Physical Medicine & Rehabilitation Residency Program

Detroit Medical Center/Wayne State University
Rehabilitation Institute of Michigan
261 Mack Blvd., Room 840
Detroit, MI 48201
Rehabilitation Institute of MI

- Michigan’s largest rehabilitation hospital
- 69 bed–inpatient facility
- Treats more spinal cord and brain injury patients than any other program in the state
- Operates over 30 outpatient sites located throughout southeast MI
- Home to many innovative programs
  - Southeastern Michigan Traumatic Brain Injury System (SEMTBIS) Longitudinal Data collection site
  - Home to the world–class Center for Spinal Cord Injury Recovery

http://www.rimrehab.org
Faculty consists of physiatrists, neuro-psychologists, sports-medicine, and other health professionals with advanced rehabilitation training.
26,000 sq. ft., state of art, multi-level fitness center
Houses specialty programs not offered at other fitness or physical therapy facilities
- Sport’s medicine
- Orthopedic therapy
- Return-to-work
- Oncology
- Women’s rehabilitation
RIM’s Clinical Capabilities

- Physiatry
- Rehabilitation nursing
- Physical therapy
- Occupational therapy
- Therapeutic recreation
- Neuropsychology
- Speech and language pathology
- Social work
- Electrodiagnostics
- Wheelchair seating
- Environmental evaluations
- Vocational counseling
WSU Shiffman Medical Library
Richard J. Mazurek, M.D.,
Medical Education Commons
Welcome to DMC Library Services

Find Articles
- CINAHL
- Cochrane Library
- FirstConsult
- MEDConsult
- MEDLINEplus
- NORD Rare Diseases
- NursingConsult
- Ovid MEDLINE
- PsycINFO
- PubMed
- TRIP
- WilsonBusiness

Find Books
- AccessMedicine
- DMC Library Catalog
- Medscape
- MDConsult
- NursingConsult
- STATMed
- UpToDate

Find Drug Info
- LactMed
- Natural Medicine
- MICROMEDEX
- Pediatric Lexi-Comp

Announcements
If you can’t find what you’re looking for or have a quick question, try the chat box.
Staffed from 9:00AM - 4:00PM. If the chat box is down, please try again in a few minutes.

New E-Books:
The ICU Book
Stoeling’s Anesthesia and Co-existing Diseases
Understanding Anesthesia Equipment
Benica’s Management of Pain 4th ed.

Library Locations

DMC Children’s Hospital
1st floor
313-745-5322

DMC Sinai Grace Hospital
1st floor
313-966-4419

DMC Surgery Hospital
Lower level
248-733-2357

DMC Rehabilitation Institute
5th floor
313-745-9862

DMC Huron Valley Sinai Hospital
Ground floor
248-937-5027

dmclibrary@dm.org
PM&R Residency Program

- Unique blend of a university academic milieu, coupled with extensive outpatient musculoskeletal training in a community setting

- All graduates will have been trained in the entire spectrum of physical medicine and rehabilitation from traumatic brain and spinal cord injury, to electromyography, to industrial, pain and musculoskeletal medicine

- Tremendous opportunities for education, growth and career preparation including going on to a fellowship.
Academic Curriculum

- **Didactics** – includes courses in physiatric therapeutics, anatomy and kinesiology, EMG, spinal cord injury, traumatic brain injury, pediatric rehabilitation and more
  - Tailored to board requirements

- **Journal Club** – monthly

- **Grand Rounds** – monthly

- **Anatomy Course** – 12-week anatomy course which involves cadaver dissection of the back and limbs, is given January through April to PGYII and PGYIII residents.

