



Orthopedic Physical Therapy Clinical Residency

Program Overview



Our Mission:

To improve **health**

elevate **hope**

and advance **healing** – for all

Our Vision:

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

Clinical Residency

Residency Program Mission Statement:

To provide a post-professional clinical education experience that will facilitate and accelerate the attainment of advanced knowledge and skills in orthopedic physical therapy. We seek to foster a growing body of skilled physical therapy providers that will elevate our entire clinical enterprise and the quality of rehabilitative services we provide to the community.

Clinical Residency

Residency Program Goals:

1. Support the mission of Advocate Health by providing an organized educational opportunity that facilitates and accelerates excellence in orthopedic physical therapy
2. Provide a curriculum consistent with the Description of Residency Practice (DRP) in orthopedic physical therapy practice so that residents will be prepared to achieve specialty certification in orthopedic physical therapy
3. Offer a program that prepares physical therapists to contribute to the body of knowledge in orthopedic physical therapy and/or serve as a change agent within the profession through submission of a case report and poster

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 orthopedic physical therapy clinical skills
2. The resident will demonstrate the skills necessary to critically review the scientific literature pertinent to orthopedic physical therapy
3. The resident will participate in a case report and poster submission
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

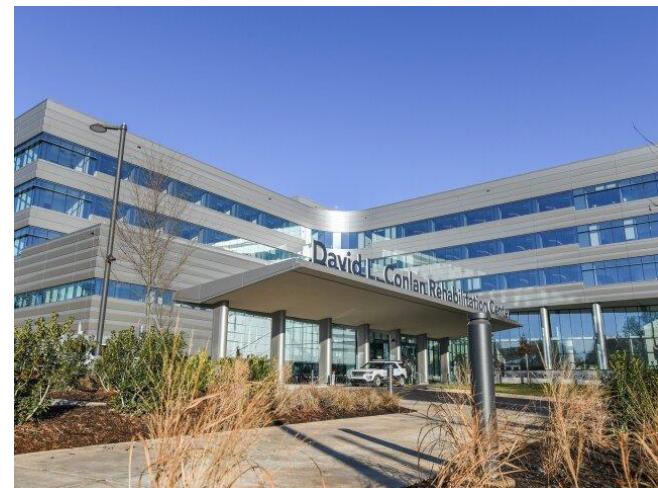
Residency History

Founded by David Aiken, PT, DScPT, OCS in 2011.

First called Carolinas Rehabilitation Orthopaedic Physical Therapy Clinical Residency. Carolinas Rehabilitation, a division of Atrium Health, provides inpatient and outpatient physical, occupational, and speech therapy services in the greater Charlotte, NC region.

Residents have worked in various facilities within CR since its founding.

In 2025, all outpatient facilities changes their name to Atrium Health Physical Therapy



Residency History

In 2025, we expanded to host residents at our sister site, Atrium Floyd, in Rome, GA.

In 2024, faculty from Rome, GA joined Charlotte faculty in teaching our residents.



Residency History

In 2026, we expanded to host residents at our sister site, Aurora Health Care in the Greater Milwaukee, Wisconsin area.

In 2025, faculty from Aurora began to participate in teaching lectures.



Residency History

In 2027 our program will expand again to include the Illinois market with clinics in the greater Chicago area.



So many names:

Atrium Health Physical Therapy, Atrium Health Floyd,
and Aurora Health Care



Now part of  **ADVOCATE**HEALTH

Faculty Background

More than 25 board-certified in orthopaedic physical therapy (OCS)

Other specialties include SCS, WCS, and CHTs

American Academy of Manipulative Therapy (AAMT)/Fellow,
AAOMPT

Graduates of Advocate Health Orthopedic Residency, Mercer
University Orthopedic Residency, Concordia Orthopedic Residency

Bellin College Fellow

Athletic Regeneration, Fellow in Training

Sportsmetrics™ certification (Cincinnati SportsMedicine)

Maitland-Australian Physiotherapy Seminars

Dry Needling Specialists

Institute of Physical Art

Graston Technique® (IASTM)

Charlotte Residency Faculty

Sharlene Childs, OTR/L

Tashan “TL” Duff, PT, DPT, OCS, CSCS

Jacob Forsythe, PT, DPT, OCS, CMTPT

Jenni Freie, PT, DPT, OCS

Jilll Hubbuch, PT, DPT, OCS

Nathan Johnson, PT, DPT, OCS

Michael Masi, DPT, OCS, SCS, CSCS, CISSN, CMTPT, USAW-1, CF-1

Gary Of, PT, DPT, OCS, CMTPT (Residency Program Director)

Evan Spahr, PT, SPT, OCS

Daniel Steele, PT, DPT, OCS, CSCS, CMTPT, Cert -BFRT

Britanee Stone, PT, DPT, OCS, CSCS (Residency Program Coordinator)

