



Physical Medicine & Rehabilitation

Patients who need comprehensive evaluations and conservative treatment of orthopedic conditions will benefit from an appointment with our physical medicine and rehabilitation (physiatry) specialists.

OUR TEAM

Physiatrists treat a wide array of problems affecting the musculoskeletal system, including sports and spine disorders. We have expertise in the diagnosis and comprehensive care for the whole person. Our physiatrists hold subspecialty certifications in sports, ultrasound imaging, electrodiagnostic testing, acupuncture, and pain management. They also have special interests in performing arts, the use of ultrasound for diagnosis and treatment of joint and nerve disorders, acupuncture to assist with both diagnosis and treatment of myofascial disorders, manual medicine, hip and spine disorders and their links to hip deformity, gender related disorders in addition to general musculoskeletal and orthopedic disorders.

TREATMENT APPROACH

Our physiatry team recognizes the importance of maintaining function, physiatrists have the expertise to help patients resolve their problems and prevent a recurrence. The primary goal is to reduce pain and improve function, and understanding that pain can be perceived differently by each person is important.

Our physiatrists provide many non-surgical treatment options, and will work with you to personalize your treatment plan based on your individual needs and goals. Diagnostic tests may be recommended, and patients with nerve injuries may undergo electrodiagnostic testing combined with ultrasound visualization to better assess nerve injuries when indicated.

Ultrasound and fluoroscopy, which enable us to view live images during a procedure, are used to perform diagnostic and therapeutic spine or peripheral joint injections. If surgery is deemed appropriate, physiatrists work closely with orthopedic surgeons to provide integrated care that maximizes a return to functional mobility.

Customized treatment plans could include any of the following recommendations:

- Mechanism of injury education
- Aerobic exercise education
- Medication and supplement recommendations
- Education to reduce inflammation
- Healthy lifestyle recommendations
- Physical and occupational therapy
- Medical massage
- Acupuncture
- Regenerative medicine procedures
- Ultrasound guided procedures
- Fluoroscopic guided procedures
- Smoking cessation
- Orthosis

Whole-Body Wellness

Physiatrists are excellent diagnosticians, skilled in linking symptoms to root causes.



Treatment for the Active Patient

Our physiatrists are certified in sports medicine, and understand an active patient's need to return to their sport or activity.





Source: Center of Creative Arts St. Louis

SPECIALIZED SERVICES

Sports Medicine

Our physiatry specialists are board-certified in sports medicine, and provide conservative solutions to sports-related injuries. Our specialists have a vast amount of experience treating athletes, working with many professional sports teams and organizations within the St. Louis area, as well as providing medical coverage for high schools and performing arts studios across the St. Louis region.

Medical Program for Performing Artists

The Medical Program for Performing Artists provides dancers, musicians, actors, artists, and singers with quality medical treatment in a timely manner. Our goal is for performers to return to performance at full function and reduce their risk for future injury.

Orthopedic Injury Clinic

Our physiatry specialists are providers at the walk-in Orthopedic Injury Clinic. Patients are seen for acute bone, joint or muscle issues such as a sprain, strain, fracture, or sports-related injury. The Orthopedic Injury Clinic is available in South County and Chesterfield, for patients ages 5 and above. Learn more about the Orthopedic Injury Clinic at ortho.wustl.edu/injuryclinic.

Regenerative Medicine

Regenerative medicine can be used for a wide-range of musculoskeletal conditions, but is particularly helpful in patients with chronic tendon injuries and joints with mild to moderate osteoarthritis. Treatment options include platelet-rich plasma (PRP) and possibly mesenchymal stem cells.

Acupuncture

Our experts in acupuncture have received training outside of the country and offer a unique method of treatment that modulates the anatomics structure, often the myofascial system that is the source of the disorder and pain. Tiny needles are inserted to stimulate specific points to be modified. For some disorders, pain reduction is experience during the treatment.

Ultrasound Services

Ultrasound or fluoroscopy, which enable physiatrists to obtain live X-ray images during a procedure, can be used to perform diagnostic and therapeutic spine or peripheral joint injections.

RESEARCH AND CLINICAL TRIALS

Physical medicine and rehabilitation research focuses specifically on young adult hip disorders, performing arts, spine health, and utilization of ultrasounds for nerve injury evaluation. For information on current research and clinical trials available, please visit ortho.wustl.edu.

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Schedule an appointment:

 (314) 514-3500

 ortho.wustl.edu/Physiatry



Orthopedics