



**2016 DFW WALK  
for Brain Injury:  
UT Southwestern  
Out in Full Force**

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## Message from the Chair

**Kathleen Bell, MD**

Sometimes if you procrastinate, life presents you with inspiration. Waiting until just the last minute to write this column presented me with just that sort of opportunity. I returned today from the AAPMR Annual Assembly in New Orleans. It is, to a large degree, a professional family reunion. On a personal level, I am thrilled to see some of my teachers still attending and particularly, to see my former residents and students. At one point during a Board of Governors' meeting, I realized that 4 of the physiatrists present were my former or current residents. Being in academic medicine is sometimes, as Dr. Heidi Prather put it so eloquently, like "living inside a tornado". You catch an activity or deadline as it's flying by, with all manner of responsibilities whirling around you. But moments like the

Annual Assembly allow me to reflect on one of the reasons I do this type of work. It's a joy to see those formerly inefficient, smart but not yet wise, earnest, untested young physiatrists grow into leaders, skilled physicians, parents, and just plain old good people. And the Assembly links me again to my fellow physiatrists while we are shaping the future of practice and the care of our patients.

UT Southwestern was represented in force at the Assembly with Dr. Stephanie Tow as the Resident Council Chair and Dr. Rinaldi on the Board of Governors. Drs. Scott, Yang, Carlock, Worchel, and myself participated as instructors in workshops or seminars. Dr. Thiru Anaswamy received the Musculoskeletal Council Award on vote of his colleagues. Drs. Gul, Barker, Tow, Yap, Scott, Gordon, Hills, Fox, Wickremasinghe, Tan, and myself all authored on poster presentations. We thoroughly enjoyed our UTSW Alumni Reception which broke attendance records and were flooded with inquiries at the Job Fair and the Medical Student Fair. See you next year in Denver!

## PM&R Teams up with SMU in Concussion Study

Approximately 3.8 million athletes in the United States sustain a concussion annually, and the number is an underestimation based on the number of incidents that go undetected or are not reported. Concussion is mostly diagnosed by self-reported symptoms such as cognition, behavior, and postural balance. In general, athletes are motivated to report fewer symptoms at the time of injury. At times they are cleared to return-to-play despite having some symptoms, which may put them at a risk for secondary injuries in the future. Despite the high rate of incidences of concussion, the mechanism behind the injury is poorly understood. There is an imminent need for diagnostic tools to objectively diagnose concussion and help make prudent return-to-play decisions.

Reduced brain blood flow is associated with functional disturbances following concussion and disruptions in the structure and function of the brain blood vessels may contribute to this impairment. In a joint effort funded by the Texas Institute of Brain Injury and Repair (TIBIR), faculty from UT Southwestern and SMU are collaborating to use transcranial Doppler (TCD) ultrasonography to examine brain blood vessel regulation following sports-related concussion. This inexpensive and non-invasive approach has made it possible to assess brain blood vessel function in humans in various physiological settings. Led by Dr. Kathleen Bell from UT Southwestern, Dr. Sushmita Purkayastha's research team at SMU are looking to determine if clinical symptoms following concussion are associated with impairments in brain blood flow regulation.

Information on CONTACT Study and Online Resources for Problem Solving Treatment in Mild TBI can be found here:

[http://  
www.contact4tbi.com/](http://www.contact4tbi.com/)

To support the research growth in PM&R, research lab space has been added as part of recent departmental renovations.



### Problem Solving Treatment in CONTACT Study

Dr. Kathleen Bell was the Principal Investigator on a research study funded by the Department of Defense examining the use of telephone-mediated problem solving treatment for active duty service members with mild traumatic brain injury (TBI). This study demonstrated efficacy of this technique for reducing distress, as well as improving depression and insomnia. A website with a slide and audio course and treatment manual has been published to allow use of this treatment for the military, veterans, and civilians with mild TBI. Information about the study, links to publications, and the educational modules for therapists to learn this technique can be found on [www.contact4tbi.com](http://www.contact4tbi.com).

### Mobility Foundation Announces New Funding Cycle

The Mobility Foundation Center is excited to announce its Winter 2017 request for proposals. The goal of our funded projects is to support innovative, early stage translational and clinical research in stroke, brain injury, spinal cord injury, and other disorders that may limit mobility. Proposals should address the mission of the Mobility Foundation in its population or aims. All proposals must have a UT Southwestern Medical Center faculty member as a principal investigator or co-principal investigator. For further details, please contact Jessica Moreno at [JessicaR.Moreno@utsw.edu](mailto:JessicaR.Moreno@utsw.edu). Applications are due no later than January 1, 2017. Announcement of awards will be on February 1, 2017.