Ryan Wilkins, PT, DPT, OCS, SCS, CSCS, CMTPT

Rome Residency Faculty

Nathan Arnett, PT, DPT

Justin Brogdon, PT, DPT

Eric Kure, Pt, DPT, OCS

Larken Logan PT, DPT, OCS

Darius McAphee, PT, OCS, CSCS, CMTPT

Clayton McCollum PT, DPT, OCS, SCS

Carol Richardson, OTR/L., CHT

David Snider PT, DPT, OCS, ATC, cert DN, LSVT Big

Faith M Stokes, PT, DPT, OCS, CPPC, PCES (Rome Site Coordinator)

Wisconsin Residency Faculty

Breanne Beres, PT, DPT, OCS, ATC

Kevin Brusse PT, CMPT, COMT, Cert DrN

Louis Cohn PT, DPT, COMT, FAAOMPT

Shelly Gaatz, OTR, CHT

Mary Beth Geiser PT, DPT, OCS, FAAOMPT

Matthew Hoffman, PT, DPT, OCS, LAT

Erik Kust, PT, DPT, OCS

William Lyon, PT, DPT, OCS, COMT, CSCS

Kathleen Patek, PT, DPT, OCS

Jacob M. Perotto, PT, DPT, FAAOMPT, COMT, CSCS

Mary Santarelli, MS, OTR, CHT

Brittany Smart, PT, DPT, FAAMPT, COMT

Arik Tavs, PT, DPT, OCS

Preston Witt, PT, DPT, OCS

Residency Faculty

Gary C. Of, PT, DPT, OCS, CMTPT
Director of AH Orthopaedic Clinical
Residency Program

- BSPT, SUNY Stony Brook
- DPT, SUNY Stony Brook
- OCS – 2012/2022
- Certified Manual Trigger Point Therapist (CMTPT) – Myopain Seminars
- Clinical Specialist – CR Indian Trail
- Skilled in Functional Manual Therapy (IPA), Barral, and Postural Restoration Institute Approaches
- Works at Atrium Health Physical Therapy in Indian Trail



Residency Faculty

Britanee Stone, PT, DPT, OCS, CSCS

Residency Program Coordinator - Charlotte

- DPT, Duke University
- OCS – 2017
- Certified Strength and Conditioning Specialist (CSCS)
- APTA Credentialed Clinical Instructor
- Lead Physical Therapist – Atrium Health Physical Therapy Anson (Wadesboro)
- Adjunct Instructor for Musculoskeletal Examination – Tufts University DPT program
- Emergency Response for the Athlete Certification
- Vestibular Rehabilitation and Concussion Certified



Residency Faculty

Faith M Stokes, PT, DPT, OCS, CPPC, PCES
Residency Coordinator – Atrium Health Floyd –
Rome, GA

- DPT, University of Tennessee at Chattanooga
- Orthopedic Residency - Evidence in Motion 2019
- OCS 2020 - Present
- Teaching Assistant for Herman & Wallace and University of Tennessee at Chattanooga, Current
- Fellow - Bellin College
- Dry Needling - Myopain Seminars
- Pelvic Health Specialist - Herman & Wallace
- Advanced Obstetric Training - Herman & Wallace and APTA
- Certified Pregnancy and Postpartum Coach - Girls Gone Strong
- Pregnancy and Postpartum Corrective Exercise Specialist - Core Exercise Solutions



Residency Faculty

Kathleen Patek, PT, DPT, OCS

**Residency Coordinator – Aurora Sports
Health – Milwaukee, Wisconsin**

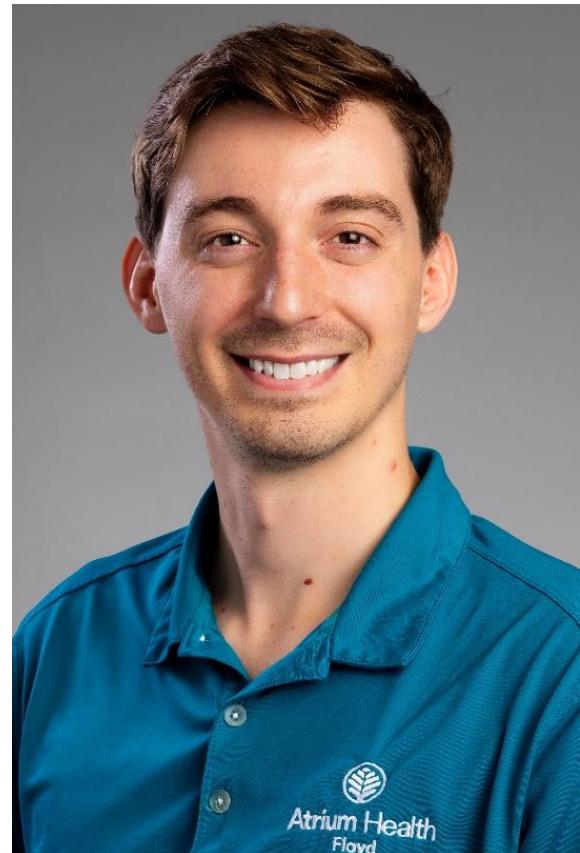
- BS in Exercise Science, Marquette University 2018
- DPT, Marquette University 2020
- Orthopedic Residency Graduate, Concordia University 2021
- Board Certified Orthopedic Specialist 2022
- Certified in Dry Needling (IDN)
- Lead PT for the Milwaukee Admirals



