Physical medicine & rehabilitation (also known as physiatry) is concerned with the comprehensive diagnosis, medical management and rehabilitation of people of all ages with neuromusculoskeletal disorders and associated disabilities.

Physical medicine & rehabilitation (PM & R) requires expertise in many areas and offers good research opportunities. It is a broad, team-oriented field with a variety of practices to choose from including pediatric rehabilitation, orthopedic rehabilitation, electrodiagnosis and sports medicine. These physicians treat the “whole” person by considering the physical and psychosocial aspects of a patient’s diagnosis, basing evaluations on both neurological and musculoskeletal factors. A high degree of patient contact and long-term care are common.

To be a competent specialist in PM & R, a physician must be capable of assuming a consultant’s role in the specialty. The physician must acquire a working knowledge of the specialty, including its foundations in the basic medical sciences and research.
Upon completing medical school, in order to become certified in PM & R requires a further 5 years of Royal College-approved residency training. This period must include:

• 1 year of basic clinical training to be completed within the first 18 months of residency consisting of: 6 months in internal medicine, which must include at least 3 months of general internal medicine (clinical teaching unit (CTU) or its equivalent); 2 months in surgery consisting of 1 month in two of the following: general surgery, neurosurgery, orthopedic surgery, plastic surgery, urology or vascular surgery; 4 months training consisting of 1 month in four of the following: anesthesiology, critical care medicine, diagnostic radiology, elective, emergency medicine, family medicine, geriatrics, palliative care, pediatrics, and psychiatry;

• 9 months residency training to include 3 months each of rheumatology, neurology and orthopedic surgery;

• 36 months residency training in core physical medicine & rehabilitation including time in cardiac and/or respiratory rehabilitation and residency training in each of the rehabilitation of persons with amputation (including prosthetics and orthotics), cerebrovascular disease, spinal cord disorders and acquired brain disorders.

For further training requirements go to:
http://www.royalcollege.ca/portal/page/portal/rc/credentials/start/routes/traditional_route

Canadian Association of Physical Medicine & Rehabilitation
http://capmr.ca/
# Number of physicians and physicians/100,000 population in Physical Med & Rehabilitation in Canada, 2015

<table>
<thead>
<tr>
<th>Province/Territory</th>
<th>Physicians</th>
<th>Phys/100k pop'n</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newfoundland/Labrador</td>
<td>2</td>
<td>0.4</td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>1</td>
<td>0.7</td>
</tr>
<tr>
<td>Nova Scotia</td>
<td>13</td>
<td>1.4</td>
</tr>
<tr>
<td>New Brunswick</td>
<td>13</td>
<td>1.7</td>
</tr>
<tr>
<td>Quebec</td>
<td>79</td>
<td>1.0</td>
</tr>
<tr>
<td>Ontario</td>
<td>183</td>
<td>1.3</td>
</tr>
<tr>
<td>Manitoba</td>
<td>16</td>
<td>1.2</td>
</tr>
<tr>
<td>Saskatchewan</td>
<td>10</td>
<td>0.9</td>
</tr>
<tr>
<td>Alberta</td>
<td>58</td>
<td>1.4</td>
</tr>
<tr>
<td>British Columbia</td>
<td>77</td>
<td>1.7</td>
</tr>
<tr>
<td>Territories</td>
<td>0</td>
<td>0.0</td>
</tr>
<tr>
<td><strong>CANADA</strong></td>
<td><strong>452</strong></td>
<td><strong>1.3</strong></td>
</tr>
</tbody>
</table>

Source: 2015 CMA Masterfile
Physicians/100,000 population in Physical Med & Rehabilitation in Canada, 1995 to 2015

Source: CMA Masterfile
Physical Med & Rehabilitation specialists by gender and year in Canada, 1995 to 2015

Source: CMA Masterfile
Physical Med & Rehabilitation specialists by age and gender in Canada, 2015

Gender

Male 64%
Female 36%

Age Group

34 and under 7%
35 - 44 28%
45 - 54 24%
55 - 64 24%
65 and over 17%

Source: 2015 CMA Masterfile
Physical Med & Rehabilitation specialists by age and gender in Canada, 2015

Source: 2015 CMA Masterfile
Main work setting of **Physical Med & Rehabilitation** specialists in Canada, 2015

- Private Office/Clinic: 42%
- Academic Health Sciences Centre: 33%
- Community Hospital: 14%
- Community Clinic/Health-centre: 5%
- Non-AHSC Teaching Hospital: 5%
- Free-standing Lab/Diag Clinic: 2%

Source: 2014 National Physician Survey. CFPC, CMA, Royal College
Practice Organization for Physical Med & Rehabilitation specialists in Canada, 2014

Source: 2014 National Physician Survey. CFPC, CMA, Royal College
### Hours worked per week (excluding on-call) by Physical Med & Rehabilitation specialists in Canada, 2014