## Teaming Up for Patient Success

At UT Southwestern, inpatient rehabilitation serves as a bridge between a patient's stay in the hospital and a successful return home after illness or injury. Emerging evidence in rehabilitation literature suggests the importance of intense, repetitive, task-specific therapeutic interventions to optimize the achievement of physical goals in the rehabilitation environment. The inpatient rehabilitation team at Zale Lipshy University Hospital has taken a step forward in maximizing patient activity levels by implementing the "Out of Bed Initiative", which went live in mid-July. The initiative, which has been co-led by the therapy and nursing staff, is the 1<sup>st</sup> phase in maximizing treatment time and building an activity-focused

model on the rehabilitation unit. Key points in the process include daily assignment of a specific staff member to assist each patient in getting up and ready for the day, an interdisciplinary scheduling process that maximizes productive time between staff and patients, and the implementation of patient-specific scheduled rest breaks aimed at minimizing patient time spent in bed during the course of the day. The primary goal of the initiative is to increase productive time spent with rehabilitation service providers and to increase overall patient activity levels. The 2<sup>nd</sup> phase of the Out of Bed Initiative, which will focus on the implementation of adjunctive therapeutic activities both during and outside the normal therapy day, will roll out in the coming months.



Dr. Jason Petrasic (2<sup>nd</sup> from left) teams up with Jonathan Wilk, ATC (far left) to provide on-the-field experience for PM&R residents Drs. Nicholas Georgelos and Mark Fox

PM&R receives Children's Health Best Clinic of the Month for August (from left to right: Dr. Frank McDonald, Dr. Didem Inanoglu, Callie Stubbs RN and Amanda Goodrich RN)



## Parkland Early Mobility Program Benefits All

Therapists, nurses and physicians in the Medical ICU (MICU) at Parkland Hospital collaborated recently to develop an early mobility program specific to the needs of a Level 1 Trauma hospital. With multidisciplinary input criteria were outlined and implemented in Parkland's MICU and Cardiac Care Units. Patients are now screened daily by physical and occupational therapists and initiation of activity orders are driven by the therapists' evaluation, reducing delay in patient progress. As part of the program, nurses were asked to complete a relational coordination scale to assess the quality of teamwork between therapists and nurses.

This program was implemented in 2015 and data collected during the first 6 months was compared to 2014. The team found that the patients

identified for early mobility received therapy earlier in their ICU stay and more frequently, resulting in achieving higher levels of mobility. By increasing the collaboration between disciplines the early mobility program also resulted in greater efficiency with fewer inappropriate consults and missed therapy sessions. Quality of team work also improved as demonstrated by the relational coordination scores.

These findings were presented at the 2015 UT Southwestern research symposium and won first place. This program has been a great success for staff, but the ones who benefit the most are our patients and families. The team is working on further innovations in early mobility aimed at the challenges at Parkland, a Level I Trauma center and safety net hospital.

Save the Date

UT Southwestern

PM&R

Scientific Day

June 3, 2017

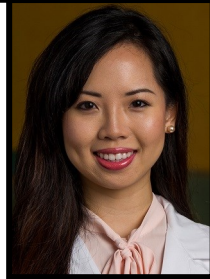
Focus:

**Women and  
Rehabilitation:  
Bridging  
Generations**



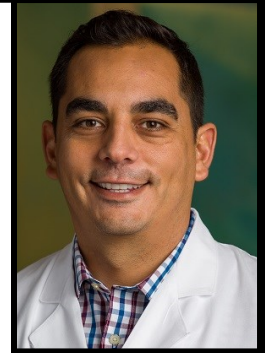
## UT Southwestern PM&R Welcomes New Faculty

**Isabel Chan, M.D.**, comes to the UT Southwestern PM&R Department from the Texas Institute of Rehabilitation and Research (TIRR) in Houston, Texas where she was employed as an Assistant Professor. A native Ohioan, she received her medical degree in 2011 from The University of Cincinnati in Cincinnati, Ohio. The couple's match for residency brought Dr. Chan and her husband down South. She completed her surgical internship with her husband and PM&R residency at McGovern Medical School/ Baylor College of Medicine in Houston, Texas.



