

# Helping people get back to a healthy lifestyle !

APM Spine and Sport Physicians is the premier Physical Medicine and Rehabilitation practice in the Hampton Roads area and is the only PM&R practice in the area with six board-certified physiatrists, including several fellowship trained spine specialists. APM is also accredited through the Accreditation Association for Ambulatory Healthcare, the only practice of its kind to achieve this distinction in Virginia.



Founded in the early 90s by Lisa Barr, M.D., APM prides itself on the quality of its services. We constantly research and seek training in the newest proven treatment modalities. Because we keep on the cutting edge of treatment innovations, APM physicians are often tapped to lecture and train other physiatrists in educational conferences around the country. Dr. Barr was the first physician in the area to offer prolotherapy, the forerunner of PRP (Platelet Rich Plasma) therapy, an increasingly popular treatment for athletes of all levels.

APM was also among the first in the nation to achieve Meaningful Use status. The MU program was established by the Center for Medicare and Medicaid Services to incentivize physician practices



to utilize electronic medical records in a way that promotes quality measures, easy and efficient communication between patients and providers, and information gathering and reporting.

We do all this because helping people get back to a healthy lifestyle where they can fully enjoy work and play is important to us.