowship programs, or are looking to join our team as faculty, please visit our website at kumc.edu/pmr or contact seickmeyer@kumc.edu.



Signature Networking Events

Access to these events is included in your registration fee.

RFPD Cocktail Reception

TUESDAY, FEBRUARY 17, 5:00PM - 6:30PM

Following the RFPD workshop, join with your friends from PM&R residency programs across the country for hors d'oeuvres, cocktails, and company.

Fellowship & Job Fair

WEDNESDAY, FEBRUARY 18, 5:30PM - 7:00PM

This is one of our most popular events! Looking for a new challenge or weighing different career paths? Speak to more than 50 institutions recruiting for a variety of open positions, including fellowships.

Department Chair & Admin Director Meet-Up

WEDNESDAY, FEBRUARY 18, 6:45PM - 9:00PM

Department leaders come together for a networking reception followed by a session to explore common challenges and solutions.

Research Leader Networking Event

(RSVP Only - details to come)

THURSDAY, FEBRUARY 19, 7:00AM - 8:00AM

Kick off the day with the AAP Research Committee and Research Chairs from PM&R departments across the country discuss support for the next generation of researchers & improve collaboration among research leaders.

Welcome Reception

THURSDAY, FEBRUARY 19, 6:30PM - 8:00PM

Kick off the week at our Welcome Reception (in the Expo Hall)! Mix and mingle with peers and mentors across the country as you enjoy an exciting, brightly themed venue, hors d'oeuvres, cocktails, great company, and even a few surprises.

Poster Gallery Receptions

THURSDAY & FRIDAY, FEBRUARY 19 & 20, 5:00PM - 6:30PM

Discover cutting-edge research studies and case reports as you interact with psychiatry residents and leading researchers. With over 1,000 posters being presented, you are sure to walk away with new ideas and collaborations.

Resident & Fellow Networking Night

(RSVP required)

FRIDAY, FEBRUARY 20, 7:30PM - 9:00PM

Location and details will be released soon.

MSC Quiz Bowl (Medical Students Only)

FRIDAY, FEBRUARY 20, 6:30PM - 8:00PM

Location and details will be released online soon.





To empower the world's best rehab team, we built the world's best rehab facility

Christine E. Lynn Rehabilitation Center for The Miami Project to Cure Paralysis at UHealth/Jackson Memorial bolsters 72 inpatient suites, eight pediatric inpatient suites, 16 handicapped accessible rooms, an outpatient clinic, and inpatient and outpatient gyms.

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Education and training programs:

- Residency program
- Brain injury medicine fellowship program
- Spinal cord injury fellowship program
- Cancer rehab fellowship program
- Medical student rotation program
- Observership program



Scan QR code to learn more about our education programs, research opportunities, and partnerships

Comprehensive rehabilitation

With our expert care, we can help you get your life back

UHealth Jackson Rehabilitation Care is proud to share our decades of experience with comprehensive inpatient and outpatient rehabilitation services for children, adolescents, and adults throughout South Florida. We are dedicated to achieving the best possible outcomes for every patient, every day.

International program – Hemispheric hub providing one-of-a-kind, all-in-one medical care to patients worldwide

Our prime location in the heart of Miami, one of the most international cities in the world, makes UHealth Jackson Rehabilitation Care the ideal hub for diverse groups of caregivers and patients.

Research opportunities

The Department of Physical Medicine and Rehabilitation currently has six sponsored research programs, one of which is funded by the National Institutes of Health, a premier, internationally recognized medical research center.

Accreditation



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Visit us: <https://med.miami.edu/departments/physical-medicine-and-rehabilitation/education>

UHealth Jackson
Rehabilitation Care
CHRISTINE E. LYNN REHABILITATION CENTER
FOR THE MIAMI PROJECT TO CURE PARALYSIS

Other Opportunities to Connect & Collaborate

Connect with physiatry and rehabilitation experts worldwide through organized events designed to build your career.

AAP Member Caucus & Awards Breakfast

SATURDAY, FEBRUARY 21, 7:30AM-9:15AM

Come together with your fellow AAP members and leadership to discover what we've accomplished over the past year and what's on the horizon. Stay for our Awards Ceremony to help us honor deserving rock-star physiatrists and best papers and top poster winners.

Special Interest Meet-Ups

Keep an eye out for special meetups throughout the meeting including our new member/ conference buddy gatherings, pop-up networking events for junior faculty, VA physiatrists, coordinators, and more.

Exhibit Hall Refreshments & Lunch

Get to know institutions and organizations that are offering innovative programs, services and products for physiatry and rehabilitation. From beverage services to a signature lunch, we're making it easy for you to improve education and patient care.

Demonstration Pods

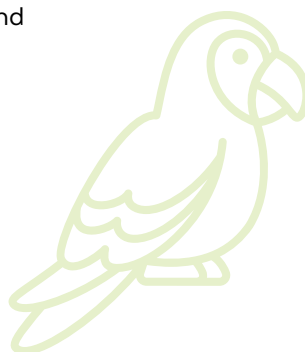
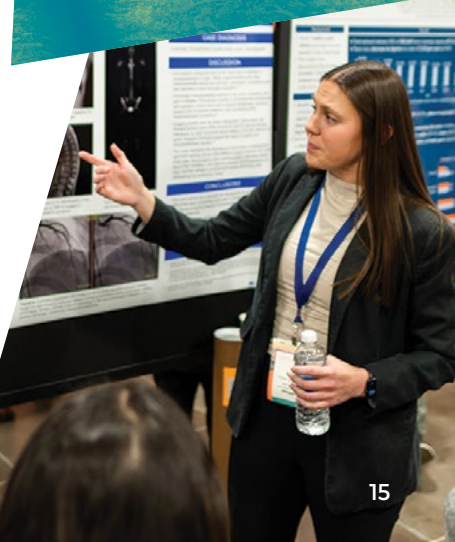
Stop by our Demonstrations Pods in the Exhibit Hall during morning and afternoon refreshments break Thursday - Saturday, February 19-21. Grab a snack and experience hands-on learning and innovations brought to you by our amazing sponsors.

Breakfast & Lunch Symposiums

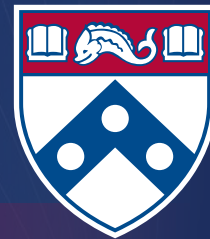
Feed your body and your brain at our sponsored breakfast and lunch symposiums. Topics and times coming soon—spots are limited, so be ready to save yours!

Anatomy Labs

Get hands-on practice hosted by our top partners and leaders in the industry.



PUSHING THE BOUNDARIES OF REHABILITATION



**We are proud of our faculty
as they expand our knowledge
and practice of neurorehabilitation.**

Basic Science Investigations:

Modification of inflammatory risk factors that predispose to dementia after traumatic brain injuries (TBI).

Investigator: Dr. Randel Swanson

Development of M-Xene bioelectrodes to analyze the neurophysiology, neuroimaging and neurochemistry of TBI.

Investigator: Dr. Flavia Vitale

Robotic Rehabilitation of infants.

Investigator: Dr. Michelle Johnson

Clinical Investigations:

Defining the controversial "Havana Syndrome" among employees of the US State Department.

Investigators: Drs. Randel Swanson and Stephen Hampton

Behavior economics in stroke and Parkinson.

Investigator: Dr. Kimberly Waddell

Randomized controlled trials: In home, occupational therapy-driven caregiver training for survivors of TBI; and treatment of TBI-related depression using behavioral activation.

Investigators: Drs. Kelly Heath, Randel Swanson, and Keith Robinson

Educating the Next Generation:

Brain Injury Services.

Medical Director: Dr. Jeremy Charles

Michael J. Crescenzi Veterans Affairs Medical Center.

Service Chief/Medical Director: Dr. Kelly Heath

Pediatric to young adult transitional programs.

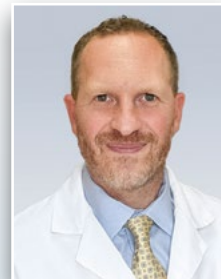
Drs. Benjamin Abramoff, Kelly Heath, and Patricia Orme

Pioneering cryoneurolytic approaches to manage spasticity.

Dr. Stephen Hampton

Brain Injury Medicine Fellowship:

Director: Dr. Kelly Heath



Benjamin Abramoff
MD, MS



Jeremy Charles
MD



Stephen Hampton
MD



Kelly Heath
MD



Michelle Johnson
PhD



Randel Swanson
DO, PhD



Flavia Vitale
PhD



Kimberly Waddell
PhD, MSCI, OTR/L



Penn Medicine

TIMOTHY R. DILLINGHAM, MD, MS
CHAIR, DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION
EMAIL: Timothy.Dillingham@pennmedicine.upenn.edu

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Pre-Conference Workshops

Spotlight your experience—add workshops to your registration to secure your seat.

