

UT Southwestern
Medical Center

Department of Physical
Medicine & Rehabilitation

P M & R

C O N N E C T I O N



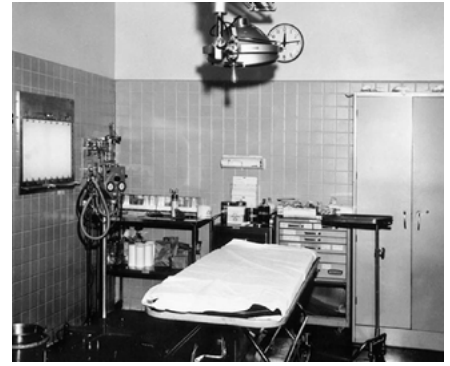
FALL 2024



Heakyung Kim, MD

**Chair of Physical Medicine
and Rehabilitation
Kimberly-Clark Distinguished
Chair in Mobility Research**

In 1894, Parkland Hospital began as a modest clapboard building on the corner of Maple and Oak Lawn Avenues. It became etched in history when President John F. Kennedy (JFK) was brought to Trauma Room 1 at Parkland Memorial Hospital at approximately 12:38 p.m. on November 22, 1963. The events of that brief time and the days that followed forever marked Parkland Memorial Hospital as a pivotal site in United States history. In 2015, a new state-of-the-art Parkland Health & Hospital System (PHHS) was built on a 275,000-square-foot site. On August 13, 2024, one of the original Parkland buildings, where JFK was brought, was completely demolished, but its legacy endures.



Our department, established in 1955, has also faced significant changes and challenges over the years. We've continuously expanded our reach at the University of Texas Southwestern Medical Center (UTSW), PHHS, and Texas Health Dallas (THD) to serve the broader metroplex. Despite a difficult two years marked by the lengthy renovation of the Zale-Lipshy Pavilion and post-COVID financial struggles, we have persevered. The renovation has limited our ability to maximize PM&R inpatient rehabilitation and outpatient services, and we've faced impediments with provider shortages and space constraints. However, I am incredibly grateful for the unwavering support of our faculty and staff during these trying times.

During these challenges, we achieved a remarkable milestone: our department was ranked 15th by U.S. News & World Report for two consecutive years, marking our consistent excellence within UTSW. I am immensely proud of our entire PM&R team.

This year has been dynamic for UTSW, PHHS, and our department. New leaders have joined UTSW, including two department Chairs in Orthopedic Surgery and Psychiatry, as well as the Director of the Spine Center under The O'Donnell Brain Institute (OBI). Additionally, UTSW has appointed a new Executive Vice President for Health System Affairs and a new Vice Provost and Senior Associate Dean for Faculty Affairs & Initiatives. We've also made significant strides in patient care with the opening of the Adult Cerebral Palsy Clinic at UTSW and Parkland, which focuses on transitioning care. The Musculoskeletal/Sports Medicine Program at Parkland was established to provide timely treatment for acute pain, and we successfully launched the PM&R program at the Parkland Employee Health Clinic.

Change is often accompanied by fear and uncertainty, but it also brings opportunities, hope, and innovation. We are all looking forward to the bright future that these changes promise for our department and its members.

PM&R

C O N N E C T I O N

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ON THE COVER

2024 Resident /
Fellow Graduation—
Seniors and Faculty



Farewell to Dr. Bell

This past spring, we bid a fond farewell to Kathleen Bell, MD. After starting her career as a nurse, she decided to attend medical school and graduated from Temple University Medical School. She then completed her PM&R residency at the University of Washington, followed by an NIHR Research Fellowship through the University of Washington. After a brief stint in private practice, Dr. Bell realized that her heart was in academic medicine where she worked in the Department of Rehabilitation Medicine at the University of Washington before ending her medical career here at UT Southwestern to serve as our department chair from 2014 to 2022. She grew the number of faculty and the number of researchers during her time here and saw our department rise in the USNWR rankings. She also helped with the groundwork for further growth of the department including renovations and a new rehabilitation building. Dr. Bell has a love for brain injury and particularly mild brain injury, but was interested in all things psychiatry including starting our COVID Recover program at UTSW for those with Long COVID/PASC. She will continue with her love of research and provide consulting services while enjoying her family and travel during retirement.