- **EMG Course** – 8 week EMG course offered by 2 voluntary faculty board certified in PM&R and Electromyography

- **MSK Ultrasound course**: 28 hours, leading to certification (planning stages)
Rotations

- TBI (3)
- Stroke (3)
- SCI (3)
- General Rehab (3)
- Pediatric Rehab (2)
- Consults (3)
- EMG1 (2)
- EMG2 (2)
- Prosthetics & Orthotics (1)
- Pain Management or Palliative (1)
- Neurology (1)
- Neuro Outpatient (2)
- MSK Outpatient (1)
- Advanced Outpatient (4)
- Sports Medicine Clinic (1)
- Rheumatology Clinic (1)
- Electives (3)
Sample Electives

- Palliative Medicine
- Pain Clinic
- Anesthesia
- Neuro–Radiology
- Interventional Spine
- Neurosurgery
- Orthopedics Clinic
- OMT manipulation
- Research
RIM Faculty Members

Lawrence Horn, MD
Department Chair
Program Director

Lourdes Alfonso, MD
Associate Program Director
SCI Service

Michael Ajluni, MD
Associate Program Director
TBI Service

Ali Bitar, MD
VP Medical Affairs
Amputee Clinic

Syed Ahmed, DO
Fluoroscopy, EMG, OP Clinic

Kertia Black, MD
Outpatient Clinic

Pano Papalekas, MD
General Rehab Service

Maria Humayun, DO
Stroke Service

Jennifer Villacorta, MD
SCI Outpatient & Consult Service
Lawrence J. Horn, M.D. joined the staff at Rehabilitation Institute of Michigan in 2005 and then joined the staff of Wayne State University Physician Group in 2007 in the Department of PM&R at Wayne State University School of Medicine. He graduated with his medical degree from Northwestern University Medical School, Chicago, IL. He completed his residency in PM&R and a fellowship in traumatic brain injury. He is the department's Chair and a professor at Wayne State University School of Medicine and serves as the Program Director for the PM&R Residency Program.

**Board Certified:**
- American Board of Physical Medicine and Rehabilitation
- ABPMR Subspecialty in Spinal Cord Injury Medicine

**Specialty Interests:**
- Traumatic Brain Injury
- Spinal Cord Injury
- Spasticity
Lourdes Alfonso, M.D.
Director of Inpatient Spinal Cord Injury
Assistant Residency Program Director
Assistant Professor (Clinical) FTA
Physical Medicine and Rehabilitation
Director, Inpatient SCI Service

Joined the physiatry staff at Rehabilitation Institute of Michigan in 2002 and then joined the staff of Wayne State University Physician Group in 2007 and serves as an assistant professor in the Department of PM&R at Wayne State University School of Medicine. Dr. Alfonso graduated from the University of the East Ramon Magsaysay Memorial Medical Center in the Philippines. She completed her residency in PM&R at SUNY Health Science Center in Brooklyn, NY, where she served as chief resident. Dr. Alfonso completed her fellowship training in spinal cord injury medicine at the Medical College of Virginia, McGuire VA Medical Center in Richmond, VA. She serves as the Associate Program Director for the PM&R Residency Program for WSU School of Medicine.

Board Certified:
American Board of Physical Medicine and Rehabilitation
ABPMR Subspecialty in Spinal Cord Injury Medicine

Specialty Interests :
Spinal Cord Injury
Michael M. Ajluni, M.D.
Assistant Professor
Associate Residency Program Director
Physical Medicine and Rehabilitation
Director, TBI Service

Michael M. Ajluni, M.D. joined the physiatry staff with Wayne State University Physician Group at Rehabilitation Institute of Michigan in 2011. He serves as an Assistant Professor in the Department of Physical Medicine and Rehabilitation at Wayne State University School of Medicine. Dr. Ajluni graduated from Wayne State University School of Medicine with his medical degree and his residency was completed at Marianjoy Rehabilitation Hospital in Wheaton, Illinois. He serves as the Associate Program Director for the Residency Program.

**Board Certified:**
American Board of Physical Medicine and Rehabilitation

**Specialty Interests:**
Traumatic Brain Injury
Spasticity
Musculoskeletal Injury
Ali Bitar, M.D.
Vice President of Medical Affairs and Chief-of-Staff at Rehabilitation Institute of Michigan (RIM)
Physical Medicine and Rehabilitation

Specialist-in-Chief for Physical Medicine and Rehabilitation for the Detroit Medical Center and Vice. Dr. Bitar also serves as an Assistant Professor in the Department of Physical Medicine and Rehabilitation (PM&R) at Wayne State University School of Medicine. He received his residency training in PM&R at Sinai-Grace Hospital in Detroit, and completed his medical studies at the Medical School of Sousse in Tunisia, where he also earned a degree in orthopedic surgery. Dr. Bitar has participated in numerous research studies presented in France and Europe. Dr. Bitar is fluent in French and Arabic languages, as well as English.