Dr. Chan's research focuses on physician wellness with a focus on female physician wellness. Her clinical interests include EMG, ultrasound, and care for medically complex patients. She enjoys teaching residents all her mnemonics especially the ones helpful for boards! She also has a passion for fashion and is part of a Facebook group of fashion-loving doctors. She lives in Lakewood with her husband, who is completing a fellowship in colorectal surgery at Baylor and her two young kids, a 1-year old rambunctious and full of passion little boy and a sweet 3-year-old girly-girl. They are her primary joys in life along with chocolate chip cookies and shopping at Central Market! Though most of her family and extended family are in Ohio and California, her parents are close to retirement and with some encouragement they may consider retiring in Dallas - which would be awesome since she hopes to stay here indefinitely.

**Jason Smith, PhD**, comes from southern California, where he completed his PhD in Clinical Psychology in 2007 at Biola University and a postdoctoral fellowship at Rancho Los Amigos National Rehabilitation Center. Trained in neuropsychology, he is board certified in Rehabilitation Psychology through the American



Board of Professional Psychology. Interests include the neuropsychological assessment and neurorehabilitation of, and the quality of life of, people with intractable epilepsy; neuropsychology and neurorehabilitation of monolingual Spanish speakers; TBI and SCI populations. Dr. Smith remains a Research Associate of the University of Southern California's Keck School of Medicine's Neurorestoration Center, a public/private, multi-institutional collaboration involving the comprehensive epilepsy treatment program between USC, Rancho Los Amigos and the Los Angeles County Department of Health Services. He joined our department this August to establish a division of Rehabilitation Psychology. Dr. Smith is joined by his wife, Brazilian psychiatrist Caroline Campelo Smith, MD, and their 15-month-old son. He enjoys cooking, boardsports (e.g., surfing), watersports, traveling and languages. Beyond English, he speaks Spanish & Portuguese (Brazilian).

## UT Southwestern PM&R in the News

- ◆ **Dr. Thiru Annaswamy** was the recipient of the 2016 AAPM&R Outstanding Council Service Award – Musculoskeletal Medicine Council, presented at the annual assembly of the AAPMR in October. This award was established in order to recognize service volunteerism of Council members who contribute to the success of the Academy and who serve its membership in ways not limited to research, education, and product development.
- ◆ **Drs. Kim Barker, Kathleen Bell, Fatma Gul, Karen Kowalske, Ankit Patel, Amy Phelan and Kavita Trivedi** were named “Best Doctors” by D Magazine for 2016.
- ◆ **Dr. Rajashree Srinivasan** from Our Children's House, was interviewed by NBC Channel 5 regarding the rehabilitation progress of a young boy who was left in a hot car this past summer. His father describes Our Children's House as a “magical place”. Watch the interview here: <http://www.nbcdfw.com/news/health/Garland-Boys-Brush-With-Death-And-Miraculous-Comeback-391328791.html>
- ◆ UT Southwestern University Hospitals has been granted Magnet® status by the American Nurses Credentialing Center (ANCC). Magnet designation, the “gold standard” for nursing excellence and high quality patient care in hospitals across the country, is awarded by the ANCC after the successful completion of a highly rigorous assessment. Only about 7 percent of U.S. hospitals have achieved Magnet designation.
- ◆ Children's Health PM&R Clinic received the “Best Clinic” of the month for September.
- ◆ **Brittany White, BS**, Clinical Data Specialist for the North Texas Burn Rehabilitation Model System was selected to participate in UT Southwestern's Aspiring Leaders Program.

# Developing a Strategic Plan for Research

UT Southwestern Department of PM&R recently hosted a Research Development Consulting Program site visit conducted by scientist members of the Association of Academic Physiatrists (AAP). The program provides customized review and recommendations to increase physiatric research capacity for institutions seeking to expand or develop their research program. The 2-day site visit hosted leaders in the field of rehabilitation research from across the nation: Pablo Celnik, M.D. (Professor and Director, PM&R Johns Hopkins School of Medicine), Craig McDonald, M.D. (Professor and Chair, Department of PM&R, NeuroNEXT Program Director, UC Davis) and Sabrina Pagoni, M.D. PhD. (Assistant Professor Harvard Medical School; Spaulding Rehabilitation) to

provide feedback and discern areas of growth.

