



Atrium Health

Orthopaedic Physical Therapy Clinical Residency

Program Overview



ABPTRFE
ACCREDITED PROGRAM

Atrium Health

Our Mission:

To improve **health**

elevate **hope**

and advance **healing** – for all

Atrium Health

Our Vision:

To be the **first** and **best** choice for
care

Clinical Residency

Residency Program Goals:

1. Support the mission of Atrium Health by providing an organized educational opportunity that facilitates and accelerates excellence in orthopaedic physical therapy
2. Provide a curriculum consistent with the Description of Residency Practice (DRP) in orthopaedic physical therapy practice so that residents will be prepared to achieve specialty certification in orthopaedic physical therapy
3. Offer a program that prepares physical therapists to contribute to the body of knowledge in orthopaedic physical therapy by participating in a clinical research project

Clinical Residency

Residency Program Goals:

4. Offer a program that prepares physical therapists to better serve their organization and community as advanced direct access providers, clinical leaders, and a resource for other clinicians
5. Offer a program designed to improve proficiency in the application of manual examination and treatment procedures, functional movement assessment, and therapeutic exercise prescription
6. Offer a program that ensures each resident has a consistent experience across all practice sites
7. To be a nationally recognized provider for post-professional clinical training within selected areas of physical therapy specialty practice

Clinical Residency

Resident Objectives:

1. The resident will practice advanced orthopaedic physical therapy clinical skills
2. The resident will demonstrate the skills necessary to critically review the scientific literature pertinent to orthopaedic physical therapy
3. The resident will participate in a clinical research project
4. The resident will be prepared to be an autonomous provider of physical therapy services within their specialized area of clinical practice
5. The resident will acquire the tools necessary to develop professionally as a clinical leader and resource for other physical therapists and members of the healthcare community
6. The resident will pursue ABPTS certification within their practice specialty upon program completion

Faculty Background

- 6 board-certified in orthopaedic physical therapy (OCS)
- North American Institute of Orthopaedic Manual Therapy (NAIOMT)/Clinical Fellowship Instructor/Fellow, AAOMPT
- American Academy of Manipulative Therapy (AAMT)/Fellow, AAOMPT
- Functional Movement Systems™ (FMS & SFMA)
- Sports metrics™ certification (Cincinnati Sports Medicine)
- The McKenzie Institute®, USA
- Maitland and Rocabado approaches
- Myopain Seminars (Trigger Point Dry Needling, CRAFTA)
- Institute of Physical Art
- Graston Technique® (IAS™)

Residency Faculty

- Mike Agnone, PT, OCS, CMTPT, ATC
- David Aiken, PT, DSc, OCS, COMT, CMTPT, ATC, FAAOMPT (Residency Program Director)
- Susan Aiken, PT, OCS, CHT
- William Freres, PT, CMTPT, CSCS, Cert. DN, Cert. SMT, FAAOMPT
- Stephanie Levi, PT, DPT, OCS, CMTPT
- Matt Minard, PT, DPT, OCS, CMTPT, Cert. MDT, CSCS
- Gary Of, PT, DPT, OCS, CMTPT

Residency Faculty

Mike Agnone

BSPT, SUNY Buffalo

MS, Athletic Training, Indiana
State University

Certified Athletic Trainer (ATC)

OCS – 2007/2016

Certified Manual Trigger Point Therapist
(CMTPT) – Myopain Seminars

Clinical Coordinator – CR Randolph,
CR Mt Island Lake, CR Harris and
Dowd YMCA



Residency Faculty

David Aiken

MPT, Emory University

DScPT, Andrews University

OCS – 1993/2003/2013/2019

Certified Athletic Trainer (ATC)

NAIOMT Manual Therapy Fellowship
program (FAAOMPT)

COMT & Clinical Fellowship
Instructor (CFI), NAIOMT

Certified Manual Trigger Point Therapist (CMTPT) – Myopain Seminars

Outstanding Physical Therapist award, NCPTA

Clinical Coordinator – CR Ballantyne and Sara's YMCA



Residency Faculty

Susan Aiken

MPT, Emory University

OCS – 1996/2006/2014/2019

Certified Hand Therapist (CHT)