**Board Certified:**
American Board of Physical Medicine and Rehabilitation
American Assoc. of Neuromuscular and Electrodiagnostic Medicine

**Specialty Interests:**
- General Musculoskeletal
- Neuromuscular and Stroke Rehab
- Back & Neck Pain
- Pain Management
- Sports Medicine
- Amputee Services
- Electromyography (EMG)
- Spasticity Management (including botox injections and ITB pump management)
Syed R. Ahmed joined the physiatry staff at Rehabilitation Institute of Michigan in 2012, and serves as an Assistant Professor at Wayne State University School of Medicine. Dr. Ahmed graduated from New York College of Osteopathic Medicine in Old Westbury, NY and completed his residency training at Thomas Jefferson University Hospital in Philadelphia, PA. He also completed an Interventional Pain Fellowship at the Utah Center for Pain Management and Research in Provo, UT.

Board Certified:
American Board of Physical Medicine and Rehabilitation

Specialty Interests:
Musculoskeletal Medicine
Interventional Pain
Electrodiagnostic Medicine
Kertia L. Black, M.D. joined the physiatry staff at Rehabilitation Institute of Michigan in 1993 and then joined Wayne State University Physician Group in 2007 and also serves as an Associate Professor in the Department of PM&R at Wayne State University School of Medicine. She also held the office of Assistant Dean for Student Affairs for Wayne State University. She graduated from Hahnemann Medical School in Philadelphia, PA and completed her residency training in PM&R at the University of Pennsylvania. Dr. Black also holds a master’s degree in counseling from Temple University.

**Board Certified:**
American Board of Physical Medicine and Rehabilitation

**Specialty Interests:**
Traumatic Brain Injury
Stroke Rehabilitation
General Musculoskeletal
Pano Papalekas, MD, Associate Vice President, Medical Affairs at Rehabilitation Institute of Michigan
PM&R Director for Trauma Rehabilitation for Henry Ford Hospital.

Received his Medical Doctor degree from the Medical College of Ohio at Toledo and completed his PM&R residency at Rehabilitation Institute of Michigan through Wayne State University School of Medicine in Detroit. Dr. Papalekas is a member of several professional organizations including the Academy of Physical Medicine and Rehabilitation, American Association of Electrodiagnostic Medicine and American College of Sports Medicine

Board Certified:
American Board of Physical Medicine and Rehabilitation
American Board of Electrodiagnostic Medicine

Specialty Interests:
Low Back & Neck Pain
Non-Operative Sports Injuries
Acute Care Rehab Management
EMG
Maria Humayun, D.O. joined the physiatry staff of Wayne State University Physician Group in 2013. She serves as an Assistant Professor in the Department of Physical Medicine and Rehabilitation at Wayne State University School of Medicine. Dr. Humayun graduated from Michigan State University School of Medicine with her medical degree and completed her residency at the University of Cincinnati College of Medicine. She took over the position as the Medical Director of Stroke in 2015.

**Board Certified:**
American Board of Physical Medicine and Rehabilitation

**Specialty Interests:**
Stroke Rehabilitation
Jennifer Villacorta, M.D. joined the physiatry staff with Wayne State University Physician Group at Rehabilitation Institute of Michigan in 2014. Dr. Villacorta completed her residency at the University of Arkansas for Medical Sciences with her fellowship in spinal cord injury being completed at The Institute of Rehabilitation and Research (TIRR), University of Texas Health Science Center/Baylor College of Medicine in Houston. She is primarily taking care of the spinal cord injury patients at the RIM outpatient clinic and running the Consult Service.