A broad picture of research efforts was presented by UT Southwestern leadership, including Dr. David Russell (Vice Provost and Dean of Basic Research) and Dr. Robert Toto (Associate Dean for Clinical and Translational Research) followed by our institutional collaborators as well as those in the community. PM&R Instructor Dr. Candice Osborne PhD, OTR/L, felt the program offered a chance to better understand our current research environment and identify areas of opportunity. According to PM&R Department Chair Kathleen Bell, MD, our goal this year is to use this report to outline a departmental strategic plan to progress toward the desired level of research.

AAP Research Development Consultants and PM&R faculty outline a strategic plan for research



## VA North Texas Health Care System Faculty Receive Grant Funding

Dr. Sara Bozeman (Research Service) and **Dr. I. Manosha Wickremasinghe** (SCI Chief) received a \$42,500 Quality of Life grant from the Craig H. Nielsen Foundation. This grant will fund a project to assess the effectiveness of a Clinical Video Telehealth (CVT) to home Whole Health program for Veterans with spinal cord injuries.



Veterans will use technology, allowing them to interact not only with the facilitators at the SCI Center, but also with other Veterans using CVT technology. The facilitators will utilize the technology to support the Whole Health group program.

The Mobility Foundation Center for Rehabilitation Research is happy to announce its latest award winner, **Dr. Thiru Annaswamy** (VA North Texas Health Care System, PM&R). Dr. Annaswamy's project is titled 'Feasibility and Functional Outcomes of a Novel Home-Based Rehabilitation Coach System for Patients with Mobility Impairment Post-Stroke'. Co-Investigators on this study include Dr. B. Prabhakaran and Dr. Una Makris. The goals of this project are to design and develop a home-based rehabilitation coach system and to evaluate the feasibility and preliminary functional outcomes of this system.



## Faculty Publications and Presentations

### Publications

Saulino M, Anderson DJ, Doble J, Farid R, **Gul F**, Konrad P, Boster AL. Best practices for intrathecal baclofen therapy: Troubleshooting. *Neuromodulation*. 2016; 19(6):632-41.

**Holavanahalli RK, Helm PA, Kowalske KJ**. Long-Term outcomes in patients surviving large burns: The musculo-skeletal system. *Journal of Burn Care and Research*. 2016; 37(4):243-54.

Wadhwa V, **Scott KM**, Rozen S, Starr AJ, Chhabra A. CT-guided perineural injections for chronic pelvic pain. *Radiographics*. 2016; 36(5):1408-25.

**Osborne CL**, Petersson C, Graham JE, Meyer WJ 3rd, Simeonsson RJ, Suman OE, Ottenbacher KJ. The multi-center benchmarking study of burn injury: A content analysis of the outcome measures using the international classification of functioning, disability and health. *Burns*. 2016; 42(7):1396-1403.

Goverman J, Mathews K, **Holavanahalli RK**, Vardanian A, Herndon DN, Meyer WJ, **Kowalske K**, et al. The NIDILRR Burn Model System: Twenty years of contributions to clinical service and research *J Burn Care Res*, 2016; ePub.

Wadwa V, Hamid AS, Kumar Y, **Scott KM**, Chhabra A. Pudendal nerve and branch neuropathy: Magnetic resonance neurography evaluation. *Acta Radiol*. 2016; ePub.

**Scott KM, Fisher LW**, Bernstein IH, Bradley MH. The treatment of chronic coccydynia and post-coccygectomy pain with pelvic floor physical therapy. *PMR*. 2016; ePub.

**Bell K**, Fann JR, Brockway JA, Cole WR, Bush NE, Dikmen S, Hart T, Lang AJ, Grant G, Gahm GA, Reger MA, St. De Lore J, Machamer J, Ernststrom K, Raman R, Jain S, Stein MB, Temkin N. (2016). Telephone problem solving for service members with mild traumatic brain injury: A randomized clinical trial. *J Neurotrauma*, ePub.

**Annaswamy TM, Jacobelli D**. Ulnar nerve mononeuropathy at the elbow. PM&R Knowledge NOW topic. <http://me.aapmr.org/kn/article.html?id=208>. Created Date: 7/25/2012; Last Modified Date: 8/18/2016.