ADDITIONAL
FEES APPLY

Add any workshop to your conference registration to reserve your spot.



Residency & Fellowship Program Directors (RFPD) and Program Coordinators Workshop – Two Day Event

TUESDAY, FEBRUARY 17
1:00PM - 5:00PM

WEDNESDAY, FEBRUARY 18
8:00AM - 12:00PM

PRICE: \$250 for AAP members/ \$450 for non-members

A staple at the AAP Annual Meeting, this workshop unites program directors and coordinators across the country. Join us to learn and grow your programs with the best and novel practices.

DAY 1

1:00PM - 5:00PM

Get key updates from ACGME and ABPMR, hear insights from our Recruitment Subcouncil, and stick around for our signature networking event.

5:00PM - 6:30PM

RFPD Networking Event

DAY 2

7:15AM - 8:00AM

Hot Breakfast

8:00AM - 12:00PM

Faculty Development Workshop: an interactive session diving into essential topics.

12:00PM - 1:00PM

Roundtable Lunch

Resident, Fellow & Medical Student Bootcamp

WEDNESDAY, FEBRUARY 18
8:00AM - 12:00PM

PRICE: Free with your resident, fellow, or medical student registration

Get hands-on experience with core physiatric procedures in rotating stations led by expert PM&R faculty. We'll cover ultrasonography, electromyography, spasticity management, and more, and you'll leave with practical skills to strengthen your training and career. This popular workshop sells out fast, so reserve your spot when you register!



Musculoskeletal Ultrasound: Beyond the Horizon

WEDNESDAY, FEBRUARY 18
1:00PM - 5:00PM

PRICE: \$149 for AAP members/ \$199 for non-members

This hands-on workshop introduces physiatrists to the power and limits of diagnostic ultrasound. Through lectures and interactive training, you'll learn to perform joint ultrasounds of the upper and lower limbs, recognize normal anatomy and common pathologies, and critically evaluate images—accelerating your path to MSK ultrasound expertise.



Become a ROCKSTAR Program Director or Coordinator

WEDNESDAY, FEBRUARY 18
1:00PM - 5:00PM

PRICE: \$49 for AAP members/ \$99 for non-members

The best job in medicine—Program Director or Coordinator! You've taken on the role, but where do you go when you're not sure what comes next? With a little help from your peers, this pre-course will walk you through the Who, What, How, and When of leading residents or fellows—and set you on the path to becoming a true ROCKSTAR. Designed for new Program Directors and Coordinators (0-3 years of experience), this session takes place in the afternoon following the RFPD session.

Leadership and Operational Skills for Inpatient Physiatrists & Medical Directors

WEDNESDAY, FEBRUARY 18
8:00AM - 12:00PM

PRICE: \$49 for AAP members/ \$99 for non-members

This interactive bootcamp gives physiatrists the essential skills for inpatient attending and medical director roles. Through small-group activities, large-group debriefs, and real-world case scenarios, you'll master peer-to-peer review, JCAHO/CARF prep, leading team conferences, and managing difficult conversations with patients and families. Leave with practical takeaways and a resource toolkit—ready to tackle administrative, leadership, and communication challenges in inpatient rehab with confidence.



SPASTICITY

MOMENTUM LAB

February 17-18, 2026 • San Juan, Puerto Rico

SPASTICITY X: MOMENTUM LAB is a bold, 1.5-day international forum bringing together clinicians, researchers, educators, industry innovators, and patient advocates to accelerate progress in spasticity science and care. Building on the success of the inaugural Spasticity X Symposium (2024), this focused gathering will ignite fresh ideas, showcase emerging research, and inspire practical improvements in:

- The current and future landscape of spasticity management
- Education, training, and collaboration across disciplines
- Cutting-edge, sometimes controversial, approaches in research and treatment



DAY 1 – TUESDAY, FEBRUARY 17, 2026 – 9:30AM-5:30PM

THEME: Foundational Science, Assessment & Novel Approaches

- **Defining Spasticity** – New definitions and debates on whether definition is needed
- **Gait & Spasticity** – Post-stroke stiff knee gait, instrumented vs. visual assessment
- **Imaging & Muscle Assessment** – Ultrasound architecture, predictive imaging, quantitative techniques
- **Basic & Translational Science** – BoNT-A effects in mice, drug targeting, boosting toxin efficacy
- **Pediatric Spasticity** – Future care models, omics research, genetics, long-term BoNT-A outcomes

DAY 2 – WEDNESDAY, FEBRUARY 18, 2026 – 7:30AM-12:30PM / 1:00PM – 5:00PM (OPTIONAL WORKSHOPS)

THEME: AI, BoNT & Emerging Therapies

- **Artificial Intelligence** – AI tools, machine learning/NLP studies, fuzzy logic applications
- **Botulinum Toxin Research** – Dosing, diffusion profiles, rehab trials, formulation choices, real-world safety
- **Neuromodulation & Interventions** – Electrical motor block, patterned stimulation, dry needling
- **Interactive Learning** – Flipped classroom Q&A, procedural sessions (neurotomy, fasciotomy)
- **Optional Afternoon Workshops** – MUSICA ultrasound and advanced interventions

* *Flexible Registration: Rates are based on career level. The Spasticity X Lab can be purchased as a standalone workshop or added to your Physiatry '26 registration at a discounted price.*

* *Special Bundle for Pediatric Physiatrists: Register for both Tuesday's Spasticity X Lab and Wednesday's Pediatric Workshop together and save.*

Pediatric Rehabilitation Symposium

WEDNESDAY, FEBRUARY 18
8:00AM - 5:00PM

PRICE: \$49 for AAP members
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Join us for the Inaugural Pediatric Rehabilitation Medicine Day at AAP!

Explore key topics in pediatric rehab, engage in interactive discussions, and deepen your understanding of caring for children with rehabilitation needs. Whether you're a student, resident, clinician, researcher, or expert, you'll gain valuable knowledge and networking opportunities to advance your skills in pediatric rehabilitation.



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Our annual meeting brings powerhouse speakers and cutting-edge presentations on clinical care, administration, and more. Look out for these icons to quickly spot topics that match your interests.



NEW Theme: Neuromodulation

Dive into the future of rehabilitation with our spotlight on neuromodulation! Explore groundbreaking research, innovative techniques, and real-world applications helping to improve patient function through nerve stimulation. Keep an eye out for these special sessions throughout the program.



Academic

Discover the best practices and latest trends in educational curricula, career development and more.



Clinical

Take real-world scenarios to practice with our clinical track, bringing you the sought-after topics in patient care.



Administration

Find insights on building ongoing success for your program, department, institution, and the future of the specialty worldwide.



Research

Discover the best practices and latest trends in PM&R research, funding, and more.



In-Training

Trainees and rising stars, learn critical career development skills from your peers and leaders in the specialty.



International

These sessions dive into education, research and leadership opportunities in academic physiatry on an global level.

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Educational Sessions

Sessions run Thursday - Saturday, February 19-21, 2026. Exact times and dates will be posted on the event site. Sessions are organized by track theme.



Ultrasound-Guided Procedures in Hand and Wrist

Seyed Ali Moustofi, MD, MD; Amit Bhargava, MD; Timothy Tiu, MD

Carpal tunnel, trigger finger, and De Quervain tenosynovitis are common diagnoses in PM&R hand clinics. This session provides hands-on training in ultrasound-guided and minimally invasive treatments—including releases, hydrodissection, and biologics. Through brief didactics and practical exercises, participants will scan, identify target structures, and practice procedural techniques to enhance clinical skills.



Rehabilitation Oncology 101

Adrian Cristian, MD; Ishan Roy, MD; Eric Wisotzky, MD; Jessica Engle, DO

With more cancer survivors than ever, addressing treatment-related physical impairments is crucial. This course introduces cancer rehabilitation, covering assessment and management of common impairments and the use of musculoskeletal ultrasound and other key technologies to improve survivors' quality of life.



Global Health Medicine in PM&R: Paradigm Shift in Making a Lasting Impact on International Communities

George Ross Malik, MD; Prakash Jayabalan, MD; Andrew Haig, MD

Access to rehabilitation medicine remains limited worldwide, and PM&R has been slow to integrate global health into training. The International Rehabilitation Forum (IRF) addresses this with a 2-year fellowship for African physicians, mentoring them to become national experts and build sustainable training programs in research, teaching, and patient care.