Meet Dr. Amanda Wise



Amanda Wise, DO
Assistant Professor

Dr. Amanda Wise, a new addition to the PM&R Sports Medicine Faculty who joined our department in late 2023, is at the forefront of expanding musculoskeletal and sports medicine at Parkland Health. She completed PM&R residency at the University of Washington and Sports Medicine Fellowship at NYU Langone Health. Her work at the Parkland Employee Health and Ron J. Anderson Clinics has swiftly become a success with Parkland quickly asking for more.

At the Employee Health Clinic, Dr. Wise provides care for Parkland Employees and their dependents with any sports and musculoskeletal conditions. Her goals are to expand her work at this clinic as it is rapidly growing and emphasize preventative health from a musculoskeletal and exercise perspective. At the Ron J. Anderson Clinic, she runs a faculty-only clinic three days per week where she has helped to cut down on the patient wait list from 9 months to 6 weeks! Residents are now working in her clinics to improve their musculoskeletal and sports education. They rave about her musculoskeletal and ultrasound knowledge and particularly her bedside teaching.

Dr. Wise's remaining time is spent working at UTSW Aston Clinic. She is also expanding her work in the community. She will be covering Dallas ISD Football this fall as part of her work at Parkland and hopes to grow Sports Medicine and facilitate athlete care between Parkland and DISD. She is also part of UTSW outreach opportunities, recently speaking to young girls at the Girls Empowered by Mavericks (GEM) Camp about physical health.



New PM&R Labs



Our new **Electrophysiology Lab** is equipped with advanced human electrophysiology and neuromodulation research devices, including Magstim Transcranial Magnetic Stimulators (TMS) that is capable of delivering single and repetitive high-frequency magnetic stimulation pulses non-invasively to human body parts such as the brain or spinal cord. The BrainSight real-time neural navigation system can be paired with TMS to achieve precise stimulation of a focal target in the human brain through infrared camera tracking and 3D model and visualization. The lab is also equipped with a 128-channel high-density electroencephalography (EEG) system, which can record brain neural signals with high temporal resolution up to millisecond level. The EEG system can be used independently or paired with the TMS system. Research in the Electrophysiology lab focuses on assessing the human central motor system from the spinal cord to the brain in health and disease.



Our **Gait Lab** is equipped with an ultra-fast camera motion analysis system capable of capturing real-time motion kinematic features and a force plate to quantify contact force dynamics. The research in the Gait Lab focuses on advanced motion and gait analysis in patients with neuromuscular conditions such as stroke and Parkinson's disease, which disrupts motor functions including walking. Gait analysis and motion analysis can reveal subtle variations and abnormalities induced by different neuromuscular conditions.



The **Biology Lab** is equipped with advanced biochemical devices necessary for our faculty's biomarker related research, including centrifuges, a system for real-time polymerase chain reaction (qPCR), biosafety cabinet, and wet lab work bench.

SELECTION OF ACTIVE GRANTS

- PI:** Karen Kowalske
Sponsor: DHHS
Title: North Texas Burn Rehabilitation Model System (NTBRMS)
- PI:** Shanti Pinto
Sponsor: NIH–NINDS (R01)
Title: Sympathetic Activation & Cerebrovascular Pressure Reactivity after Traumatic Brain Injury
- PI:** Shanti Pinto
Sponsor: O’Donnell Brain Institute (OBI) and THR Foundation
Title: Hyperbaric Oxygen Therapy for Post-Concussion Syndrome
- PI:** Shanti Pinto
Sponsor: Baylor/DHHS/ACL/NIDILRR
Title: North Texas Traumatic Brain Injury Model System (TBI)
- PI:** Kristin Wilmoth
Sponsor: Texas Alzheimer’s Research & Care
Title: TARCC: Problem Solving Training (PST) for English and Spanish
- PI:** Yasin Dhaher
Sponsor: NIH–National Institute of Arthritis and Musculoskeletal and Skin Diseases (R01)
Title: EMRSHN: Exploring the Modulatory Role of Sex Hormones Along the Neuromechanical Axis in Females
- PI:** Yanlong Song
Sponsor: Children’s Medical Center
Title: Functional Neuroplasticity of the Cortical Sensorimotor Network in Children with Unilateral Upper Limb Disability