**Yang J, Elkins N**. Epicondylosis (lateral) with and without nerve entrapment. PM&R Knowledge NOW topic. <http://me.aapmr.org/kn/article.html?id=123>. Created date 9/19/2012; Last Modified Date: 9/14/2016.

**Yang J., Al-Maawy UK**. Autonomic dysreflexia in spinal cord injury. PM&R Knowledge NOW topic. <http://me.aapmr.org/kn/article.html?id=2>. Created Date: 11/10/2011; Last Modified Date: 4/6/2016.

**Yang J, DeMola P**. de Quervain Tenosynovitis. PM&R Knowledge NOW topic. <http://me.aapmr.org/kn/article.html?id=119>. Created Date: 11/10/2011; Last Modified Date: 5/5/2016.

### Invited Lectures

**Dr. Kathleen Bell** was the Speaker at the 17<sup>th</sup> Annual Ben L. Boynton MD Lecture in Physical Medicine & Rehabilitation at Northwestern University Feinberg School of Medicine.

**Dr. Kim Barker** was the Keynote Speaker at UT Southwestern 20<sup>th</sup> Annual Joanie Hatcher Memorial Survivor Symposium. Her lecture was titled 'Rehabilitation for Breast Cancer: Spirit, Knowledge, and Life'.

**Dr. Benjamin Nguyen** presented 'Early Mobilization After Stroke' at UT Southwestern 6<sup>th</sup> Annual Stroke Symposium for Healthcare Professionals.

**Dr. Fides Pacheco** presented at the National MS Centers of Excellence Education Symposium for Healthcare Providers and Patients. Her lectures were titled 'Managing Symptoms of Multiple Sclerosis: Interdisciplinary Care of Patients with MS' and 'MS Care Advocacy and Benefits'.

### Courses and Workshops

#### American Academy of Physical Medicine and Rehabilitation, New Orleans, October 2016

**Dr. Kelly Scott**, Pelvic Pain - Physiatric Evaluation and Management.

**Dr. Weiban Yang**, Acupuncture as Alternative and Complementary Therapy for the Treatment of Pain.

**Dr. Kathleen Bell**, Learning In: Women and Leadership in Physiatry.

**Dr. Benjamin Carlock**, The Wide World of Spasticity: Evidence-Based Successful Practice Habits.

**Drs. Kathleen Bell and Jared Worchel** served on the panel for "You Are Here: Creating Your Path in the PM&R Specialty".

# Faculty Poster Presentations

## Academy of Psychosomatic Medicine Annual Meeting, Austin, November 2016

Fann JR, **Bell KR**, Brockway JA, Cole WR, Temkin N. Impact of a Telehealth Intervention on Common Comorbid Conditions of Mild Traumatic Brain Injury in Active Duty Service Members: A Randomized Controlled Trial. [Awarded the Dlin-Fischer Clinical Research Award for Best Paper.](#)

## American Academy of Physical Medicine and Rehabilitation, New Orleans, October 2016

Friedly JL, Comstock BA, Standaert CJ, Nedeljkovic S, Kennedy DJ, Sibell DM, Suri P, Akuthota V, **Annaswamy TM**, Bauer Z, Jarvik JJ. Patient and Procedural Risk Factors for Cortisol Suppression Following Epidural Steroid Injections for Spinal Stenosis. *PM&R.* 2016; 8(9):S159–60.

**Barker KD, Tow S.** The Functional Impairments in a Patient with the Rare Morvan's Syndrome: A Case Report. *PM&R.* 2016; 8(9): S195.

**Bell KR**, Wilmoth K, Didehbani N, Vargas BB, Godbey E, Paliotta C, Cullum M. Gender Differences in Symptom Reporting within Student-Athletes from the North Texas Sports Concussion Registry (ConTex). *PM&R.* 2106; 8(9):S210.

Pezechk RA, **Yap LA**, Pulikkottil BJ, Mapula S, Schaffer NE, **Scott KM, Gordon P**, Hoxworth RE. Impact of a Structured Rehabilitation Protocol on Hernia Recurrence after Operative Repair. *PM&R.* 2016; 8(9):S167.

**Bell KR**, Vargas BB, Wilmoth K, Didehbani N, Godbey E, Paliotta C, Cullum M. Relationship Between Severe Headache and Elevated Depression and Anxiety Scores after Sports-Related Concussion. *PM&R.* 2016; 8(9):S246.