Innovations in Diagnosis and Treatment of Athletic Hip-Spine Syndrome

George Ross Malik, MD; James Wyss, MD; Kevin Ozment, MD; Ryan Nussbaum, DO

Hip-spine syndrome is increasingly seen in young athletes. Early identification of conditions like Femoroacetabular impingement (FAI) and lumbar spondylolysis can prevent chronic issues. This session covers advanced hip and spine imaging and key radiographic measurements to detect pathologies and guide early intervention.



Is the Lecture Dead?: Incorporating Principles of Learning Science to Enliven Your Resident Didactics

Karen Barr, MD; Jean Luc Banks, MD; Ryan Nussbaum, DO; Kerry DeLuca, MD; David Rivetti, MD

Advances in technology and shifting learner preferences—accelerated by COVID-19—have transformed how education is delivered. This session reviews key learning principles for busy clinicians, shares practical successes and challenges from our teaching, and explores when alternative formats outperform traditional lectures.



Cardiac Rehabilitation Across the Continuum of Care

Laura Malmut, MD; Leslie Rydberg, MD; Kim Barker, MD; Sarah Eickmeyer, MD; Matthew Haas, MD

This case-based session covers advanced cardiac rehabilitation across the care continuum—from chronic disease to pre- and post-operative care and long-term management. Key points include updates in surgery, medical management, rehab interventions, physiatry's role, and outcomes, giving learners practical, clinically anchored insights.



Assessing Risk and Ability to Tolerate Cancer Therapies Using Physical Function as a Guide

Adrian Cristian, MD; Romer Orada, DO

Cancer treatment toxicities can limit survivors' ability to complete therapy. This course teaches attendees how to assess and optimize patients' tolerance, helping them successfully finish their cancer treatments.



Collaborative and Novel Approaches to Managing Hemiplegic Shoulder Pain

Bram Newman, MD; Mitchell Burke, DO; Caroline Lee, MD; Clayton Mucha, DO; Moorice Caparo, MD

Hemiplegic shoulder pain is common after stroke, brain injury, and spinal cord injury. This session reviews relevant anatomy, neurologic and musculoskeletal causes, and evidence-based interventions, including peripheral nerve stimulation and cryoneurolysis. Emphasis is placed on the benefits of a collaborative, multidisciplinary approach to care.



Supporting Current and Future Disorders of Consciousness Programs with State-of-the-Art Resources and Accreditation

Terrence Carolan, MSPT, MBA; Neil Jasey, MD; Sangeeta Drive, MD; Caroline Schnakers, PhD

Advances in critical care have increased the number of individuals with Disorders of Consciousness (DoC), yet access to skilled care remains limited. This expert panel will review new evidence and CARF standards for transdisciplinary DoC rehabilitation, incorporating patient and family perspectives, and discuss resources essential for state-of-the-art care as demand grows.



Cardiovascular Health After Traumatic Brain Injury (TBI)

Shanti Pinto, MD; Bhaskar Thakur, PhD; Simon Driver, PhD

TBI is increasingly recognized as a chronic condition affecting long-term health and function. This session explores the link between TBI and elevated cardiovascular risk, the impact of cardiovascular health on brain recovery, and the effectiveness of a novel lifestyle intervention to improve cardiovascular outcomes after TBI.



Are Amputee Centers of Excellence Achievable?: Universal Challenges and Successful Strategies

David Crandell, MD; Ana Cintron, MD; Joanne Gonzalez, MD; Prateek Grover, MD; Danielle Melton, MD

Caring for patients with limb loss presents unique challenges across pre-op, post-op, pre-prosthetic, and prosthetic phases. Learn how civilian and veteran interdisciplinary care models are being developed at five academic physiatry programs.



Lifestyle Changes as Medicine: VA Leading the Way in Whole Health Integration

April Pruski, MD; Ronald Shin, DO; John Sollenberger, DO; Benjamin Siedel, DO; Kelly Heath, MD; Somnang Pang, DO

Explore the role of lifestyle medicine in Veteran care, from orthobiologic outcomes and chronic disease management to rehabilitation. This session covers integrating lifestyle medicine into residency training, developing Whole Health clinics, and physiatry's leadership role. Topics include complementary therapies, exercise, nutrition for brain injury, and lifestyle interventions for mild TBI, plus innovative approaches like cooking classes and preventative care strategies.



E-Learning in Physiatric Medical Education: Key Insights for Both Learners and Educators

Stephanie Rand, DO; Andrew Gitkind, MD; Adam Nessim, MD; Ashlee Bolger, MD; Nikola Dragojlovic, DO

E-learning is reshaping medical education, creating new opportunities for residents and educators. This session features a panel on integrating digital tools, followed by interactive breakout stations exploring question banks, digital flashcards, AI study aids, and multimedia platforms like Sketchy.



Integrating Palliative Care into Pediatric Rehabilitation Medicine: Pathways, Benefits, and Practice Strategies

Marina Ma, MD; Erika Erlandson, MD; Thomas McNalley, MD

This session explores integrating palliative care into Pediatric Rehabilitation Medicine. Learn how early involvement improves outcomes for children with life-limiting or life-altering conditions. Dual-trained physicians share their experiences, pathways to Hospice and Palliative Medicine (HPM) training, and strategies for applying palliative principles in PM&R, concluding with an interactive Q&A on real-world applications.



Interventional Spine and Pain Management: Starting and Advancing in your Career as a Physiatrist

Jayesh Vallabh, MD; Maria Grabnar, MD; Terence Hillery, MD; Ameet Nagpal, MD

While the first year in practice is often the hardest, academic physiatrists face ongoing challenges in clinical and academic growth. Outpatient physiatrists also navigate unique hurdles in building and sustaining a practice. This session addresses common obstacles for academic interventional spine physiatrists and strategies for long-term professional development.



Demystifying SCI Medical Challenges for Community Care Providers

Christine Cleveland, MD; Kaitlyn DeHORITY, MD; Amanda Harrington, MD

Patients with spinal cord injuries (SCI) face unique challenges requiring coordinated care, yet primary care providers (PCPs) often receive little formal training. This session explores academic physiatry approaches to equip PCPs with the knowledge and skills to manage SCI and build collaborative care relationships—strategies also applicable to traumatic brain injury (TBI), spina bifida, cerebral palsy, and other neurorehabilitation populations.



Professionalism Matters: Real Cases from the American Board of Physical Medicine and Rehabilitation (ABPMR)

Carolyn Kinney, MD; Jeffery Johns, MD

Professionalism is a key focus for the ABPMR, with a defined standard approved by ABPMR, AAPM&R, and AAP guiding expectations in PM&R. This interactive session reviews de-identified real cases of professionalism breaches, inviting learners to discuss and vote on implications for board certification.



Trans-Disciplinary Phenotyping for Low Back Pain

Gwendolyn Sowa, MD; Nam Vo, PhD; Sara Piva, PT, PhD; Gina McKernan, PhD; Carol Greco, PhD; Michael Schneider, DC

Under the National Institutes of Health's (NIH) Helping to End Addiction Long-term (HEAL) Initiative initiative, data from 1,000 participants with chronic low back pain (cLBP) have been collected, combining known factors with broad unbiased measures. This rich dataset—including biological, biomechanical, and behavioral characteristics—enables novel phenotyping and advances understanding of cLBP, paving the way for more tailored treatments.



Nextgen Approaches to Multidisciplinary Translational Medicine in PM&R

Curated by **ARRC**

W. David Arnold, MD; Smita Saxena, PhD; Ryan Castoro, DO; Julieth Andrea Sierra Delgado, MD; Kathryn Moss, PhD; Kristina Kelly, PT

Translational medicine bridges discovery and clinical care, requiring multidisciplinary collaboration. This session uses case studies in Charcot-Marie-Tooth disease, Myotonic Dystrophy, and Autism Spectrum Disorders to highlight team building, regulatory navigation, and functional outcome integration. A panel discussion addresses challenges and future directions, providing a roadmap for patient-centered translational research in PM&R.



PM&R Boards Part I & II: Tips for Success from the ABPMR

Vu Nguyen, MD, Christopher Garrison, MD

Approaching the PM&R boards? Whether preparing for the written Part I or Oral Part II, ABPMR leaders will guide you through the two-part certification process. Learn what to expect, gain insights from current research, and pick up practical tips to maximize your success.



