

Lecture Topics

The Physical Medicine and Rehabilitation Center, P.A.
A COMPREHENSIVE SPINE, SPORTS AND OCCUPATIONAL REHABILITATION FACILITY

The Physical Medicine & Rehabilitation Center has formed a Speakers Bureau and our physicians and physical therapists are available to speak to community groups on a variety of topics in Rehabilitation Medicine. Please review the topics and contact us at (201) 567-2277 to schedule an educational lecture for your community.

Aging

Fall Prevention
Keeping the Mind Young & Staying Positive As We Age
Maintaining Mobility & Balance When Aging
What a Geriatrician Can Do For You
Self-Care of Osteoporosis
Dementia
End-of-life Care
Diabetes
Heart disease in Elderly
Depression in the Elderly
Control of Symptoms and Disability from Arthritis
The Importance of Screening: When to Screen, What to Screen For
Urinary & Fecal Incontinence
Bladder & Pelvic Health

Back Pain

Interventional Spine
Lumbar Management Physical Therapy
Non-Operative Care and Prevention of Low Back Pain

Exercise & Sports

Back Pain in Sports
Exercise, Fitness, and Holistic Measures
Exercise and Injury Prevention for Adults
Exercise Over Age Fifty
Healthy Hands
Injury-Free Pilates
Heart Healthy Yoga
Prevention and Treatment of Bicycle Injuries
Prevention and Treatment of Running Injuries
Prevention and Treatment of Swimming Injuries
Prevention and Treatment of Golf Injuries
Exercise & Holistic Measures
Sport Psychology: The Mental Side of Sport and Exercise

Pain Management

Fibromyalgia
Management of Hip & Pelvic Pain
Management of Knee Pain
Management of Shoulder Pain
Prevention and Treatment of Hand / Foot Injuries
Prevention and Treatment of Neck Pain
Neuropathic Pain Management
Cervical Headaches: Treatment and Management
Dizziness

Subacute Rehabilitation

Rehabilitation after Cardiovascular
Rehabilitation after Joint Replacement: Formula for Successful Sub-Acute Rehabilitation

Women's Health

Back Pain in Pregnancy
Back Pain in Women
Self-Care of Osteoporosis
Urinary and Fecal Incontinence