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## What is a Physiatrist?

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### Physiatrist (fizz-I-a-trist)

A physician specializing in Physical Medicine and Rehabilitation.

### Prevention & Diagnosis

Physical Medicine and Rehabilitation (**PM&R**) is a medical specialty that emphasizes the prevention, diagnosis and treatment of disorders - particularly those of the musculoskeletal and nervous systems - that may produce temporary or permanent impairment.

### Integrated Care & Restoration

**PM&R** provides integrated care in the treatment of all musculoskeletal and neurologic disabilities from ankle sprains and arthritis, to spasticity following a stroke. The specialty focuses on the restoration of function to people with problems ranging from simple mobility issues to those with more complex medical problems.

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## What does a Physiatrist treat?

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Physiatrists treat a wide range of problems from aches and pains to immobility, covering all major body systems. The primary focus of a Physiatrist is the restoration of function for a patient. They strive to help patients return to the highest level of activity possible. They often have broad practices, but may concentrate on specific areas such as sports medicine, work-related injuries, motor vehicle accidents and spinal cord injuries.

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## Problems often treated:

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**Sports Injuries**

**Sore Shoulders**

**Achy Knees**

**Work Injuries**

**Repetitive Motion Injuries**

**Arthritis**

**SCI**

**MVA**

**Neck & Back Pain**

**Tendonitis**

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## Who does a Physiatrist treat?

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From the college basketball star who sprains an ankle and needs rehabilitation to play again, to the factory worker who has developed carpal tunnel syndrome, to the grandmother with knee arthritis who wants to walk with less pain. People of all ages and activity levels can benefit from seeing a Physiatrist.

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## Physiatrists for serious disorders:

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Physiatrists also provide treatment for serious disorders of the musculoskeletal system that result in severe functional limitations. They treat an injured worker, someone in a car accident, or an elderly person with a broken hip. Physiatrists coordinate the long-term rehabilitation process for patients with spinal cord injuries or other neurological disorders.

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## Physiatrists for special studies:

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Nerve conduction studies and Electromyography (EMG) can be performed to look for nerve injury that can cause pain, numbness or weakness. Ultrasound can now be used in the office to diagnose tendon or muscle injury; or it can be used to guide injections more accurately.

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## Treatment at the Musculoskeletal Center Department of PM&R

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The experienced Physiatrists of the Musculoskeletal Center are skilled in the latest non-surgical treatments and rehabilitation. Our Physiatrists perform electrodiagnostic studies, such as EMG and nerve conduction, offer various types of injections, write exercise prescriptions, work with highly trained therapists, and much more as part of a comprehensive treatment program. Our Physiatrists will answer your questions and provide you with the peace of mind to make the best decisions about your musculoskeletal care.



**Christopher Burton, MD** has extensive training and experience in Sports Medicine and Electrodiagnostic medicine. Dr. Burton earned his medical degree from Loma Linda University School of Medicine in California, where his post graduate training included an internship in Internal Medicine and a residency in Physical Medicine and Rehabilitation. He is an active member in the American Academy of Physical Medicine and Rehabilitation and the American College of Sports Medicine. Dr. Burton works with several local sports teams, including Pensacola Junior College, and the Pensacola Beach Volleyball Club. He is also a Clinical Assistant Professor for the Florida State University College of Medicine.



**Stephen Slobodian, MD** earned his medical degree from Hahnemann Medical College in Philadelphia, completed his internship at Eastern Virginia Graduate School of Medicine and his residency in Physical Medicine and Rehabilitation at Stanford University. Between his internship and residency, Dr. Slobodian completed four years of Naval Service as a Flight Surgeon. Dr. Slobodian is Board Certified in both Physical Medicine and Rehabilitation and Spinal Cord Injury Medicine. He is noted to have special expertise in treatment of traumatic injuries, Electrodiagnostic Medicine, Neuro-urodynamic testing and Spinal Cord Injury Medicine.

MAP & DIRECTIONS



From I-10 (East or West), take Exit 13. Turn right onto North Davis Highway (291 North). Travel one mile to Medical Center Clinic.

For further questions or concerns, please contact us at:

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