Navigating the Spectrum of Pediatric Chronic Pain: Interactive Case-Based Learning

Sabrina Dieffenbach, MD; Katherine Bentley, MD; Ziva Petrin, MD; Nova Hou, MD

Join this interactive, case-based session on adolescent and young adult chronic pain. Work through thought-provoking scenarios, gain practical tools, and boost your confidence in treating and empowering young patients living with chronic pain.



Pseudobulbar Affect and Abulia in Brain Injury

Matthew Puderbaugh, DO; Meta Williams, DO; Chandra Bouman, MD

Pseudobulbar Affect (PBA) and Amotivational Syndromes (Apathy/Abulia) are often underrecognized in traumatic brain injury. This course reviews these conditions and explores available treatment options.



Teaching on the Go: Building Effective Bedside Teaching Toolkits

Alethea Appavu, DO; Kristen Harris, MD; Amanda Harrington, MD; Aaron Yang, MD; Dana Branch, MD; Faheem Mahomed, MD; Michael Nguyen, MD

New attending or starting an academic practice? Balancing patient care with teaching can be challenging. This session reviews core adult learning principles and offers strategies to integrate trainee education efficiently, including developing a personalized “toolkit” tailored to trainees’ experience levels.



Paralympic Athletes: Managing Musculoskeletal, Neurological and Cardiovascular Complications

Ana Cintron, MD; Isabel Borrás, MD; Valeria Lozada, MD

Caring for para-athletes requires tailoring training, injury prevention, and management to each athlete’s

impairment. This course covers sports injury approaches by impairment type, considerations for neuromuscular conditions, and potential cardiovascular complications.



Expect the Unexpected: Important Anatomic Variants for Spasticity Interventionalists

Michael Saulino, MD; Daniel Moon, MD; Kimberly Heckert, MD

This session enhances knowledge of interventional spasticity management, highlighting critical anatomical variations in the upper and lower extremities and spine. Attendees will learn to optimize procedural planning, avoid complications, and improve outcomes for nerve blocks, chemodenervation, and intrathecal therapies by understanding common and rare musculoskeletal and neurovascular deviations.



First Impressions Matter: Optimizing Your CV and Interview Performance

Michael Saulino, MD; Ian Maitin, MD

This interactive session gives physiatrists practical strategies to strengthen CVs and interview skills. Through expert tips, real-world examples, and proven approaches, participants will learn to present themselves confidently for competitive training, fellowship, and job opportunities.



Essentials of Secondary Lymphedema and Wound Care

Ady Correa, MD; Rosalynn Conic, MD; Angela Ferrufino, PT

Secondary lymphedema can profoundly affect function and quality of life but is often underrecognized. This session offers a practical, evidence-based approach to diagnosis and management, covering pathophysiology, clinical presentation, and interventions—including compression, manual lymphatic drainage, exercise, and basic wound care—enhanced by current literature and expert consensus.



Leveraging Your Spasticity Practice for Academic Productivity

Michael Saulino, MD; Kimberly Heckert, MD; Monica Verduzco-Gutierrez, MD

This session shows how to turn everyday spasticity management into meaningful academic output. Learn to identify opportunities for research, quality improvement, case reports, and educational scholarship, gaining practical tools to boost academic productivity, contribute to the field, and advance your career—without a traditional research infrastructure.



Disability Education: A National Update

Leslie Rydberg, MD; Allison Kessler, MD; Margaret Turk, MD; Jennifer Russo, MD; Nethra Ankam, MD

This session highlights the integration of disability education across medical training. It covers key initiatives—like the Disability Integration Toolkit, Disability Education Network, and ACGME Disability Education Summit—and support for physicians and students with disabilities. Attendees will gain insight into core competencies, advocacy efforts, and strategies to embed disability education into curricula.



Exercise as Medicine: International Perspectives

Amy Ng, MD; Jennifer Baima, MD; Tara Rampal, MBBS; Stephanie Otto, PhD



This session presents case studies from three disciplines across three countries, highlighting differences in care delivery and outcome assessment. With rising healthcare costs and global connectivity, learn how innovative exercise-based approaches can improve patient outcomes and enhance treatments.



Advancing Rehabilitation Outcomes for Diseases of the Joint: The Role of Tissue Engineering in Cartilage Repair

Curated by **ARRC**

Riccardo Gottardi, PhD, Hirotaka Iijima, PhD, Kenneth Mautner, MD

This session will focus on the latest advancements in tissue engineering and gene therapy for cartilage repair.



Brain and Body: Lessons Caring for Athletes Across Their Health Span

Daniel Daneshvar, MD; Adam Tenforde, MD; Meagan Wasfy, MD

Elite contact sport athletes face unique long-term health challenges from repetitive injuries, affecting cardiovascular, musculoskeletal, and cognitive health. This session presents the latest research, evidence-based interventions, and case studies, offering insights into specialized care plans. Interactive presentations and a panel discussion foster interdisciplinary dialogue.



Orthobiologics in Regenerative Rehabilitation: Transforming Healing and Recovery

Curated by **ARRC**

Joanne Borg-Stein, MD

This session explores the role of orthobiologics in regenerative rehabilitation, highlighting how they accelerate healing, enhance recovery, and expand treatment options for musculoskeletal injuries. The moderator will also guide a discussion of challenges and obstacles in the field.



Manuscript Accepted... or Rejected: Navigating the Peer Review Process in PM&R

Sandeep Subramanian, PhD; Monica Verduzco-Gutierrez, MD; Walter Frontera, MD

This session provides a behind-the-scenes look at the journal submission process. Speakers will cover initial manuscript handling, peer-reviewer selection, common errors in rehabilitation and PM&R papers, decision-making, and tips for crafting professional responses to reviewer feedback.



Going Beyond: Neuromodulation in Acquired Brain Injury



Cherry Junn, MD; Rosanna Sabini, DO; Dmitry Esterov, DO; Benjamin Nguyen, MD; Kelly Heath, MD

Imagine a world where neural prostheses restore lost function. This session explores the science of neuromodulation after acquired brain injury, reviewing neuroplasticity, current non-invasive and invasive techniques, and future directions—including the potential of brain-computer interfaces to enhance recovery.



How Do We Begin?: Intro to Training for Acute Neurologic Consult Services

Arline Edmond, MD; Vera Staley, MD; Jing Lin, MD

Designed for clinicians working on acute care consult services, this session addresses common neurologic diagnoses and challenges. Attendees will gain practical knowledge and tools to enhance effectiveness and outcomes when managing a consult service, regardless of prior fellowship training in brain or spinal cord injury medicine.



Rehabilitation Care Systems of the Future

Preeti Raghavan, MD; Farhaan Vahidy, MD; Mooyeon Oh-Park, MD

This course will describe the rationale and implementation of a systems of care approach in rehabilitation to mitigate long term disability and increase the health span.



Return to Sport After Injury: A Case-Based Discussion on the Return to Sport Continuum

Gerardo Miranda-Comas, MD; William Micheo, MD; Walter Frontera, MD; Martin Roldan, MD

Return-to-sport (RTS) decisions are complex. This interactive, case-based session explores the RTS continuum—including biological healing, functional testing, and psychological readiness. Experts present real-world cases such as bone stress injuries, ACL tears, hamstring strains, and concussions, providing practical insights. Attendees will refine evidence-based decision-making to optimize athlete outcomes.



Best Musculoskeletal Science of 2024: A Panel Review and Audience-Judged Journal Club

Gerardo Miranda-Comas, MD; William Micheo, MD; Walter Frontera, MD; Manuel Mas, MD

Stay current in musculoskeletal medicine with this interactive, expert-led journal club. A specialist panel reviews five top 2024 studies, analyzing design, methodology, and clinical impact. Participate in real-time polling, vote on the most influential study, and sharpen your skills to apply cutting-edge research in practice.



Spinal Stenosis: New Treatments for an Old Diagnosis

Sayed Ali Mostoufi, MD; Amit Bhargava, MD; Andrew Sherman, MD; Zacharia Isaac, MD

Spinal stenosis with neurogenic claudication often limits walking and standing, leading to complex surgical interventions if nonoperative care fails. This session reviews evidence for the minimally invasive, x-ray guided lumbar decompression (MILD) procedure—performed under sedation in an outpatient setting. Learn how this well-tolerated option addresses the treatment gap between epidural injections and laminectomy, especially in frail elderly patients.



