PM&R Re-Entry Examination Outline

APPROXIMATE TARGET WEIGHTS

Class 1: Type of Problem/Organ System

A. Neurologic Disorders (33%)
   1. Stroke
   2. Spinal Cord Injury
   3. Traumatic Brain Injury
   4. Neuropathies
      a) Mononeuropathies
      b) Polyneuropathies
      c) Carpal Tunnel Syndrome
      d) Other Entrapment Neuropathies
   5. Other Neurologic Disorders
      a) Multiple Sclerosis
      b) Motor Neuron Disease
      c) Poliomyelitis
      d) AIDP
      e) Cerebral Palsy
      f) Spina Bifida
      g) Duchenne Muscular Dystrophy
      h) Myotonic Muscular Dystrophy
      i) Inflammatory Myopathies
      j) Other Myopathies
      k) Thoracic Outlet Syndrome
      l) Plexopathy
      m) Radiculopathy
      n) Parkinson Disease
      o) Other Neuromuscular Disorders

B. Musculoskeletal Medicine (35%)
   1. Arthritis
      a) Rheumatoid Arthritis
      b) Osteoarthritis
      c) Collagen Disease
      d) Spondyloarthritis
      e) Other Arthritis
   2. Soft Tissue & Orthopedic Problems
      a) Acute Trauma
      b) Chronic Trauma/Overuse
      c) Complex Regional Pain Syndrome
         Type I (Reflex Sympathetic Dystrophy)
      d) Fibromyalgia/Myofascial Pain
      e) Burns
      f) Fractures
      g) Osteoporosis
      h) Spinal Disorders
      i) Strains/Sprains
      j) Tendinitis/Bursitis
      k) Orthopedic/Rheumatology
      l) Other Soft Tissue Disease

C. Amputation (6%)
   1. Upper Extremity
   2. Lower Extremity

D. Medical Rehabilitation (9%)
   1. Cardiovascular
      a) Ischemic Heart Disease
      b) Peripheral Arterial Disease
      c) Venous Disease
      d) Vascular Disorders
      e) Lymphedema
      f) Other Cardiovascular
   2. Pulmonary Disease
      a) COPD
      b) Impaired Ventilation
      c) Other Pulmonary Problems
   3. GU / GI Disorders
      a) Neurogenic Bladder
      b) Renal Impairment/Failure
      c) Neurogenic Bowel
      d) Sexuality and Reproductive Issues
      e) Other GU/GI Disorders

E. Rehabilitation Problems & Outcomes (17%)
   1. Physical Complications
      a) Spasticity
      b) Contracture
      c) Hydrocephalus
      d) Seizures
      e) Pressure Injuries
      f) Posture/Balance Disorders
      g) Abnormal Gait
      h) Dysphagia/Aspiration
      i) Bed Rest/Deconditioning
      j) Paralysis/Weakness
      k) Heterotopic Ossification
      l) Other Physical Complications
   2. Cognitive/Sensory Dysfunction
      a) Speech and Language Disorders
      b) Visual Dysfunction
      c) Cognitive Disorders
      d) Sleep Disorders
      e) Other Cognitive/Sensory Dysfunction
   3. Psychiatric/Psychological Problems
      a) Depression
      b) Substance Abuse
      c) Dementia/Pseudodementia
      d) Disorders of Consciousness
      e) Other Psych. Problems
   4. Pain
   5. Other

D. Medical Rehabilitation, cont’d
   4. Cancer
   5. Infectious Disease
   6. Endocrine/Metabolic (Incl. Diabetes)
   7. Transplant
### Class 2: Focus of Question / Patient Management

#### A. Patient Evaluation & Diagnosis (31%)

1. Physical Exam, Signs & Symptoms
2. Diagnosis & Etiology
3. Diagnostic Procedures
   a) Cardiopulmonary Assess/Stress Test
   b) Gait Analysis
   c) Urodynamics
   d) Lab Studies
   e) Medical Imaging
   f) Neuropsychological Evaluation
   g) Other Diagnostic Procedures
4. Functional Evaluation
5. Prognosis (Incl. Outcome Measures)

#### B. Electrodiagnosis (15%)

1. General Electrodiagnosis
2. Instrumentation
3. Nerve Conduction
4. Electromyography
5. Neuromuscular Transmission
6. H Reflex/F Wave

#### C. Patient Management (32%)

1. Clinical Decision Making (Incl. Ethics)
2. Physical Agents
   a) Heat/Cryotherapy
   b) Electrostimulation
   c) Ultrasound
3. Therapeutic Exercise & Manipulation
   a) Motor Control
   b) Mobility and Range of Motion
   c) Strength and Endurance
   d) Manipulation and Massage
   e) Traction/Immobilization
4. Pharmacologic Interventions
   a) Analgesics
   b) Antiseizure and Antispasmodics
   c) Antibiotics
   d) Psychopharmacologics
   e) Anti-inflammatory
   f) Other Medications
5. Procedural/Interventional
   a) Nerve Blocks
   b) Anesthetic Injections
   c) Surgery
   d) Other Procedural/Interventional
6. Behavioral/Psychological Modalities
   a) Behavior Modification
   b) Psychotherapy/Counseling
   c) Education
   d) Biofeedback

#### D. Equipment & Assistive Technology (10%)

1. Prosthetics
2. Orthotics
3. Other Rehabilitation Technology
   a) Shoes
   b) Functional Electrical Stimulation
   c) Transcutaneous Electrical Nerve Stimulation
   d) Augmentative Communication
   e) Ventilation
   f) Wheelchairs/Seating
   g) Other Devices

#### E. Applied Sciences (12%)

1. Anatomy
   a) Central Nervous System
   b) Peripheral Nerves
   c) Head/Neck
   d) Shoulder
   e) Arm
   f) Wrist
   g) Hand
   h) Hip
   i) Knee
   j) Leg

2. Physiology
   a) Neurophysiology
   b) Neuromuscular
   c) Cardiovascular
   d) Pulmonary
   e) Genitourinary
   f) Gastrointestinal
   g) Skin and Connective Tissue
   h) Bone and Joints
   i) Autonomic Nervous System
   j) Endocrine

3. Pathology/Pathophysiology
   a) Neurophysiology
   b) Neuromuscular
   c) Cardiovascular
   d) Pulmonary
   e) Genitourinary
   f) Gastrointestinal
   g) Skin and Connective Tissue
   h) Bone and Joints
   i) Autonomic Nervous System
   j) Endocrine

4. Kinesiology/Biomechanics
5. Epidemiology/Risk Factors
6. Nutrition
7. Pharmacology
8. Research & Statistics
9. Growth & Development