

# MEET THE DOCTORS

OF SCVMC REHABILITATION CENTER



## **Kazuko L. Shem, MD**

*Chief, PM&R Outpatient Clinics*  
Department of Physical  
Medicine & Rehabilitation,  
Santa Clara Valley Medical  
Center

### **ABOUT DR. SHEM**

Kazuko Shem, MD, graduated from the University of California, San Francisco School of Medicine. She completed a residency in physical medicine and rehabilitation at Stanford University School of Medicine.

Dr. Shem leads multidisciplinary teams in caring for individuals with spasticity, spinal cord injury, spina bifida, complex wound and orthopedic injuries in the outpatient setting. She also provides electrodiagnostic and nerve conduction tests and spasticity procedures including Baclofen pump care, nerve blocks and Botulinum toxin injections. Dr. Shem also holds subspecialty board certification in pain, spinal cord medicine and electrodiagnostic medicine.

In addition, Dr. Shem is a Clinical Assistant Professor with Stanford PM&R and trains residents who rotate at Santa Clara Valley Medical Center. She is the Medical Director of the Women with Disabilities Health Care Clinic and is respected as an expert in spinal cord injury. She is a well-published researcher and has authored recent studies regarding swallowing disorders.



# IN HER WORDS

**RESEARCH ON THE PERSONAL LEVEL:** Over the years, I've been active in a number of research projects designed to help people transition back into the community after an illness or injury including how technology can be leveraged to improve access to clinical support. Research can be directed toward different goals and take on different forms, but it's particularly rewarding to be involved in studies that have a direct connection to improving someone's quality of life.

**WHY I WORK IN OUTPATIENT REHAB:**

Rehabilitation can be a lifelong process and working on the outpatient level gives me the opportunity to make a commitment that lasts throughout my medical career. I have the chance to provide care and education throughout the important passages in people's lives – marriages, jobs, educational achievements, and children – and it's very fulfilling to have that sense of continuity.

**THE IMPORTANCE OF PERSPECTIVE:** As someone who has had to manage her own physical pain over the years, I've actually benefited from some of the programs, like seated Tai Chi, that I've been involved with as a physician and researcher. I would never equate one situation with another, but that kind of experience offers some added insight into what it's like to seek information and follow recommendations to improve a condition.

For outpatient referrals, please call **408.885.7106** or fax **408.885.7110**.



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