Washington, DC Year-In-Review: What You Need to Know

Greg Worsowicz, MD; Clinton Faulk, MD; Chris Rorick, MPA; Chloe Slocum, MD

Curious about pressing issues in PM&R? Join this expert panel for a year-in-review of Washington, DC and legislative updates, exploring what has happened, what's coming, and the key regulatory and policy developments academic physiatrists need to know.



Exploring Neurorehabilitation Fellowships: TBI, Pediatrics, SCI, and Neuromuscular Pathways



Shane Stone, MD; Micheal Nguyen, MD; James Meiling, DO; Ana Ortiz, MD

This panel features fellowship-trained physiatrists in TBI, Pediatrics, SCI, and Neuromuscular Medicine. Panelists will share insights on their fellowship experiences, highlighting training similarities and differences, procedural exposure, and post-fellowship career opportunities.



Sacroiliac Joint Pain: Evidence for Treatments and Therapeutic Approach

Maria Grabnar, MD; Seyed Ali Moustofi, MD; Jayesh Vallabh, MD; Andrew Sherman, MD; Chong Kim, MD; Aaron Yang, MD

This session reviews treatments and evidence for sacroiliac joint pain, a common cause of low back pain seen in PM&R practice. Through panel discussion and audience participation, attendees will explore treatment algorithms, evidence-based approaches, and strategies when insurance limits access to interventions.



Sub-I Rx: Prescribing Success on Your PM&R Rotations

Jennifer Russo, MD; Arline Edmonds, MD; Kristin Wong, MD; Ashlee Bolger, MD; Ravi Kasi, MD; Sophia Kiernan, MD; Grace Meehan, DO; Donald Kasitinon, MD



Make a strong impression on evaluators with this interactive, high-yield session led by residents and faculty. Learn expectations on PM&R wards, master communication strategies, and develop a game plan for feedback. Whether aiming for honors or confidence in intern year, gain practical tips to thrive on your PM&R Sub-I.



From Advocacy to Action: Engaging Learners in Activism to Build and Expand a PM&R Career

Monica Verduzco-Gutierrez, MD; Luis Fernando Valdez, MD; John Sanchez, MD; Ashlee Jaffe, MD; Kayleigh Crane, BS; Lisa Gong, BS; Grace Olson, BA; Danielle Broussard, BS; Rekha Swamy, BA

Advocacy shapes the future of rehabilitation medicine, advancing patient care, policy, and DEI while opening doors for career growth. This session explores integrating advocacy into education, inspiring learners, and leveraging activism for fulfilling careers. Panelists share experiences, strategies, and guidance for mapping your own advocacy-driven path.



The Power of Yes, the Wisdom of No: Seizing Opportunity in Academic Medicine Without Losing Yourself

Aaron Yang, MD; Prakash Jayabalan, MD; Eric Wisotzky, MD; Sandra Hearn, MD; Erika Trovato, DO; Victoria Whitehair, MD; Monica Verduzco-Gutierrez, MD; Kristin Wong, MD; Kirk Lercher, MD

This session guides early- and mid-career professionals in balancing academic growth with personal well-being. Centered on opportunity, it explores when to say yes or no to leadership roles. Nine panelists share career insights and lead small-group discussions, equipping participants with practical tools and frameworks to align goals with values while sustaining momentum and balance.



Parenthood and Psychiatry: Unasked Questions and Untold Truths

Lydia Smeltz, BA; Gwendolyn Sowa, MD; Jessica Hupe, MD; Sharon Bushi, MD; Erika Trovato, DO; Stephanie Rand, DO; Kristen De Vries, DO

This session explores parenthood in psychiatry, summarizing literature on its impact on career progression, promotion, work structure, and satisfaction. A diverse panel of physiatrist-parents will share experiences, answer questions on family planning and workplace culture, and provide resources for personal and systemic support. Attendees can submit reflections and questions anonymously.



Complexities of Consciousness: Differentiating Overlapping Syndromes, Understanding Biases, and Mastering Assessment in Unresponsive Patients

Jennifer Russo, MD; Bei Zhang, MD; Daniel Krasna, MD; Arline Edmond, MD; Matthew Puderbaugh, DO; Cherry Junn, MD; Darcey Hull, DO; Erika Trovato, DO; Rosanna Sabini, DO

PM&R practitioners often struggle with assessing low-level neurologic patients due to limited exposure, overlapping syndromes, and biases. This session uses case-based discussions to explore these challenges, clinical mimics, and their impact on diagnosis and prognosis, while offering debiasing strategies and practical approaches to build confidence and optimize patient assessment.



Building a Novel Cancer Rehabilitation Program: Triumphs, Challenges, and Insights

Sammy Wu, MD; Obada Obaisi, MD; Evelyn Qin, MD; Jessica Cheng, MD; Adrian Cristian, MD; Franchesca Konig, MD

Join a dynamic panel of cancer rehabilitation physiatrists as they share successes, challenges, and lessons from building and expanding programs nationwide. Gain practical strategies for overcoming barriers, establishing partnerships, and driving program growth—whether starting a new service or enhancing an existing one—to improve care and outcomes for cancer survivors.



Sideline Coverage Scenario Workshop

Anusha Lekshminarayanan, MD; Shane Drakes, MD; Haris Choudry, MD; Cecilia Cordova-Vallejos, MD; Samuel Dona, MD; Derek Ho, DO; Eugene Palatulan, MD

This session uses scenario-based stations to practice responding to common sideline challenges. Participants will drill time-sensitive decision-making in realistic, resource-limited environments.



Empower Movement: Prosthetics Bootcamp for Practitioners

Haris Choudry, MD; Malay Shah, MD; Gregor De Gruchy, MD; Kavita Nadendla, MD; Sharon David, MD; Alethea Appavu, DO; Marlis Gonzalez-Fernandez, MD

This workshop equips physiatrists at all levels with knowledge and skills in limb loss rehabilitation. Learn to evaluate prosthetic issues, select components, document prescriptions, assess prosthetic gait, collaborate with prosthetists, understand rehab timelines, and advocate for patient-centered care.



Paradoxical Response to Exercise in POTS and ME/CFS

Tae Hwan Chung, MD; Peiting Lien, PT; Christina Kokorelis, MD; Alba Azola, MD

Exercise for Post-Exertional Malaise (PEM), also known as Post-Exertional Symptom Exacerbation (PESE) can help or harm. This session explores the mechanisms behind paradoxical responses and shares tailored rehabilitation strategies. With post-COVID prevalence rising, physiatrists play a key role. Attendees will gain practical skills through a hands-on demonstration led by a physical therapist.



Emerging Technologies in Regenerative Rehabilitation

Curated by **ARRC**

Fabrisia Ambrosio, PhD; Michael Boninger, MD; Colin Franz, MD, PhD

This hands-on session will explore cutting-edge technologies shaping the future of regenerative rehabilitation. Experts will discuss how these innovations are enhancing recovery, improving patient outcomes, and transforming rehabilitation practices.



Words that Work: Communication Skills for Challenging Conversations in Rehabilitation

Scott Campea, MD; Julia Fram, MD; Grady Paden, MD

Effective communication is essential when delivering serious news in rehabilitation settings. This session introduces a practical framework, teaches patient-centered “headline” language, and guides recognition and response to patient emotions. Attendees will also receive resources to apply these skills in their own practice.



Redefining Leadership for Women in PM&R

Anne Felicia Ambrose, MD; Carmen Terzic, MD; Sara Cuccurullo, MD; Monica Verduzco-Gutierrez, MD; Rita Hamilton, DO; Nneka Ifejika, MD; Mooyeon Oh-Park, MD; Preeti Raghavan, MD; Jennifer Russo, MD; Talya Fleming, MD; Erika Trovato, DO; Danielle Perret Karimi, MD; Lyn Weiss, MD; Marlis Gonzalez-Fernandez, MD; Aye Mon Win, DO

This session redefines leadership for women in PM&R, emphasizing authenticity, resilience, well-being, and innovation. Through panel discussions and interactive breakouts, participants will explore diverse leadership approaches, challenge traditional norms, and gain practical strategies to lead with confidence and impact.



Treating Long COVID: A Comprehensive, Multidisciplinary, Outpatient Rehabilitation Approach

Benjamin Abramoff, MD; Timothy Dillingham, MD; Liliana Pezzin, PhD; William Niehaus, MD; Abby Cheng, MD; Jacqueline Neal, MD; Ava-Kathleen Rybicki, MA; Monica Kuns, MA, CCC-SLP, CBIS; John Barry, PT

This session provides practical tools to recognize and manage Long COVID, identify treatable comorbidities, and deliver equitable, patient-centered care. Learn protocols from a randomized controlled trial, including safe activity guidance to prevent Post-Exertional Malaise (PEM), also known as Post-Exertional Symptom Exacerbation (PESE), and observe effective rehabilitation interventions. Attendees will leave better prepared to support patients with this often disabling condition.