**Clinical Specialist – OrthoCarolina,
Ballantyne**

**Specializes in upper extremity
rehabilitation**



Residency Faculty

Will Freres

**MPT, Northern Illinois University
CR Orthopaedic PT Residency
graduate – 2012**

**Certified Manual Trigger Point Therapist
(CMTPT) – Myopain Seminars**

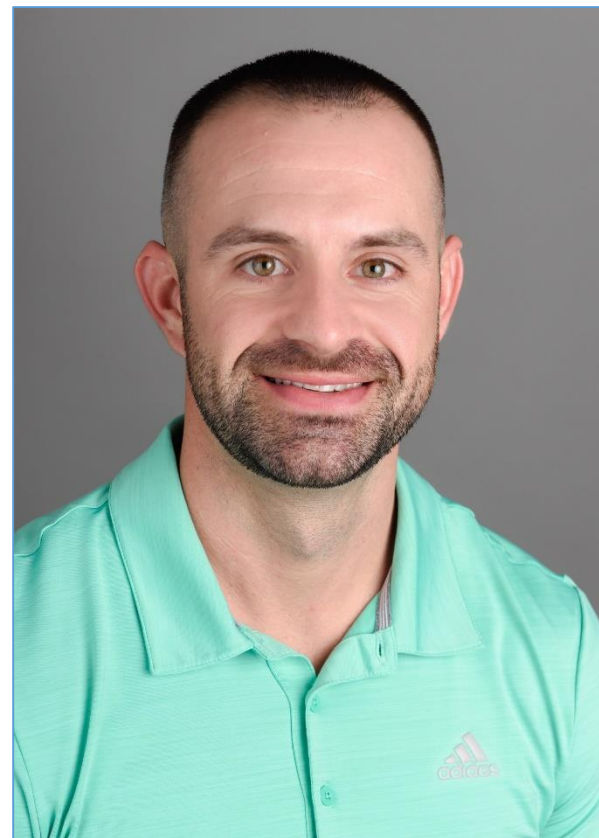
Lab Instructor – Myopain Seminars

**Certified Strength and Conditioning
Specialist (CSCS)**

**American Academy of Manipulative
Therapy Fellowship program
(FAAOMPT)**

Cert. DN, Cert. SMT – AAMT

Level III Staff PT – CR Dowd YMCA



Residency Faculty

Stephanie Levi

DPT, Washington University (St. Louis)

OCS – 2014

Credentialed Clinical Instructor, APTA

**Certified Manual Trigger Point Therapist
(CMTPT) – Myopain Seminars**

**Pursuing CRAFTA (Cranio Facial Therapy
Academy) certification**

Certified Tai Chi Instructor for Arthritis

Level III Staff PT – CR Ballantyne



Residency Faculty

Matt Minard

DPT, University of Dayton

CR Orthopaedic PT Residency

graduate – 2014

OCS – 2015

Certified Manual Trigger Point Therapist

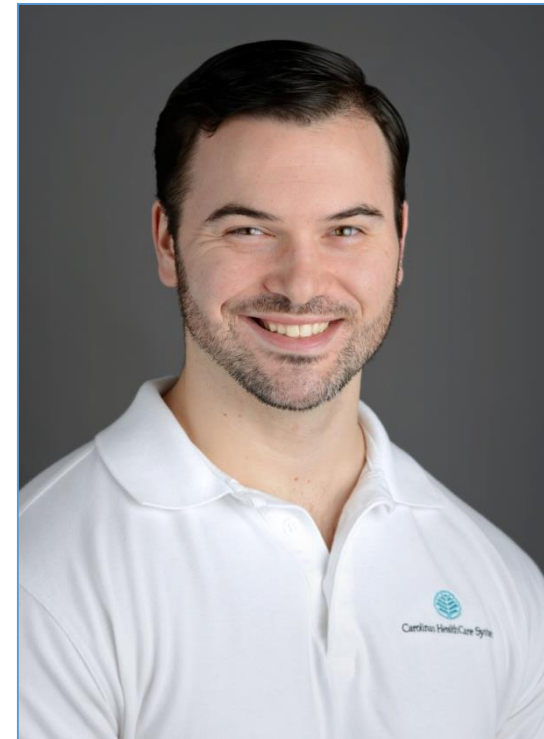
(CMTPT) – Myopain Seminars

Certified Strength and Conditioning

Specialist (CSCS)

