Medicine is a team sport. Internists, other primary care providers, subspecialists, radiologists, nurses, therapists, and so many others work together and, it is hoped, provide care that is as coordinated as it is comprehensive. But this care must also extend beyond the episode of the acute illness. Consider, for example, the patient in the hospital. Suppose the patient is ready for discharge. Then what happens? Ideally, the patient has improved and returns to his or her previous level of function. But we all know, for so many of our patients, including those with stroke, cancer, cardiopulmonary disease, neurologic disorders, and trauma, that may be the exception, not the rule.

Perhaps, then, the most important members of the team are our colleagues in Physical Medicine and Rehabilitation (PM&R). Their careers are devoted to enabling patients to regain function, or to adapt in the best way possible when function is lost. That is why, as the new Consulting Editor for the Medical Clinics of North America, I chose this update in PM&R as the topic of my first issue, and I am glad I did. Under the direction of Guest Editor, Dr David Lenrow, Associate Professor of PM&R at the Perelman School of Medicine at the University of Pennsylvania, this issue provides the latest evidence-based information spanning this very broad field from sports medicine to brain injury; from cardiopulmonary rehab to chronic care after hospitalization; and much more.

As physicians and other providers, we need to keep up with this important field. It is not possible to provide our patients with the best comprehensive and continuous care without addressing their rehabilitation needs. So, I encourage you to explore this issue
and learn as much as you can. Medicine is, after all, a team sport, and our PM&R colleagues provide care over the long term when it may matter the most.

Jack Ende, MD, MACP
Department of Medicine
The Perelman School of Medicine at the University of Pennsylvania
5033 West Gates Pavilion
3400 Spruce Street
Philadelphia, PA 19104, USA

E-mail address:
jack.ende@uphs.upenn.edu