Culture and Language in Rehabilitation: Centering Patient Identity in Equitable Care

Ivani Proaño, DO; Sheital Bavishi, DO; Thiru Annaswamy, MD; Haris Choudry, MD; Chaitanya Konda, DO; Grace Suttle, MD; Audrie Chavez, MD; Miguel Escalon, MD; Ana Ortiz, MD

This session examines how culture and language influence rehabilitation experiences and outcomes. Explore Hindu, Muslim, Christian, and Latino perspectives on disability, healing, and caregiving, and learn strategies for language-concordant care in neurorehabilitation and pediatrics. Through cases and interdisciplinary insights, attendees will gain practical tools for culturally responsive, equitable, and inclusive care.



Paging Dr. Rehab: Recognizing and Managing Critical Situations in Spinal Cord Injury On-Call



Raza Husain, DO; Nicole Barylski, DO; Gabe Berenbeim, DO; Rachel Murray, MD; Vyvan Nguyen, MD; Lauren Sibley, MD; Palak Patel, MD

Being on call can be daunting—but it doesn't have to be. This interactive workshop guides residents through high-stakes scenarios, from autonomic dysreflexia to acute agitation. Led by residents, fellows, and attendings, you'll practice clinical reasoning, validated assessment tools, and evidence-based strategies to confidently handle real-world on-call challenges.



Optimizing Real-World Neuromodulation Outcomes for Chronic Pain: A Multidisciplinary Perspective



Christine Hunt, DO; Ahmed Raslan, MD; David Provenzano, MD; Alexios Carayannopoulos, DO

This session provides an overview of neuromodulation for chronic pain, focusing on optimizing long-term outcomes. Topics include rehabilitation strategies, patient selection and follow-up, and tools to measure and track therapy response.



Ready to Run with AI? Experience AI's Impact Across PM&R Administration, Clinical Care, and Education

Kim Barker, MD, Jaime Elliott, MPA; William Niehaus, MD; Alethea Appavu, DO; Michelle Konkoly, MD

This session unites four AI-focused proposals to show how AI is already enhancing PM&R administration, clinical care, and education. Explore leadership strategy, clinical operations, and educational tools, then see a live demo of ambient scribing and rapid content generation. Attendees leave with vetted prompts, rollout checklists, and a practical, compliance-forward adoption plan.



Chronic Pelvic Pain: Biopsychosocial Approach and Interventional Management

Paula Ackerman, DO; Courtney Brown, MD; Rupali Kumar, MD; Kathryn Alfonso, DO

Chronic pelvic pain (CPP) is often underdiagnosed yet significantly impacts function and quality of life. This interactive session teaches providers to recognize CPP, navigate barriers, and apply multidisciplinary treatments, including manual therapy, ultrasound-guided interventions, and botulinum toxin. Attendees gain practical tools and resources to improve patient outcomes.



Innovations in Neuromodulation: Translating Research to Clinical Practice in Neurorehabilitation



Argyrios Stampas, MD; Sheng Li, MD; Radha Korupolu, MD, Michael Nguyen, MD, Gerard Francisco, MD

This session highlights cutting-edge neuromodulation strategies to improve function and quality of life in neurological conditions. Topics include tibial nerve stimulation for SCI bladder management, BreESTim for neuropathic pain, taVNS paired with rehabilitation for upper extremity recovery, and lessons from VNS in stroke rehab. Attendees will gain insights on clinical efficacy, trial methods, and translating evidence-based techniques into practice.



Precision Rehabilitation

Ronald Cotton, MD; John Whyte, MD; Amy Wagner, MD; W. David Arnold, MD

While precision medicine has transformed fields like oncology, rehabilitation is just beginning to harness its potential. Advances in biomarkers, AI-powered movement analysis, intervention documentation, and targeted therapies are driving progress. This course reviews these developments and presents a framework for future interdisciplinary precision rehabilitation.



From Idea to Impact: Navigating the Research Process in PM&R

Farha Ikramuddin, MD; Kristin Zhao, PhD; W. David Arnold, MD; Nathan Hogaboom, PhD

High-quality research is key to advancing PM&R and building academic careers, but early-career professionals often face barriers. This session provides practical tools, strategies, and mentorship insights to design, conduct, and share impactful research. Through didactics, real-world examples, and interactive Q&A, participants will gain a clear roadmap for academic success in PM&R research.



From Residency to Fellowship and Beyond: Round Table Mentorship for the Next Generation of Physiatrists

Nicole Katz, MD

This session supports PM&R residents navigating fellowship applications and early career transitions. Through small-group roundtable discussions, participants will engage with mentors—current/recent fellows and program leaders—focused on specific fellowships or transitioning to practice. Attendees gain a candid, supportive space to ask questions, learn from experience, and build connections.



Reaching the Dean's Office: Understanding Expectations and Academic Medical Center Priorities

Raj Mitra, MD; Ross Zafonte, DO

Many academic learners focus on clinical, research, and teaching duties without seeing the bigger picture. This session explores institutional priorities—financials, fundraising, metrics, and research goals—empowering participants to navigate their careers strategically. Through presentations, Q&A, and case discussions, attendees learn how decisions are made and how to contribute effectively while preparing for leadership.



Innovative Neurotechnologies to Enhance Recovery from Brain Disorders

Prof. Friedhelm Hummel, MD

Advances in neurotechnology are opening new frontiers for promoting recovery after brain disorders such as stroke, traumatic brain injury, and adaptation to neurodegenerative diseases.

CONCURRENT PROGRAMS

These signature AAP programs will have ongoing workshops and sessions designed for this year's participants.

PROGRAM FOR ACADEMIC LEADERSHIP (PAL)

Leadership training directed by John Chae, MD, ME, William Bockenek, MD, CPE, and Dixie Aragaki, MD. Visit physiatry.org/PAL to learn more.

REHABILITATION MEDICINE SCIENTIST TRAINING PROGRAM (RMSTP)

Research training directed by Michael Boninger, MD, John Whyte, MD, PhD, and W. David Arnold, MD. Visit physiatry.org/RMSTP to get involved.

ADVOCACY & PUBLIC POLICY LEADERSHIP PROGRAM (APPL)

Training for the next generation of health policy leaders directed by Gregory Worsowicz, MD and Chloe Slocum, MD. Visit physiatry.org/APPL to get involved.

PROGRAM COORDINATOR SESSIONS

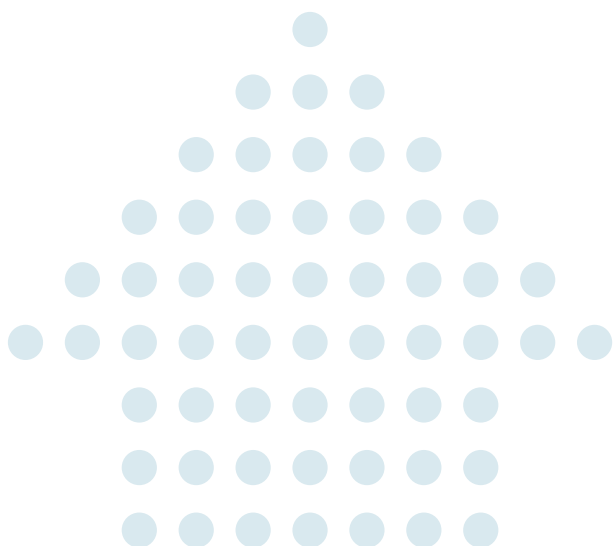
Thursday, February 19 and Friday, February 20
8:15am – 5:00pm