Cert. MDT – McKenzie Institute

Level III Staff PT – CR Harris YMCA



Residency Faculty

Gary C. Of

BSPT, SUNY Stony Brook

DPT, SUNY Stony Brook

OCS – 2012

Level III Staff PT – CR Main

Certified Manual Trigger Point Therapist

(CMTPT) – Myopain Seminars

Specializes in Functional Manual

Therapy (IPA) approach



Program Philosophy

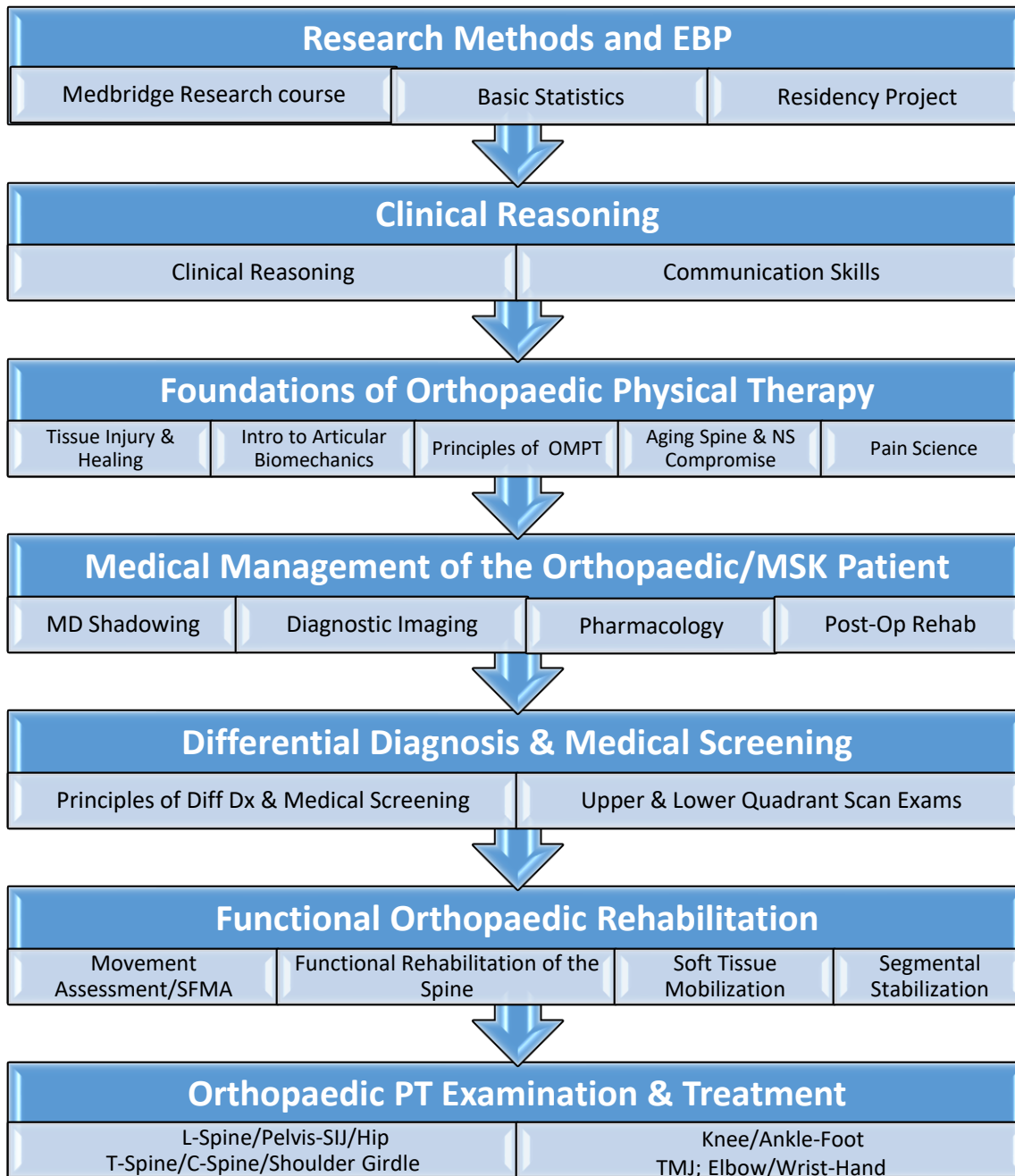
- The human body is an interconnected dynamic system with its function dependent on the interrelationship of the myofascial, articular, and neuromuscular systems
- Pain related to the musculoskeletal system is most effectively managed when treatment is directed towards optimizing efficient functional movement
- The primary role of the orthopaedic physical therapist is to identify impairments to efficient functional movement involving the articular, myofascial, and neuromuscular control systems and, through treatment and education, resolve these impairments
- Integrating current best evidence with an eclectic philosophy and the ICF as the model for a patient centered care approach

