



Monthly Newsletter

As always, we are excited to start a new academic year, but this year in particular brings a bit more excitement. Continuing to evolve our delivery of physiatric education, we have added to our clinical rotations numerous opportunities to train with other specialties to include orthopedic surgery, neurology, rheumatology, sports medicine, and plastic surgery. We strive to prepare our future physiatrists to the changes that they may encounter as the delivery of healthcare continues to change.

Additionally, we have added several opportunities to allow elective/ selective rotations for our residents, in particular our PGY-4s to best prepare them for their future careers after graduation. Overall, we continue to evolve and deliver the best education that will produce well rounded physiatrists that will be able to provide the best care for their patients. Rock chalk Jayhawk!



Upcoming Birthdays

- **Aimee Lambeth** PGY4 – 7/11
- **Kerry Mian** PGY2 – 7/13
- **Vinny Francio** PGY4 – 7/17
- **Dr. John Alm** Residency Program Director – 7/20
- **Elizabeth Ramirez** Administrative Assistant – 7/31

Faculty Feature

Dr. Arickx’s primary specialty is Physical Medicine & Rehabilitation. She has completed additional fellowship training and earned sub-specialty board certification in brain injury medicine. Her current clinical practice is focused on rehabilitation after acquired brain injury across the spectrum of healthcare settings including the acute care hospital, rehabilitation hospital, and outpatient clinic. Dr. Arickx was named Faculty of the Year award by the 2022 resident class in the Department of PM&R.

Alexandra Arickx, MD

Assistant Professor, Rehabilitation Medicine



Keith Polston – Co-Chief Resident – PGY4

Dr. Polston is from Nashville, TN. He earned his bachelor’s degree from Vanderbilt University, where he majored in Neuroscience and Medicine, Health, and Society. He then attended Tulane University, where he earned a master’s degree in Human Genetics. After that, he completed medical school at the University of Tennessee and his PGY1 internship at KU. Outside of work, he enjoys, running, fishing, triathlons, being outdoors, and spending time with his fiancé, Logan, and their two dogs, Bailey and Juno.

Resident Spotlight

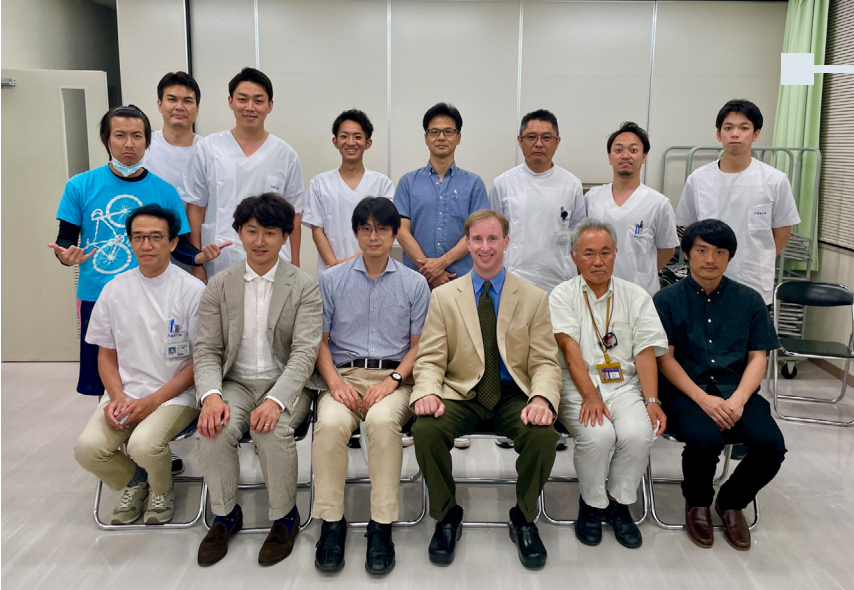
KUdos

Kudos to Dr. Rupp for his research abstract accepted at ASPN Pain 2022.

KUDOS to our program leadership and rotation directors Drs. Howerton, Zoppo and Eickmeyer to allow the flexibility for both Keith and Vinny during the fellowship interview season.

Kudos to Dr. Francio for his original research published at Regional Anesthesia and Pain Medicine Journal.

Kudos to Dr. Lambeth: We are lucky to have your sharp mind and work ethic on our unit this rotation! Not to mention you are so kind!



This summer, Dr. Neil Segal traveled abroad to Japan for research, lectures, and professional collaboration. Dr. Segal, a professor in Rehabilitation Medicine and director in the Clinical Rehabilitation Research Program, started his trip in Fukuoka, where he gave a series of lectures to medical professionals and students alike. Topics such as tendinopathy and advanced therapeutics and non-operative management of knee osteoarthritis were just a few of the many subjects discussed. Some of the sites that Dr. Segal visited were Kurume University, International University of Health and Welfare, Keio University Medical Center, Tokyo University, and Kobe University. Dr. Segal also served as one of the organizers for the International Workshop on Osteoarthritis Imaging where he presented research completed by both himself and of our own PM&R residents, Dr. Andy Hiett, who was awarded the Young Investigator Award for this project.

Thank You

To keep up to date with all current events and important dates please follow our social media channels or go to our [website](#).

Our Research

[KU Medical Center experts](#) within the departments of Physical Medicine & Rehabilitation and Neurology are testing the effectiveness of a wearable device at reducing disability after stroke as a co-investigator site within the [EMAGINE Clinical Trial](#).



KU Medical Center is participating in the EMAGINE study, a multisite national clinical trial that’s studying if stimulating neurons in the brain while performing therapeutic exercise improves recovery after moderately

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