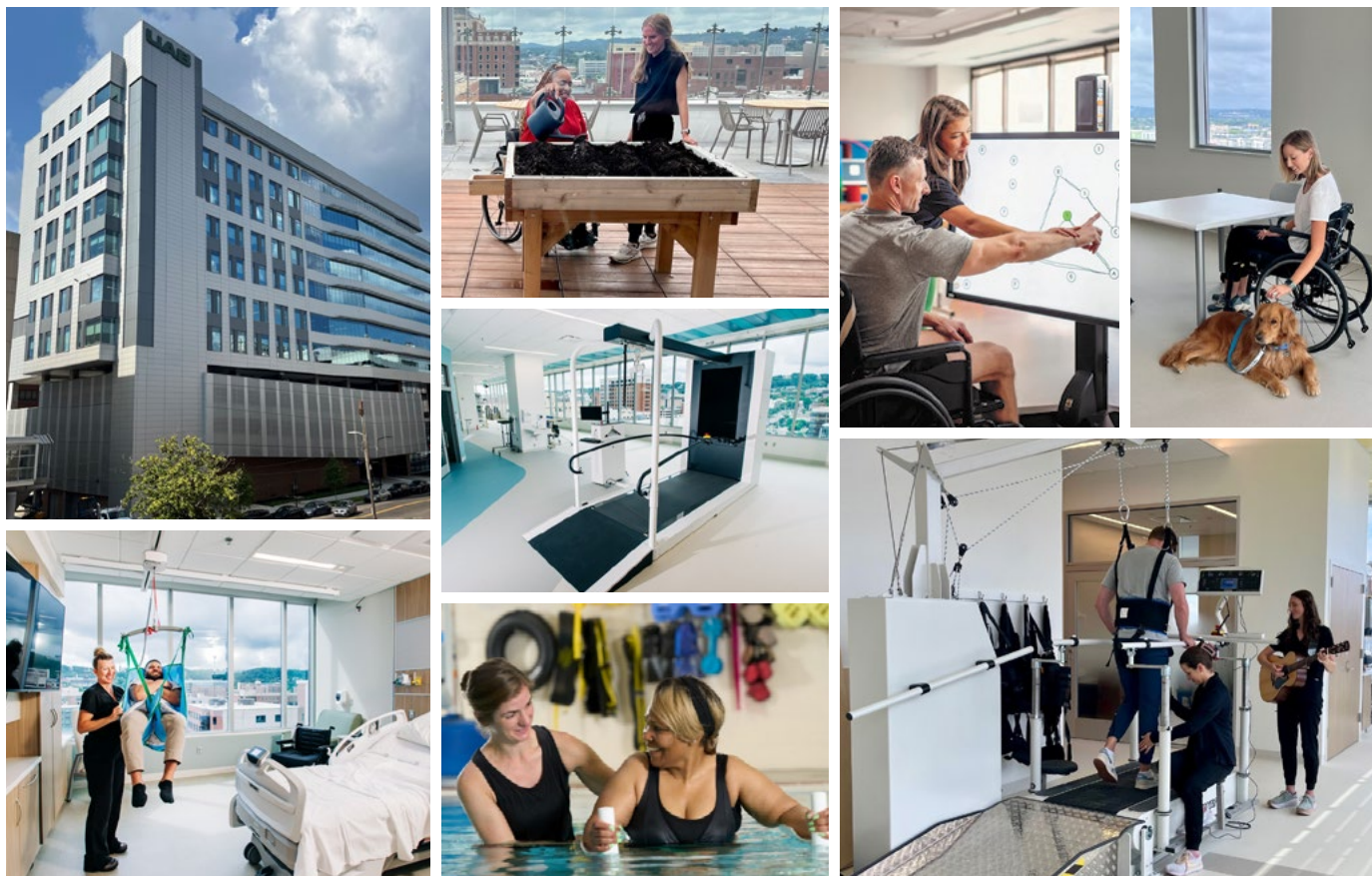
Our Program Coordinators Council has curated a schedule packed with essential sessions for navigating today's residency management landscape. From beginner to advanced topics, enjoy engaging breakouts, networking, and exciting group events throughout the week.

ADMINISTRATIVE DIRECTORS COUNCIL SESSIONS

Our Administrative Directors Council hosts a mini-workshop to address current challenges and connect PM&R department leaders nationwide.

Thursday, February 19
8:15am – 5:00pm





CHANGING THE LANDSCAPE OF REHABILITATION

With sweeping views, cutting-edge therapy gyms, and 134 patient beds, UAB's new inpatient Rehabilitation Pavilion promises to transform recovery for Alabamians and patients across the region. The brand new facility, opened in August 2025, focuses on neurorehabilitation for patients following stroke, brain injury, spinal cord injury, and other conditions.

SPECIALIZED PROGRAMS & CLINICS:

- Amputee
- Adult Spina Bifida Clinic
- Brain Injury
- Cancer Rehabilitation
- CP Continuity Clinic
- Falls Clinic
- Interventional Pain Management
- Musculoskeletal Conditions
- Neuropsychology
- Occupational Medicine
- Orthotics & Prosthetics
- Spinal Cord Injury
- Sports Medicine
- Stroke
- Wound Care



Learn more about
the UAB PM&R
Residency Program.

UAB MEDICINE
The University of Alabama at Birmingham
uabmedicine.org

PHYSIATRY FOUNDATION @ PHYSIATRY '26



READY, SET, PICKLEBALL!

2nd Annual Pickleball Championship

Team registration is officially open for our second Pickleball showdown! Will anyone dethrone last year's champs from Shirley Ryan AbilityLab? Rally your colleagues, build your physiatry dream team, and get ready to play—game on!



PHYSIATRY
FOUNDATION



MEDICAL STUDENT ANNUAL MEETING SCHOLARSHIPS

Starting this October, the **Physiatry Foundation** will award scholarships for medical students to attend the **AAP Annual Meeting**—helping future leaders experience the energy, inspiration, and community that makes AAP unique.



MISSION ACCOMPLISHED

Join us in celebrating the **very first recipients of our Mission Innovation grants!** These bold initiatives are advancing education innovation, DEI, global outreach, and physician wellness across physiatry.



END-OF-YEAR GIVING

We're 75% of the way toward our \$100,000 goal for 2025! Your continued support can help us cross the finish line—and unlock AAP's matching gift, doubling your impact. Thank you for shaping the future of physiatry with us.



DONATE NOW



[PHYSIATRY.ORG/PHYSIATRYFOUNDATION](https://www.physiatry.org/physiatryfoundation)

UPMC REHABILITATION INSTITUTE

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of physical medicine and rehabilitation.*



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- **80+** outpatient locations
- **4** ACGME-accredited fellowships, **1** innovative spine care fellowship
- Ranked **4th** by Doximity for best rehabilitation residency program in the country
- UPMC Mercy is nationally ranked **#14** in rehabilitation by *U.S. News & World Report*

Learn how our team constantly evolves to ensure that
our patients receive the best in physical medicine and rehabilitation:
[UPMC.com/Rehab](https://www.upmc.com/Rehab).

Registration

Pack your bags and get ready to shine!

Three Ways to Register



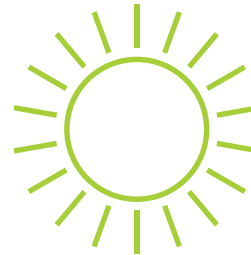
VISIT: physiatry.org/annualmeeting



MAIL FORM & CHECK (in US dollars):
10461 Mill Run Circle, Suite 730, Owings Mills, MD 21117



CALL: +1 (410) 654-1000 (credit card payments only)



Register by December 18, 2025 to save up to \$300!

Registration Pricing

NOT AN ACTIVE AAP MEMBER?

Join our community for the best rates at physiatry.org/membership.

Physiatry '26 Attendee Categories	Early Bird (By December 18)		Standard	
	AAP Members	Non-Members	AAP Members	Non-Members
Physician	☐ \$795	☐ \$1,095	☐ \$945	☐ \$1,245
Resident/ Fellow	☐ \$540	☐ \$690	☐ \$690	☐ \$840
Medical Student	☐ \$295	☐ \$390	☐ \$350	☐ \$450
Health Professional/ Researcher	☐ \$575	☐ \$675	☐ \$725	☐ \$825
Administrative Director	☐ \$515	☐ \$615	☐ \$615	☐ \$715
Program Coordinator	☐ \$515	☐ \$615	☐ \$615	☐ \$715
Emeritus	☐ \$295	☐ \$295	☐ \$295	☐ \$295
One-Day ☐ Thur ☐ Fri	☐ \$400	☐ \$550	☐ \$575	☐ \$735
International	☐ \$575	☐ \$675	☐ \$725	☐ \$825
Industry	☐ \$1,000	☐ \$1,000	☐ \$1,000	☐ \$1,000
RFPD Workshop ONLY:	☐ \$450	☐ \$630	☐ \$450	☐ \$630

* Please note: this is for those who wish to attend the workshop ONLY. You must to select your attendee category AND the workshop below if you wish to attend conference sessions, as well.