Residency Program Overview

- 12 month duration (49 weeks) – January to December
- 36 hours /week patient care (1728 hours)
- 152 hours of 1:1 mentoring with faculty during patient care (4 hours /week x 38 weeks)
- Mentoring with: board-certified orthopaedic PTs (OCS), TMJ specialist, certified manual/manipulative PTs/AAOMP/T fellows, certified hand therapists (CHT), certified myofascial trigger point therapists (CMTPT)
- 4 hours /week of faculty instruction – didactic/lab (168 hours)
- Curriculum includes Myopain Seminars trigger point dry needling (DN1) as optional instruction
- Physician shadowing/interaction with an orthopedist, physiatrist (Physical Medicine & Rehabilitation), and radiologist (20+ hours)
- Independent readings, projects, and assignments

Curriculum Components

<ul style="list-style-type: none">1. Research Methods & Evidence-Based Practice2. Clinical Reasoning3. Foundations of Orthopaedic Physical Therapy	January
<ul style="list-style-type: none">4. Medical Management of the Orthopaedic & Musculoskeletal Patient5. Principles of Differential Diagnosis & Medical Screening	February
<ul style="list-style-type: none">6. Functional Orthopaedic Rehabilitation	March
<ul style="list-style-type: none">7. Lumbar Spine/Pelvic Girdle/Hip – Regional Examination, Evaluation, and Management	April - May
<ul style="list-style-type: none">8. Thoracic Spine/Cervical Spine/Shoulder Girdle – Regional Examination, Evaluation, and Management	June - August
<ul style="list-style-type: none">9. Knee/Ankle-Foot/TMJ/Elbow/Wrist-Hand – Regional Examination, Evaluation, and Management	September - November



Typical Resident Weekly Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM							
8:00 AM		Patient care	Lecture/Lab	Patient care	Mentoring	Patient care	
9:00 AM		↓	↓	↓	↓	↓	
10:00 AM		↓	↓	↓	↓	↓	
11:00 AM		↓	↓	↓	↓	↓	
12 NOON		↓	LUNCH	↓	LUNCH	LUNCH	
1:00 PM		LUNCH	Patient care	LUNCH	Patient care	Patient care	
2:00 PM		Patient care	↓	Patient care	↓	↓	
3:00 PM		↓	↓	↓	↓	↓	
4:00 PM		↓	↓	↓	↓	↓	
5:00 PM		↓	↓	↓	↓	↓	
6:00 PM		↓	↓	↓	↓	↓	

Curriculum Resources

- **Orthopaedic Section Monograph Series & Resources:**

Current Concepts of Orthopaedic Physical Therapy, 4th ed.

Diagnostic Imaging in Physical Therapy

Pharmacology

Postoperative Management of Orthopaedic Surgeries

Basic Statistics for Understanding the Physical Therapy

Literature

- **Required Texts:**

Cook/Hegehus, Orthopedic Physical Examination Tests: An Evidence-Based Approach, 2nd ed.

