Sub-Internship
Internal Medicine is best. If you are considering pediatric PM&R, then pediatrics is another option.

Electives
Essential:
One or two months of PM&R, either adult or pediatric

Highly Recommended (adult or pediatric):
Neurology
Neurosurgery
Outpatient Orthopedics
Outpatient Psychiatry (emphasizing the treatment of substance abuse/alcoholism, depression and/or anxiety disorder)
Rheumatology
Developmental Pediatrics
Radiology (Bone, MRI & CT of CNS & Spine)

Recommended:
Pulmonology/ICU
Geriatrics
Emergency Medicine
Pain management
Urology (Uro-dynamics, male fertility)
Health Policy or research, with a focus on disability and/or care of chronic illness

For Additional Courses
Take those courses that you are not likely to see again.

We support any electives that provide clinical experience, excellent teaching and opportunities to make independent decisions.

Interviews
Most PM&R programs interview from early November through the end of January, but there is considerable variability. Students also need to interview for a transitional or preliminary year program. There are a few four year PM&R residencies that integrate an internship year as part of the program; however, most programs require matching into a PGY-1 program in addition to matching into a PM&R residency (starting PGY-2).

Most students should apply to between 12-15 PM&R programs, and plan to interview with a minimum of 8 programs.

In regards to transition/preliminary programs, students should apply to 6-8 and plan to interview with a minimum of 4-5 programs.