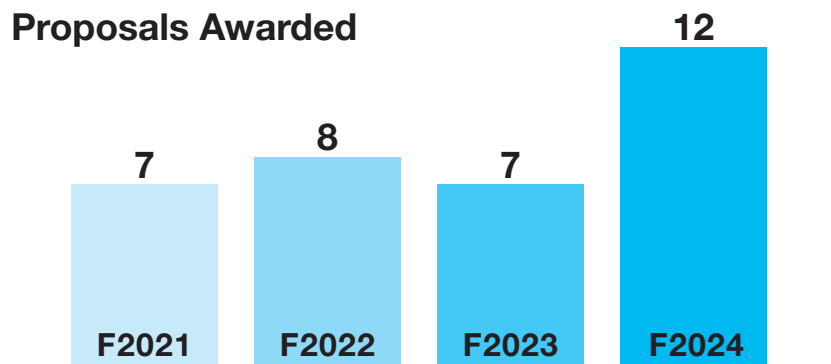
Annual Grant Awards

The 2023–2024 fiscal year marked significant growth in research within the Department, demonstrated by a substantial increase in grant acquisitions, securing 12 awards compared to 7 in the previous year (*see figure*). These grants, which collectively amount to over six million dollars in funding, were awarded by a diverse array of sponsors, including the National Institutes of Health (NIH), the Department of Health and Human Services (DHHS), and various industry partners.

Among the notable projects funded this year are efforts to enhance cerebrovascular pressure reactivity in the treatment of traumatic brain injury, potentially improving patient outcomes. Another significant project is focused on developing culturally tailored problem-solving training for Alzheimer’s patients, targeting both English and Spanish-speaking communities to enhance cognitive health. Additionally, research exploring neuroplasticity in children with unilateral upper limb disabilities aims to revolutionize rehabilitation practices (*see list*).

This growth underscores the department’s commitment to pioneering research across a broad spectrum of topics, including traumatic brain injury, neurodegenerative diseases, burn rehabilitation, pediatric rehabilitation, musculoskeletal disorders, and innovative rehabilitation technologies. These grants reflect the department’s dedication to addressing diverse health challenges, advancing scientific knowledge, and directly impacting society through meaningful health outcomes. The PM&R department at UT Southwestern continues to lead the way in translating research into practical benefits for a wide range of patient populations.

Proposals Awarded



25th UTSW PM&R Department Scientific Day

We celebrated our department's 25th Scientific Day this past May 31, 2024. The theme of the day was Non-Invasive Stimulation to the Brain and Spinal Cord with the Phala Helm Distinguished Lecturer being Monica Perez, PT, PhD from Shirley Ryan Ability Lab. We also had presentations from Seth Hays, PhD, Shawn McClintock, PhD, and Yu-Chen Chung, PT, PhD.

Our residents presented their research from the past year with Kent Simmonds, DO, PhD winning the award of Best Resident Research for his project on "Comparative Risks of Side Effects from Common Oral Anti-Spastic Medications Among Medication-Naive Patients Hospitalized with Acute Brain Injury." There were roughly 2 dozen scientific posters displayed and 80+ attendees.

TOP PHOTO: Scientific Day Speakers with Scientific Day Committee. Pictured from left to right: Yanlong Song, PhD, Shawn McClintock, PhD, Seth Hays, PhD, Monica Perez, PhD, PT, Yu-Chen Chung, PhD, PT, Heakyung Kim, MD, and Kim Barker, MD.

BOTTOM PHOTO: Panel discussion on non-invasive stimulation. Pictured from left to right: moderator Yanlong Song, PhD, Shawn McClintock, PhD, Seth Hays, PhD, Monica Perez, PhD, PT, and Yu-Chen Chung, PhD, PT.



Shark Tank Winners

We had another awe-inspiring showing at our Resident / Fellow Shark Tank Competition this past February. There were lots of wonderful submissions that were judged by an expert panel that included **Yanlong Song, PhD, Kelly Scott, MD,** and **Kent Simmonds, DO, PhD**. The winners included:

- "Exploring Opioid use During Inpatient Rehabilitation" by **Drs. Casey Salandra, Imran Murtuza, and Sam Moshofsky** won 1st Place and \$3000, as well as the audience's favorite.
- "Assessing COVID-19 Vaccine Efficacy in Individuals with Moderate to Severe Traumatic Brain Injury (TBI): Insights from a TBI Model System Study" by **Drs. Ziyi Chen and Sophia Kiernan** tied for 2nd place and \$1000.
- "Enhancing Virtual Learning in Physical Medicine and Rehabilitation Residency Programs Through Anki Flashcards" by **Drs. Casey Salandra and Josh Kaseff** also tied for 2nd place and \$1000.