**Board Certified:**
American Board of Physical Medicine and Rehabilitation
ABPMR Subspecialty in Spinal Cord Injury Medicine

**Specialty Interests:**
Spinal Cord Injury
Women's Health/Fertility in SCI
Wound Care
Respiratory Management
Robotics
Benefits

- Health Insurance
- Dental insurance
- Long-term disability insurance
- Liability insurance
- Educational Stipend -- $3120/year
- Free Gym at Brasza Outpatient Center
20 days off per year vacation (July 1 – June 30)
- Submit 30 days in advance
- More than 5 consecutive days off require approval 4 months prior to time off.
- Distributed throughout the year and not on a single rotation or calendar month

Sick time
- More than 3 days in a row require a physicians note

Leave of Absence
- Per ABPM&R if a resident is absent from training for more than 30 days yearly, the time will be added to the training end date.


Educational Benefits

- 12-month long didactic curriculum
- Research Project and Practice Improvement Project
- Everything saved as Portfolios
- Annual Self Assessment Examinations
- Membership in AAPM&R, AAP, etc.
- PGY-3 P&O conference at Northwestern University in Chicago, IL
- AAPM&R Conference – venue to present
- AAP Conference – venue to present
- Other local venues to present: e.g. pain, sports conferences
Step 3 – Program Requirement

- Please make sure you pass Step 3 before starting our program.
- We want you to focus on PM&R when you get here.
Nicotine-Free Hiring Policy

In order to promote a healthier workforce, and to further the Detroit Medical Center's commitment to wellness, the DMC aims to employ nicotine-free personnel. This policy became effective on July 2012. As such, the Detroit Education and Research will not hire resident and fellow applicants who use or test positive for tobacco or nicotine products in any form commencing the 2014/2015 academic year. This policy shall apply to all residents and fellows including resident physicians, dentists, and podiatry.

Utilization of nicotine includes all tobacco products which create a positive nicotine test, including but not limited to, cigar, cigarette, pipes, nicotine patches, nicotine gum, and e-cigarettes (electronic cigarette) which provide doses of nicotine by way of a vaporized solution.

All offers of employment will be contingent upon a negative DMC Occupational Health Services test for cotinine (a marker of nicotine use) administered as part of the pre-employment health screen.

Any applicant, who currently smokes tobacco, otherwise uses nicotine containing products, or who has a positive test for cotinine shall not be hired. Testing positive is a failure to meet the conditions of employment and a violation of the Detroit Education and Research Graduate Medical Education employment contract and match agreement. Applicants who test positive for cotinine will not be allowed to start in their program; they may be retested in 90 days, but programs will not be obligated to hold the position for the applicant.
• RIM was on a Times Square billboard in New York 2013 for being awarded the Magnet® designation for excellence in nursing from the American Nurses Credentialing Center.

• Less than 7% of hospitals in the U.S. have achieved Magnet® status

• Only rehab hospital in MI to achieve this and 3rd in the country
Detroit is fun to play in.
http://www.visitdetroit.com/
http://midtowndetroitinc.org/
Riverwalk
Community

- City's cultural center, which includes
  - Detroit Institute of Art Museum
  - Detroit Historical Museum
  - Museum of African-American Art
  - Michigan Science Center
- Detroit's theater district
  - Music Hall
  - Fox Theater
  - Michigan Opera Theater
  - Fisher Theater
  - Masonic Temple
  - Second City – comedy theater
  - Orchestra Hall, home of the renowned Detroit Symphony Orchestra is adjacent to RIM and the DMC.
- Detroit has a diverse assortment of five-star restaurants. Many people find Detroit to be an exciting and safe place to live, work and play.
Sports and Entertainment

- Comerica Park – Detroit Tigers baseball
- Ford Field – Detroit Lions football
- Joe Louis Arena – Detroit Redwings hockey; new arena currently being built downtown by Comerica
- Casinos – Greektown, MGM Grand, & Motor City
- Many restaurants in Greektown, Mexican Town, Midtown, Eastern Market, Cork Town, Hart Plaza
- Take the tunnel or bridge to Windsor, Canada
- M1 Woodward Streetcar rail is currently under construction
- Palace of Auburn Hills – Detroit Pistons basketball, about 40 min from downtown
Places to go in Michigan

- Moving to: www.midtowndetroitinc.org/live

Websites:

- http://www.pmr-rim.med.wayne.edu/residency-program.php – Program Website
- www.rimrehab.org – DMC–RIM site
- www.dmc.org/gme – DMC–GME site
Places to go in Michigan
Great Place to Work & Play