

**PALTmed Texas Geriatrics Annual Conference 2026: *Houston: We Have Geriatrics!***  
**Session Objectives and Speaker Bio(s)**

**Speaker(s): Norberto Vargas, MD, CMD**

**Title: *PM&R in Post Acute Care***

Date: Friday, July 31, 2026

Time: 9:00 am to 10:00 am

Objectives:

1. Describe the role of PM&R in post-acute care and how physiatrists help improve function and rehabilitation outcomes.
2. Recognize common barriers to therapy progress in the skilled nursing setting, including pain, weakness, spasticity, cognitive decline, and medication effects.
3. Identify clinical situations in which PM&R involvement can improve therapy participation, mobility, and discharge planning.
4. Apply key PM&R concepts to post-acute case scenarios in order to evaluate why a patient may not be progressing in therapy.
5. Differentiate major PM&R subspecialties and how they relate to the care of patients in post-acute and skilled nursing settings.

**Norberto Vargas, MD, CMD**

Dr. Norberto Vargas, MD, CMD, is a board-certified post-acute care physician and the Founder and CEO of Paragon Pain and Rehabilitation, PLLC, doing business as Paragon Post Acute Care. He specializes exclusively in Skilled Nursing and Long-Term Care, serving as a primary post-acute care physician with advanced expertise in Physical Medicine & Rehabilitation, Pain Management, Addiction Medicine, and Obesity Medicine. Dr. Vargas is board-certified in all four disciplines and is a Certified Medical Director (CMD) through the American Board of Post-Acute and Long-Term Care Medicine (PALTC). Dr. Vargas leads a physician-led practice built specifically for post-acute environments, delivering compassionate, compliant, and consistent care aligned with CMS, PDPM, DEA, and regulatory standards. His clinical focus includes functional rehabilitation oversight, evidence-based and survey-ready pain management, addiction stabilization and medication-assisted treatment, and obesity-related chronic disease management for medically complex patients. Recognized as a trusted clinical partner to administrators, DONs, MDS coordinators, and therapy teams, Dr. Vargas emphasizes interdisciplinary collaboration to enhance therapy participation, reduce rehospitalization, strengthen survey readiness, and optimize clinical and financial outcomes. His approach integrates timely provider access, proactive medical management, and documentation practices that support PDPM accuracy and quality metrics. Dr. Vargas frequently lectures to nursing and facility leadership audiences on post-acute care best practices, pain and addiction management in SNF/LTC settings, regulatory compliance, and strategies that improve patient outcomes while supporting facility operations. His work is grounded in a commitment to patient dignity, staff education, and sustainable partnerships in post-acute care.