McEwen, Writing Case Reports: A How-to-Manual for Clinicians, 3rd ed.

Curriculum Resources

- **Recommended Texts:**

Placzek/Boyce, Orthopaedic Physical Therapy Secrets, 2nd ed.

Cook, Movement: Screening, Assessment, and Corrective Strategies

Sueki/Brechtler, Orthopedic Rehabilitation Clinical Advisor

- **For Trigger Point Dry Needling Instruction:**

Dommerholt/Fernandez-de-las-Penas, Trigger Point Dry Needling:

An Evidenced and Clinical-Based Approach (required)

Kostopoulos/Rizopoulos, The Manual of Trigger Point and Myofascial

Therapy (recommended)

Curriculum Resources

- **DVD/Videos:**

- The Scan Exam (NAIOMT)

- Exercises for the Lumbar Patient (IPA)

- Key Functional Exercises You Should Know (Cook)

- Examination and treatment techniques

- **Current Research:**

- Medbridge - Rehabilitation Research Boot Camp course

- Research articles relevant to topics of instruction

- Required and optional readings

- Article selections will vary with new research developments

Resident Evaluation

- **Weekly Feedback Forms:**

 - Clinical Supervision form

 - Clinical Instructor Prep form

- **Clinical Skills Performance:**

 - APTA Self-Assessment Tool

 - ABPTS Assessment Tools for PTs – Orthopaedic

- **Performance of Examination & Treatment Procedures:**

 - 1 Practical Examination (Functional Orthopaedic Rehabilitation skills)

 - 2 Oral/Practical Examinations (1 spine, 1 extremity)

 - 2 Live Patient Examinations (1 spine, 1 extremity)

Resident Evaluation

- **Written Examinations:**

- Foundations of Orthopaedic Physical Therapy

- Principles of Differential Diagnosis & Medical Screening

- Orthopaedic Section monograph examinations

- Basic Statistics for Understanding the Physical Therapy Literature

- **Assignments and Projects:**

- Professional Portfolio

- Medbridge – Rehabilitation Research Boot Camp course

- Clinical Reasoning assignments

- Physician Observation Reflective paper

- Final Residency Project (written case study) and Presentation

Resident Feedback

- "Since completing the residency program, my ability to treat the orthopaedic patient has skyrocketed. As patient outcomes have improved, so too, has my confidence. Receiving *one-on-one* mentorship from an eclectic faculty who help blend the art and evidence of physical therapy is invaluable. It is a level of clinical development not possible through school or continuing education courses alone."

– Dr. Matthew C. Johnson, PT, DPT, OCS

- "I'm a unique resident in that I entered the program with 17 years of experience. I was pleased and surprised that the sections that I performed best on the OCS exam were the areas of my clinical practice that I felt weakest prior to the residency program - a true testament to the quality of both the faculty and the curricula. I am now more skilled, more effective, and more efficient than I've ever been. My patients experience the difference, my colleagues respect the growth, and my superiors rely on the excellence."

– Dr. Andrew M. Ball, PT, DPT, PhD, MBA, OCS, CMTPT

Resident Feedback

- "Carolinas Rehabilitation's orthopaedic residency program and their elite orthopaedic providers helped propel my clinical skills at least 10 years into the future. The bond that I formed with all those involved with this program will last a lifetime...so will the learning."
 - Will Freres, PT, MPT, CMTPT, Cert. DN, Cert. SMT, Fellow AAOMPT
- “The orthopaedic clinical residency program at Carolina Rehabilitation is not only the reason I moved to Charlotte, NC from Ohio, but also the reason that I will stay. The program met and exceeded all of my expectations. Being a new graduate, it was the perfect transition to link the didactic material we learned in school, to the ‘real world’ clinical skills in the exciting and challenging world of orthopaedic physical therapy. The program sets you up with a foundation that will facilitate a career worth of learning and self-development. It is perfect for individuals who have a strong passion for the field of physical therapy and truly enjoy helping people. Following the residency, I not only have more confidence, I have more enhanced outcomes and am able to more effectively treat a larger population of patients with an eclectic approach. Not to mention, I made lifelong friends and connections along the way.”
 - Dr. Matthew T. Minard, PT, DPT, OCS, CMTPT

Resident Feedback

- “In the pursuit of clinical mastery, there are several vehicles that allow a beginner to cross the chasm through mindful practice. One of the biggest reasons to choose to pursue residency training at Carolinas Rehabilitation is the combined wisdom and teachings of the faculty that allow the resident to grasp and handle the true meaning and spirit of “best practice”. This relationship not only benefits the clinician, but patients as well.”