The State of the Residency: An Interview with Dr. Scott



Kelly Scott, MD
Residency Program
Director

What are some highlights of the residency program?

The best things about the residency program are the people! Our residents are the greatest—caring, fun people who truly care about learning and helping patients and each other!

What are some of the improvements over the past year in the program?

There have been a lot of things we have been working on. We changed the didactic curriculum from 18 months to 12 months and moved the ultrasound education to the Sim Center with cadavers. We worked to protect lecture time and implemented a new lecture attendance policy that not only improved attendance but also fostered collegiality. We also changed the way mentors are assigned to allow the residents to have a choice.

The Template Committee has been revising the outpatient and inpatient note templates to be more in line with the 2021–2023 E+M CPT coding changes, and we are striving to streamline the documentation process to allow for better efficiency in clinics.

We changed the recruitment process as well—2 sets of eyes were on each residency application, and applications were scored across 13 domains in a holistic review process. We also used weighted averages for interview scores to make the rank order list process equitable. We revised and reinforced 360, peer, and patient evaluations, as per ACGME and GME guidelines.

What are a few of your goals for the upcoming year?

We have a lot more changes in the works—lecture day was moved from Friday to Tuesday morning, which took a lot of work but will be much better for patient care and resident satisfaction as well.

We are reducing consult rotations, creating a new PGY2 UTSW clinics rotation, a new Parkland MSK rotation, and adding two more selective blocks for our residents. We will start having interns on our Parkland inpatient unit later this year.

There are a lot of opportunities to continue to grow and I am excited to see where this all takes us!

Another big goal for this year is to revamp the faculty evaluations of residents, and subsequently revising the way we use those evaluations, including updating the role of the Clinical Competency Committee.

What challenges do you feel are facing the program?

Due to turnover and changes in roles, we have less faculty covering peds, inpatient, and consults than we ideally would have. But we have a few great new hires that will be starting soon who should really help things out. The construction at Zale has been a major hurdle and we will be glad when that is over. When it is all done though, we will have an increased number of beds which will help with resident education and to provide care for our patients.

What have been some unexpected things about being a program director?

I didn't know how much work this job would entail when I agreed to take it on! My daily To-Do List usually has between 10–20 things on it, but some days even more. There are always fires to be put out in addition to the regular day-to-day work and the regulatory stuff to meet ACGME and GME requirements. Another unexpected thing is that many people warned me that this job can be thankless at times with complaints, but I have been pleasantly surprised that this is not the case at all! The residents and faculty have been wonderful to work with!

Describe what you are most excited for the program.

We have a wonderful team of Associate Program Directors (Dr. Donald Kasitinon, Dr. Rupali Kumar, and Dr. Sunny Sharma) who I love working with and who are excited to keep pushing through positive changes to make our residency the best it can be. There are a lot of opportunities to continue to grow and I am excited to see where this all takes us!

What has been your favorite part about being program director?

Getting to know the residents better, getting to see their growth over the past year. When I was only working with the residents on EMG, I would only see them in that capacity, and only for 6 weeks in PGY3 and PGY4 years. Now I can see them progress throughout the 4 years, which is really rewarding.

What excites you about the current residents?

Our residents all are wonderful people. And they really want to do a good job and help improve the residency program, so that is inspiring to me. They are also a lot of fun to hang out with!

How would you rate the “state” of our residency is?

Our residency is in a very good place. The changes we have made have been well received and our residents get excellent training. Our ACGME survey results have improved a lot and what I am most proud of is that the ACGME resident wellness survey also improved significantly—I think that happy residents are one of the best indicators of a good residency program.

What activities do you enjoy doing for fun?

I love cats—we own 5 and I volunteer with the Dallas Cat Lady organization as an adoption counselor on Saturdays. I also foster kittens through Dallas Cat Lady and Operation Kindness. I chauffeur my kids around a lot, but my oldest just got his driver's license so that takes some of the pressure off. I like going to my sons' high school marching band performances and seeing my daughter play percussion in her middle school band. I also play way too many games on my cell phone. My current favorite is called “Blossom Sort” and I highly recommend that you do not try it because you will become addicted like I am.

Resident Spotlight: Amanda Stubbs, MD



Amanda Stubbs, MD

Career goals: Be the best psychiatrist I can be!

Name of the camp: Camp Joint Adventure

What inspired you to participate in this camp? I wanted to get more exposure to kiddos with different needs out in the wild, living life and having fun.