Pre-Conference Workshops	AAP Members	Non-Members
Residency & Fellowship Program Directors (RFPD) Workshop	☐ \$250	☐ \$450
Resident, Fellow & Medical Student Bootcamp	☐ Free with your resident, fellow, or medical student registration	
Musculoskeletal Ultrasound: A to Z (With Some Letters Missing)	☐ \$149	☐ \$199
Become a ROCKSTAR Program Director or Coordinator	☐ \$49	☐ \$99
Leadership and Operational Skills for Inpatient Physiatrists & Medical Directors	☐ \$49	☐ \$99
Spasticity X: Momentum Lab	☐ Price varies based on career level	☐ Price varies based on career level
Pediatric Rehabilitation Symposium	☐ \$49	☐ \$99

Guest Package ☐ \$225 per person

Physiatry Foundation Pickleball Tournament

☐ \$250 Donation per Team of 2

Prices will increase on site.
Maximize your savings by
registering ahead of time!

Registration Total:

\$ _____

Register online at physiatry.org/annualmeeting



Your Badge Information

Please include all information, name, degree, institution, city and state EXACTLY as you would like it to appear on your badge.

Name (First, Last): _____

Degree(s): _____

Institution: _____

Address: _____

City: _____ State/ Province: _____ Zip: _____

Cell Phone: _____

Email: _____

Emergency Contact: _____ Phone: _____

☐ Check if you or a guest require special assistance. Please explain: _____

*Guest Name/s: _____

**Must purchase guest badge*

Registration Information



Member: This category is designed for AAP members who are not suspended or expired, or who are purchasing a membership at the time of registration. Please check that all memberships are current before sending in registration forms. If you are unsure of your membership status or category, please call 410-654-1000 or email meetings@physiatry.org. **IF REGISTERING ONLINE, YOU MUST LOG IN TO RECEIVE AAP MEMBER DISCOUNT.**

Resident/ Fellow/ Medical Student: These packages are for residents, fellows and medical students only.

Guest: Our guest package includes all attendee meals and breaks, and entrance to the plenary sessions, Job Fair, and Exhibit Hall. This package cannot be used for a colleague or doctor — it is intended for a guest, spouse or family members only. Participants and guests will not be allowed into the main hall without a name badge.

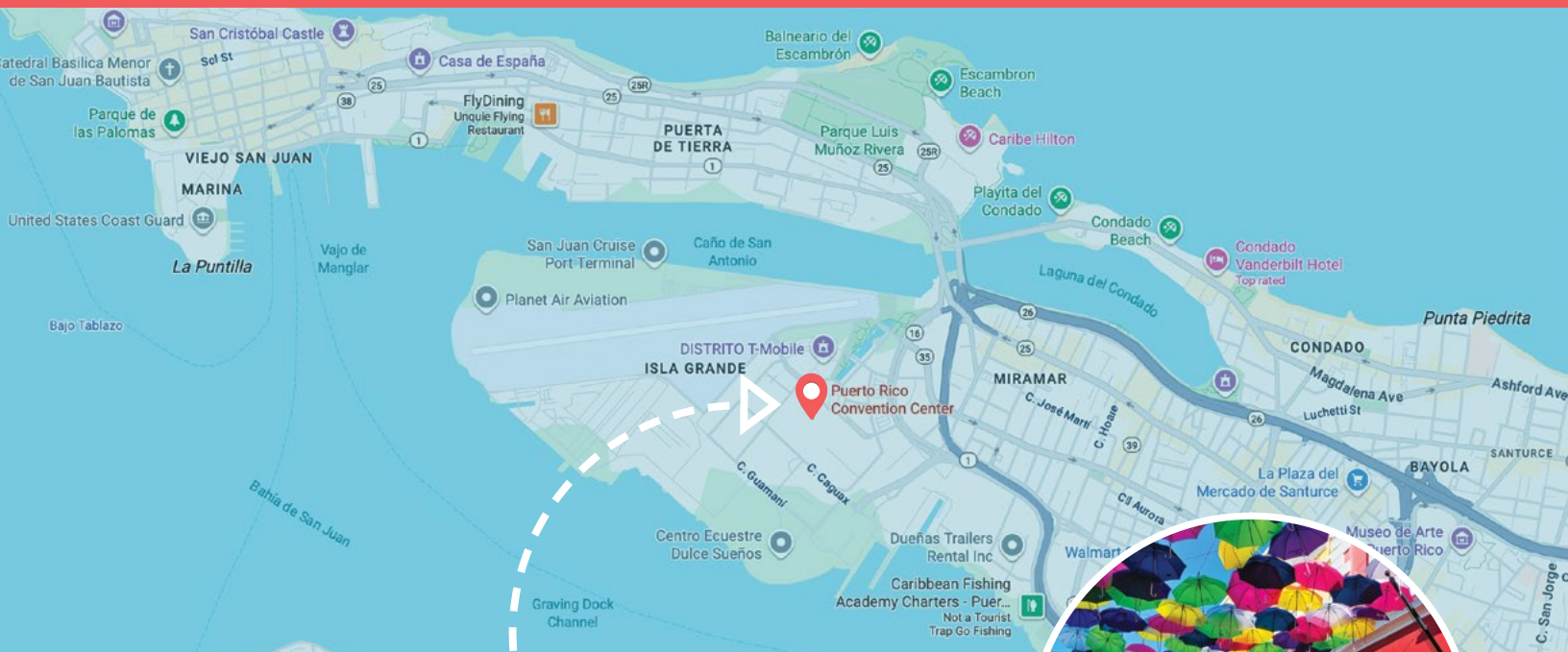
Your Registration Includes: Access to plenary and educational sessions, Job Fair, select meals and coffee breaks, networking events, and the Expo Hall! Pre-conferences have additional fees, so be sure to add them to your total when registering.

A Few Things to Note



- Full payment is due at the time of registration.
- Online registrations receive immediate confirmation; mailed registrations will be sent a confirmation within 10 days of receipt. If you do not receive a confirmation within 10 days, please call the AAP's office at +1 (410) 654-1000.
- All information must be accurately provided. Any registrations with information left blank will not be processed.
- We require cancellation and refund requests with ample notice. AAP will honor refund requests for any reason as long as they are submitted in writing before January 2, 2026. A processing fee of \$75.00 will be applied. Requests made after this deadline will not be accepted. Please send all refund requests to meetings@physiatry.org by January 2, 2026.
- By registering for Physiatry '26, you give permission to the AAP to use all photos and videos with your likeness taken during educational sessions, networking events and other conference activities.

Venue & Hotel Information



Book Your Room Now!

Physiatry '26 will be hosted at the Puerto Rico Convention Center, located just an 15 minute drive from the Luis Muñoz Marín International Airport (SJU). Flight prices, times, and layover will vary depending on the airline.

Consider staying at one of our several discounted hotels for a better rate: Sheraton Puerto Rico Resort & Casino, Aloft San Juan, the Hilton Garden Inn San Juan Condado, Condado Plaza Hotel Puerto Rico, Hyatt House San Juan, and Hyatt Place San Juan. All hotels are a few blocks away from the Convention Center and offer close proximity to a variety of shopping, dining, and nightlife venues. Be sure to book your room early to guarantee availability!

Room reservations can be made by visiting physiatry.org/AnnualMeeting and navigating to the "Hotel & Travel" tab. If you choose to make a reservation over the phone, please request the group rate for the AAP 2026 Meeting. The deadline is 5:00 PM EST on Monday, January 15, 2026.

TO BOOK YOUR HOTEL ROOM, PLEASE VISIT [PHYSIATRY.ORG/ANNUALMEETING](https://physiatry.org/AnnualMeeting)



Rates cannot be changed for guests who do not identify their affiliation at the time their reservation is made. All rooms are subject to availability. Once the block is full, no additional rooms will be available, so please book early. Thank you, in advance, for staying in rooms at our conference hotels as it helps the AAP offset the costs of meeting space and other costs associated with the meeting (from tables and chairs to power, air/heat and lighting)! Please help us keep registration fees down by making your reservation through our dedicated link or calling the hotel and requesting the AAP discounted rate!

The AAP does not use a third-party housing company nor will anyone from the AAP contact you to reserve your room. Anyone claiming to represent the AAP requesting to reserve your room or offer you a lower prize is fraudulent and should be reported.





Corporate office - AAP

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Owings Mills, Maryland, USA 21117
physiatry.org
Phone: +1 (410) 654-1000

Thank you to our sponsors for their generous support.



*as of September 1, 2025. Sponsorship and advertising opportunities still available! Claim your spot today.

GET SOCIAL WITH #PHYSIATRY26

**Register by December 18, 2025, and become
an active member for the lowest rates!**

physiatry.org/annualmeeting