– Jennifer Bent, PT, MPT, OCS, CMTPT, Fellow-in-Training

- “I can say that completing Carolinas Rehabilitation’s orthopedic residency program was the best decision of my young career. I am comfortable and confident treating any orthopedic patient that I may see in the future and have a great foundation for success. Being surrounded by a group of elite clinicians has propelled both my skill set and clinical reasoning to a level that would have taken years to achieve. This residency program was above and beyond my expectations and I would recommend it to anyone with a passion for excellence.”

– Dr. Matt Crandall, PT, DPT, OCS, CMTPT

Resident Feedback

- “I was a new graduate when I entered the program and I felt like I needed some sort of direction or structure to become a better therapist. I was fortunate to have a group of mentors that I could learn from, all with different backgrounds and it really helped. I learned a lot of assessment and treatment techniques, honed my psychomotor skills, and forged decent clinical reasoning processes. I met all the goals I had for myself and then some and this is truly the best money I ever spent. This residency was amazing and I recommend it highly to anybody.”

– Dr. Michael Masi, PT, DPT, OCS, SCS, CMTPT, CSCS, CISSN

- “This residency program has been life changing. I entered the program with about 5 years of experience. I was able to gain more experience in one year than I did in my first five years of practice. Every week was like taking part in a new continuing education class. A real top of the line program with top-notch faculty members who are truly invested in your clinical growth.”

– Dr. Zachary Johnson, PT, DPT, OCS

Resident Feedback

- “I learned so much from each and every faculty member. It was obvious that each is very interested in the success of each resident that comes through this program. I am so glad that I went through the residency this year. Best career move ever.”
 - Dr. Kelli Tryon, PT, DPT, OCS
- “Participating in the orthopaedic physical therapy clinical residency at Carolinas Rehabilitation was the best decision I could’ve made to start my career. Throughout this year, my ability to efficiently and effectively examine, evaluate, and treat patients has improved dramatically. The didactic experiences, clinical mentorship, and instruction in trigger point dry needling have all been instrumental to my development as a clinician. It was great to be able to learn from such an eclectic group of faculty members who are passionate about developing the next generation of expert clinicians.”
 - Dr. Ryan G. Wilkins, PT, DPT, OCS, CSCS

Resident Feedback

- “The Carolinas Rehabilitation Orthopaedic Physical Therapy Residency program provided the opportunities to enhance my knowledge and clinical skills. Most importantly, the residency provided mentorship and direction from many highly skilled, experienced therapists that enhanced my clinical reasoning. I truly feel that by completing this program I gained a head start to my career and created a great foundation to build from going forward.”
 - Dr. Matthew Skorheim, PT, DPT, OCS
- “This residency has had a huge impact on my clinical reasoning skills and has created a great foundation to build off. The faculty truly care about the development of the resident and this is demonstrated through prioritization of the 1:1 mentoring. Extremely grateful for this challenging but worthwhile experience.”
 - Dr. Mary Kate Buzzard, PT, DPT, OCS

Resident Feedback

- “I graduated from PT school knowing I wanted to specialize in orthopedics. Undertaking this residency program provided me with valuable structure and direction toward this goal during my first year of clinical practice. The variety of skill sets and backgrounds among the faculty, along with one-on-one mentorship have given my career a strong start well beyond what I would have been able to achieve on my own.”
– Dr. Daniel Steele, PT, DPT, CSCS, OCS

2015 – Reaccredited!



Resident OCS Exam Pass Rate 2011-2018

100%