What was one moment that you felt highlighted what this camp was about? The camp is all about the kids and making sure they can have experiences that any other kid would have. I think that energy was palpable from the moment the buses rolled into Camp John Marc. All of the counselors and staff greet them with signs, music, dancing and all kinds of excitement—I honestly had to fight back tears because it was such a cool moment to see how dedicated everybody was to making sure this would be a great experience for the kids.

What would you want others to learn from your experience? I think it is incredibly important to see our patients out doing their normal day-to-day activities so that we can better help support them and understand some of the obstacles they encounter.

Highlight one story that you felt was funny or showed what it was like to be a camp counselor? There were so many—from the kids joking about how much they paid to go to camp (“an arm and a leg!”) to the emergency bathroom phrase our cabin developed (“I’m going to Comanche!”—it was an empty cabin that always had a bathroom open), the campfire cookout, stargazing with the graduating campers, or when all of us were rustling around in bed waiting to see if anybody else heard the strange noises after lights were turned out.

What is one thing you learned while at this camp? My campers taught me how to play Egyptian Rat (kind of a combo of War and Slapjack)

How were the bugs? Make sure you bring bug spray! I did get my first ever bee sting at camp—I felt like I got the complete experience. Oh, and check your shoes and clothes for scorpions!

What was your favorite moment? Learning about the campers hopes and dreams for the future. Or maybe the fajitas, homemade ice cream and fry bread that the campers helped make at the campfire cookout.

What is a quote that would represent your experience? “Don’t you know insurance says you can’t have your cake and eat it too?”—the campers talking about how insurance doesn’t cover some of the logical features for their wheelchairs or prostheses.

Would you go back? Absolutely!



GO → PMR

The future of medicine, today.

Giving back to promote residency development (GO-PMR) was created to enhance the educational experience for residents and fellows of the Department of Physical Medicine and Rehabilitation. GO-PMR provides an opportunity for those who have benefited from outstanding training at UT Southwestern to give back to the program, and for faculty to support our trainees.

CONTRIBUTE TO GO-PMR




To contribute, scan the QR code above or go to <https://engage.utsouthwestern.edu/donatego-pmr>.



UT Southwestern DFW Adaptive Sports Expo

Please join us for the UT Southwestern DFW Adaptive Sports Expo. Learn about and try different adaptive sports, and get connected to helpful resources and organizations.

To register for this event, scan the QR code below or visit forms.gle/zadcGhMgszeUQZ298.

Saturday, September 21, 2024
10 a.m. – 3 p.m.

UT Arlington Maverick Activities Center
 500 W. Nedderman Drive, Arlington, TX 76013



Meet the New Residents and Fellows

CLASS OF 2027



David Cotton
MD



John Hunton,
MD



Ammar Khan,
MD



Sophia Kiernan,
MD



Jeremiah Ling,
MD



Warona Matuba,
MD



Grace Meehan,
MD



Victoria Noel,
MD



Niran Vijayraghavan,
MD

CLASS OF 2028



Ryan Floresca,
MD



Elisabeth Frankini,
DO



Emma Kim,
MD



Molly Litten,
MD



Rebecca Liu,
MD



Mitchell Withers,
DO



Colleen Jacobs,
DO



Amber Newell,
DO



Amisha Patel,
MD

INTRODUCING TBI FELLOW



Priya Nangrani,
MD

Staff Updates

The Administrative Operations Team (AOT) is a group of talented professionals who serve in various capacities, serving as the engine that drives the department to achieve our mission and vision to optimize quality of life and function through excellence and innovation in patient care, research and education.

The team meets regularly for discussions and feedback prior to any policy or operations changes being implemented.

AOT MEMBERS

Administrative Operations:

Lisa Sanchez
LaChandra Gorman
Tyhesha Price
Kianga Robinson

Education Operations:

Terri Isbell
Godley Johnson
Valeria Rodela

Finance Operations:

David Voss
Diane Hendricks

Research Operations:

Ana Castillo
Adriana Sanchez
Jennifer Bell-De Paz



Terri Isbell celebrated her 30th anniversary here at UTSW and was featured in the Center Times Newsletter on campus. Twenty-five of those years have been dedicated to the PM&R residents and Graduate Medical Education.

