

Preface

When I was a medical student interested in physical medicine and rehabilitation (PM&R), I found several excellent detailed texts for PM&R and I also encountered a few good, quick reference materials. What I felt was lacking was a comprehensive but high-yield, focused review of the most important points that I could read before and during my rotation. As a junior resident in PM&R, I again encountered the same frustration. What I was looking for was a book that would slice through the minutiae and offer me the critical information that I would need to know during a PM&R clinical rotation. Such high-yield review texts exist in other fields and I was never quite sure why they did not exist for ours. I suppose it is in part because we are a relatively young and small specialty. Additionally, the breadth and scope of our field, from treating the most debilitated patients to professional athletes, might seem daunting at first glance. And yet, as Dr. Strauss has eloquently laid out in her foreword to this book, there is a unifying theme of function that pervades the diverse aspects of our field.

In *Essential Physical Medicine and Rehabilitation*, I have aimed to create the book that I had sought as a medical student and junior resident. Each chapter is written by recognized experts and educators in their respective fields. Each chapter is written as though telling a medical student or junior resident, in concise terms, everything he or she should know before—and during—a first rotation in the given subspecialty. I believe this book accomplishes that goal. I hope you will agree.

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