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours worked per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct patient care without teaching component</td>
<td>24.1</td>
</tr>
<tr>
<td>Direct patient care with teaching component</td>
<td>5.1</td>
</tr>
<tr>
<td>Teaching without patient care</td>
<td>1.1</td>
</tr>
<tr>
<td>Indirect patient care</td>
<td>6.5</td>
</tr>
<tr>
<td>Health facility committees</td>
<td>0.8</td>
</tr>
<tr>
<td>Administration</td>
<td>3.4</td>
</tr>
<tr>
<td>Research</td>
<td>1.4</td>
</tr>
<tr>
<td>Managing practice</td>
<td>1.7</td>
</tr>
<tr>
<td>Continued professional development</td>
<td>2.7</td>
</tr>
<tr>
<td>Other</td>
<td>1.1</td>
</tr>
<tr>
<td><strong>TOTAL HOURS PER WEEK</strong></td>
<td><strong>48.1</strong></td>
</tr>
</tbody>
</table>

Source: 2014 National Physician Survey. CFPC, CMA, Royal College
Remuneration for Physical Med & Rehabilitation specialists in Canada

Primary payment method¹ in 2013

- 50% 90% + fee-for-service
- 35% 90% + salary
- 9% 90% + other*
- 5% Blended
- 1% NR

* Other includes capitation, sessional, contract and other methods

Average gross clinical earnings for Physical Medicine in 2013/14 (those earning at least $60,000) = $283,550²

Average percent overhead reported by all medical specialists in 2010 = 20%³

¹ National Physician Survey, 2013, CFPC, CMA, Royal College
² National Physician Database, 2013/14, CIHI
³ National Physician Survey, 2010, CFPC, CMA, Royal College
Satisfaction among Physical Med & Rehabilitation specialists in Canada, 2013

**Balance of personal & professional commitments**

- Very dissatisfied: 2%
- Dissatisfied: 19%
- Neutral: 25%
- Satisfied: 37%
- Very satisfied: 18%

**Current professional life**

- Very dissatisfied: 2%
- Dissatisfied: 5%
- Neutral: 11%
- Satisfied: 54%
- Very satisfied: 29%

Source: 2013 National Physician Survey. CFPC, CMA, Royal College
Physical Med & Rehabilitation specialists who are Royal College, CFPC or CMQ certified in Canada, 2014

- 100% Royal College
- 2% CFPC
- 9% CMQ
- 9% Outside Canada

Note: Subset of those who reported a certification. Physicians could indicate more than one certification body.

Source: 2014 National Physician Survey. CFPC, CMA, Royal College
Number of Physical Med & Rehabilitation specialists who retired during the THREE year period of 2012 to 2014

Source: CMA Masterfile – year over year comparisons
Note: “Retired” is based on giving up licence and is therefore excludes those who have retired from clinical practice but are still licensed; it includes physicians who have temporarily given up their licence but may return to practice at a later date.
Total and Ministry funded postgraduate MD trainees in 2014/15 – Physical Medicine & Rehabilitation

<table>
<thead>
<tr>
<th>Faculty of Medicine</th>
<th>Ministry funded</th>
<th>Total</th>
<th>Faculty of Medicine</th>
<th>Ministry funded</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Memorial U N&amp;L</td>
<td>0</td>
<td>0</td>
<td>McMaster U</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>Dalhousie U</td>
<td>6</td>
<td>7</td>
<td>UWO</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>U Laval</td>
<td>12</td>
<td>12</td>
<td>NOSM</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>U Sherbrooke</td>
<td>0</td>
<td>0</td>
<td>U Manitoba</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td>U Montréal</td>
<td>11</td>
<td>11</td>
<td>U Sask</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>McGill U</td>
<td>0</td>
<td>0</td>
<td>U Alberta</td>
<td>13</td>
<td>13</td>
</tr>
<tr>
<td>U Ottawa</td>
<td>10</td>
<td>10</td>
<td>U Calgary</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Queens U</td>
<td>5</td>
<td>5</td>
<td>UBC</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>U Toronto</td>
<td>23</td>
<td>28</td>
<td>Canada</td>
<td>146</td>
<td>154</td>
</tr>
</tbody>
</table>

Source: 2014/15 Annual Census of Post-MD Trainees, CAPER
First year and exiting postgraduate-MD trainees in 2014/15 – Physical Medicine & Rehabilitation

Source: 2014/15 Annual Census of Post-MD Trainees, CAPER
Postgraduate-MD trainees in 2014/15 – Physical Medicine & Rehabilitation

- Total of 27 first year Physical Medicine & Rehabilitation trainees representing 19% of all Physical Medicine & Rehabilitation trainees.

- Total of 146 Physical Medicine & Rehabilitation trainees representing 1% of all Ministry funded trainees.

- Total of 6 visa trainees in Physical Medicine & Rehabilitation.

- Total of 20 Physical Medicine & Rehabilitation trainees completed postgraduate training in 2014.

Source: 2014/15 Annual Census of Post-MD Trainees, CAPER
Location of 2013 Postgraduate-MD exits in 2015 – Physical Medicine & Rehabilitation

Of the 23 exits in 2013, all were known to be practising in Canada

Source: 2014/15 Annual Census of Post-MD Trainees, CAPER
Stress associated with finding employment at end of residency

- **FM resident**
  - NR/NA: 7%
  - Not stressful: 43%
  - Somewhat stressful: 42%
  - Very stressful: 8%

- **Other spec res**
  - NR/NA: 6%
  - Not stressful: 20%
  - Somewhat stressful: 50%
  - Very stressful: 25%

Source: 2012 National Physician Survey of residents. CFPC, CMA, Royal College