RESIDENT SPOTLIGHT

Kent Simmonds, DO, PhD

Our Research and Resident Development Chief, Kent Simmonds, DO, PhD has been busy this past several months! He was a top winner from UTSW for the Texas Regional CTSA Consortium Poster Session. Kent also won the Ursula Krusen Award from the Texas PM&R Society for the top resident research in Texas. Last, he had the highest-ranked abstract, yet again, at the International Stroke Conference, winning the Paul Dudley White International Scholar Award. This is the second time in a row that Kent has won this prestigious award.



Dr. Simmonds pictured with Dr. Nneka Ifejika, after receiving an award at the 2023 International Stroke Conference.



Sunday, November 3, 2024

Annual Faculty vs. Residents Flag Football Game

Thursday, November 7, 2024

UTSW Alumni Reception, AAPM&R Annual Assembly

Faculty Updates

PROMOTIONS

The new year will bring promotions among some of our faculty. As of September 1:

- **John Thottakara, MD**, was promoted to Professor under the Clinician Track
- **Amy Mathews, MD**, was promoted to Associate Professor under the Clinician Educator Track
- **Shanti Pinto, MD**, was promoted to Associate Professor under the Clinician Educator Track

Congratulations to these three great faculty members on their hard work!



John Thottakara, MD
Professor



Amy Mathews, MD
Associate Professor



Shanti Pinto, DO
Associate Professor

FACULTY IN THE MEDIA

Surendra Barshikar, MD was quoted in a Healthline article “Millions of Americans Have Chronic Fatigue Syndrome” discussing how this is a clinical diagnosis.

Isabel Huang, MD was quoted in “It Took 12 Doctors to Figure Out the Reason for this Broadway Actress’ Excruciating Pain” that was published in Prevention magazine. She explained the pathophysiology of hypermobility and Ehlers-Danlos Syndrome as well as gave tips on treating the impairments.

Kavita Trivedi, DO was quoted in the Washington Post in an article on “How to promote good posture and avoid becoming hunched over.”



Surendra Barshikar, MD
Associate Professor



Isabel Huang, MD
Assistant Professor



Kavita Trivedi, DO
Associate Professor



G. Sunny Sharma, MD
Assistant Professor

20 UNDER 40 SPINE PHYSICIAN AWARD

G. Sunny Sharma, MD was awarded this prestigious award by the North American Spine Society for rising physicians. He is one of the first dozen physicians in the Dallas/Fort Worth metroplex to be performing the Intracept™ basivertebral nerve ablation procedure. Learning and perfecting new skills is what he loves about his sub-specialty—being able to merge medicine and technology.

Texas Community Clinic

This free clinic had its ribbon cutting on August 3. The idea was born from providers seeing a need for healthcare in those without health insurance. After rapid work by the founders, it only took a year for the clinic to be realized. Three of the six board members have close ties to the department. **Weibin Yang, MD** is the President of the Board of Directors and also serves as our Chief of the PM&R Service at VA North Texas Health Care System. Also on the board are alumni from our residency program: **Wenbao Wang, MD** serves as the secretary and **Hejun Yuan, MD** is a board member and chair of the medical staff committee. The clinic will be open every other Saturday at 7801 Coit Road in Plano.



From left to right: Hejun Yuan, MD, Heakyung Kim, MD, Wenbao Wang, MD, and Weibin Yang, MD.



Ribbon cutting ceremony for the opening of Texas Community Clinic.

Faculty Development

We began our Faculty Development Series this past winter covering various topics including coaching, clinical efficiency, promotion and tenure, and toxic work environments. We hope to be able to cover a wide variety of topics for our faculty whether it be clinical efficiency, help with research, or wellbeing.

1. **Christina Ahn, PhD**
“Transformational Communication Using Leadership Coaching Skills”
2. **J. Ricky Singh, MD**
“Clinical Productivity and Efficiency”
3. **Nneka Ifejika, MD**
“UTSW P&T Process”
4. **Faye Chiou Tan, MD**
“Workplace Toxicity and How to Handle It”
5. **Kathleen Bell, MD** “Responding to the Reviewer”

Dr. Kim has invited all the faculty to attend a retreat in September that will foster personal and professional development as well as focus on departmental growth and our vision. Also, to assist with faculty affairs, including development, and the education of our trainees and faculty, the department named its first Vice Chair of Academic and Faculty Affairs, **Kim Barker, MD**.