**Gul F**, O'Dell M, Jech R, Banach M, Vilain C, Grandoulier AS, Germain JM, Graciès JM. Improvement of Spasticity Following AbobotulinumtoxinA (Dysport®) Injections in Shoulder Muscles in Hemiparetic Patients with Upper Limb Spasticity—Sub-Analysis of a Prospective, Long-Term, Open-Label Study with Single and Repeated Injection Cycles. *PM&R.* 2016; 8(9):S255.

Marciniak C, **Gul F**, Ayyoub Z, Simpson DM, Walker HW, Wimmer M, Vilain C, Graciès JM. Improvement of Spasticity, Active Movements and Active Function after Repeated Injections of AbobotulinumtoxinA (Dysport) in Adults with Spastic Paresis in the Upper Limb: Results of a Phase III Open-Label Extension Study. *PM&R.* 2016; 8(9):S260.

**Hills AA, Fox MH, Wickremasinghe IM, Tan WH.** Unique Characteristics of Patient Handoff in Spinal Cord Injury. *PM&R.* 2016; 8(9):S320-21

**Annaswamy TM**, Roth EJ, Houtrow AJ, Berbrayer D, Frontera WR, Heinemann A, Chan L, Sandel B, Ireland B. Association Between Functional Assessment of Patients and Their Outcomes: A Systematic Review. *PM&R.* 2016; 8(9):S323.

Quinones E, Jimenez Z, **Wickremasinghe IM.** SCI Clinical Video to Home Telehealth: Promoting Wellness and Care Coordination. *PM&R.* 2016; 8(9):S195.

Jones C, **Bennett B, Wickremasinghe IM.** Addressing Chronic Pain in SCI with Use of Electro-Acupuncture. *PM&R.* 2016; 8(9):S307.

Quinones E, Jimenez Z, Flynn B, Butler ME, Strozewski RJ, **Wickremasinghe IM.** Reducing the Rates of Urinary Tract Infections in Patients with Spinal Cord Injury Using Telehealth Interventions. *PM&R.* 2016; 8(9):S328.

## American Congress of Rehabilitation Medicine, Chicago, October 2016

Jimenez Z, Quinones E, **Wickremasinghe, IM.** SCI Clinical Video to Home Telehealth: Promoting Wellness and Care Coordination.

Hoffman J, Lucas S, Stacey A, Temkin N, Dikmen S, **Bell KR.** Headache Five years After Traumatic Brain Injury.

Veerjee K, Jones C, **Pacheco F**, Jimenez Z, Quinones E, **Wickremasinghe, IM.** Cultivating Transdisciplinary Team Model to Improve Outcomes of Patients with Spinal Cord Injury/Disorders.

**Osborne CL**, Petersson C, Graham JE, Meyer WJ, Simeonsson R, Suman OE, Ottenbacher KJ. The Burn Model Systems Outcome Measures: A Content Analysis Using the International Classification of Functioning, Disability and Health.

**Osborne CL**, Meyer WJ, Ottenbacher KJ, Arcari CM. Burn Injury Patients' Return to Daily Activities and Participation as Defined by the International Classification of Functioning, Disability and Health: A Systematic Review.

## American Association of Neuromuscular & Electrodiagnostic Medicine, Phoenix, September 2016

Simpson D, McAllister P, Walker H, Edgley S, **Gul F**, Rubin B, Picaut P, Marciniak C. Abobotulinumtoxin A (Dysport®): Doses Used to Treat Upper Limb Muscles of Adults with Spasticity Participating in a Phase III Randomized, Double-Blind Placebo-Controlled Study. *Muscle Nerve.* 2016; 54(3):631.

**Annaswamy TM.** Trifid Median Nerve in a Patient with Carpal Tunnel Syndrome: A Case Report. *Muscle Nerve.* 2016; 54(3):536.

## Paralyzed Veterans of America Annual Summit, Orlando, August 2016

**Bennett B, Wickremasinghe IM.** The Use of Electro-Acupuncture in the Management of Chronic Neck Pain in Spinal Cord.

Jones C, Perry L, **Bennett B, Wickremasinghe, IM.** Addressing Elevated Blood Pressure in SCI using Mindfulness Based Exercises.



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UT Southwestern  
Department of Physical Medicine & Rehabilitation  
5323 Harry Hines Blvd. MC 9055  
Dallas, TX 75390