Daniel Cai, MD

Dr. Daniel Cai graduated from UT Southwestern Medical School in 2016 and then our PM&R residency program in 2020. He then went on to do his Neuromuscular Fellowship at University of Washington. Since coming back to UT Southwestern as faculty, Dr. Cai is playing an instrumental role in putting PM&R on the map and training future generations of residents.

Fondest memory from residency: Eating at Mike's Chicken with coresidents

Person most influential on journey as a physiatrist: Dr. Kelly Scott, who convinced him to explore his passion for EMGs.

Proudest career achievement to date: Developing the new neuromuscular ultrasound curriculum for residents.

Exciting next steps: Research in various ALS Clinical trials where he will be able to help patients access cutting edge medications and hopefully find a cure for the disease. Other things that he is looking forwards to include continuing his work with the EMG lab and ultrasound program and collaborating with peripheral nerve surgeons and hand surgeons on complex nerve reconstruction.

Favorite free time activity: Hanging out with his wife and Maltese poodle, Finn

Favorite memory of Terri: "Cannot think of a story which would be appropriate for publication."



Yuemeng Dai, MD

Dr. Yuemeng Dai graduated from West China University of Medical Sciences. He graduated from UT Southwestern's PM&R residency program in 2016 where he also served as Academic Chief Resident. He then graduated from our Brain Injury Medicine Fellowship in 2017. He and his family have remained in the metroplex since completing his training.

What is your fondest memory of residency? My fondest memory of residency is the annual Christmas party. Residents, attendings, and family members would come together in their most festive and hideous Christmas sweaters. We had a great time voting for the ugliest sweater of the event.

Who was the most influential on your journey as a physiatrist? I was fortunate to train at UTSW, where the PM&R department boasts many outstanding attending physiatrists. Among them, Dr. Samuel Bierner, my resident program director, had the most significant impact on my development. At the start of my residency, I had minimal knowledge of rehabilitation and struggled during my initial clinical rotation and SAE test. Dr. Bierner's guidance, encouragement,

and support were pivotal in helping me navigate my training and build confidence. His mentorship was crucial in shaping me into a skilled and passionate rehab physician.

What are you most proud of in your career thus far? Before moving to the United States, I practiced as a general surgeon in China, where the focus was primarily on life-saving procedures and disease treatment. Transitioning to rehabilitation, which emphasizes enhancing quality of life, has been deeply fulfilling. I am proud of successfully shifting my career to rehab medicine, where I can now use my acquired knowledge to significantly improve my patients' quality of life.

Do you have any next big steps or future plans? My focus is on continuing to provide exceptional care and health education to my patients and their families. I do not have specific plans beyond this commitment.

What do you spend your free time doing? I enjoy traveling with my family both within the United States and internationally, exploring diverse cuisines from around the world. Additionally, I have a passion for cooking and love experimenting with new recipes.

The Graduating Class of 2024



Pictured from left to right:

Britton Eastburn, MD, *Physiatry Associates of Texas / Encompass Rehabilitation Mid-Cities, Bedford, TX*

Tim Olivier, MD, *Pain Fellowship, West Virginia University, Morgantown, WV*

Jake Stephen, DO, *Pain Fellowship, University of Michigan, Ann Arbor, MI*

Ellen Sloan, MD, *SCIM Fellowship at Emory University School of Medicine/Shepherd Center Program, Atlanta, GA*

Ryan Flowers, DO, MAS, *Mountain View PM&R at PAM Health Rehabilitation Hospital of Greeley, Greeley, CO*

Martin Laguerre, MD, MPH, *Integrated Rehabilitation, Portland, OR*

Rahul Dewan, DO, *TBD*

Michael Burke, MD, *Encompass Rehabilitation at the Texas Medical Center, Houston, TX*

- Barker K**, Rydberg L, Lanphere J, Malmut L, Neal J, Eickmeyer S. The utility of inpatient rehabilitation in heart transplantation: A review. *Clin Transplant*. 2024 Jan;38(1):e15182. doi: 10.1111/ctr.15182.PMID: 37922201.
- Pham D, Hopkins BJ, Chavez AA, Brown LS, **Barshikar S**, Prokesch BC. Impact of Urine Culture Reflex Policy Implementation in a Large County Hospital Inpatient Rehabilitation Unit-A Pilot Study. *Am J Phys Med Rehabil*. 2024 Jun 1;103(6):525-531. doi: 10.1097/PHM.0000000000002401. Epub 2023 Dec 21. PMID: 38261766.
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