Residency Faculty

Nathan Arnett, PT, DPT

- BS in Exercise Science 2020, Georgia College & State University
- DPT 2023, Mercer University
- Residency in Orthopaedic Physical Therapy 2024, Mercer University
- Cert Dry Needling Through Mercer's residency program
- Sports Medicine Physical Therapist and Co-Lead of Concussion Rehabilitation Program at AHF Physical Therapy and Rehabilitation Rome



Residency Faculty

Breanne Beres, PT, DPT, OCS, ATC

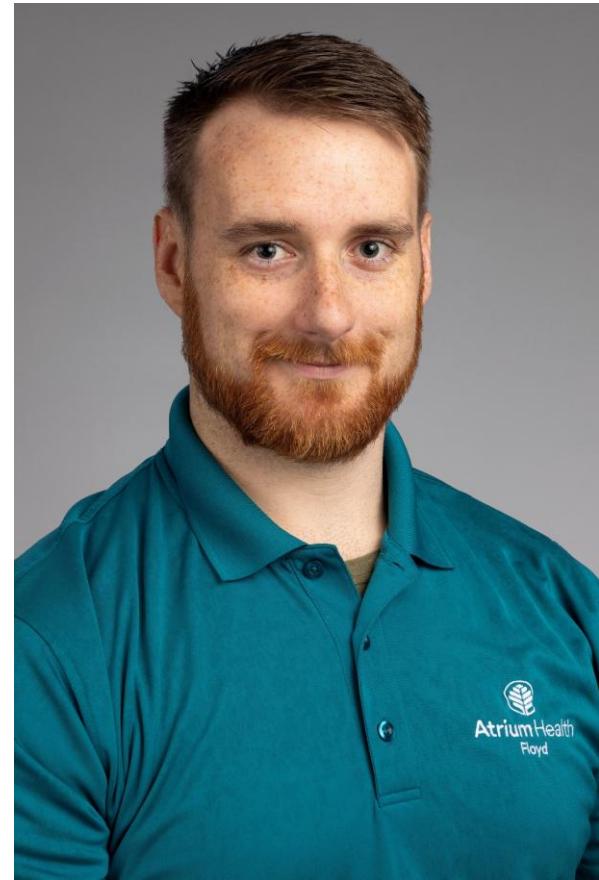
- Undergraduate: Concordia University Wisconsin - BS in athletic training
- Graduate: Concordia University Wisconsin
- Residency: Orthopedic Residency through Concordia University Wisconsin
- Certifications: ATC, OCS
- Dry needling
- Interests: orthopedics and sports medicine
- Works at Aurora Physical Therapy Port Washington



Residency Faculty

Justin “Dakota” Brogdon, PT, DPT

- BS in Biology at Northwestern State University Natchitoches, LA
- Physical Therapy degrees at LSU Health-New Orleans in 2024.
- Completed the James H. Quillen VAMC/ETSU Orthopedic Residency in 2025.
- Dry needling certified
- Works at AHF Physical Therapy and Rehabilitation in Rome, GA
- Special interests in cervical spine and shoulder



Residency Faculty

Shawn Brooks, PT, DPT

- Bachelors in Exercise Sports Science in 2011 at Texas State University
- Doctorate in Physical Therapy from Texas State University in 2014
- Fellowship (FAAOMPT) through the Manual Therapy Institute in Houston in 2017
- One year later he was a mentor for the same Fellowship Program he graduated from.
- Works for Atrium Health Physical Therapy at Indian Trail
- Special Interests include Spine



Residency Faculty

Kevin Brusse PT, CMPT, COMT, Cert DrN

- 2002 Masters in Physical Therapy Concordia University Wisconsin
- 2010 Certified Manual Physical Therapist North American Institute of Manual Therapy
- 2012 Certified Orthopedic Manipulative Therapist
- 2014 Certified Dry Needling --Dry Needling Institute
- Works for Aurora Health in Keil and Sheboygan, WI.



Residency Faculty

Sharlene Childs, OTR/L

- OTR degree from University of Florida 1988
- Ergonomic Certified
- Functional Capacity Evaluation Certified
- Certification in Physical Capacity Profile Testing
- Consultant for the WNBA Charlotte Sting
- NDT Certified
- Member of American Society of Hand Therapist
- Works at Atrium Health, Pineville



Residency Faculty

Louis Cohn PT, DPT, COMT, FAAOMPT

- PT School: Rosalind Franklin University of Medicine and Science
- Manual Institute Fellow in 2017
- Serves as Faculty for the Manual therapy Institute
- Adjunct Faculty for Rosalind Franklin University of Medicine and Science's Physical Therapy Program
- Titleist Performance Institute Certified
- Special interests in adverse neural tissue and movement impairments and golf.
- Works at Aurora Sports Health – Pleasant Prairie



Residency Faculty

Tashan “TL” Duff, PT, DPT, OCS, CSCS

- DPT, Lynchburg College
- CR Orthopaedic PT Residency
- graduate – 2020
- OCS – 2021
- Certified Strength and Conditioning Specialist (CSCS)
- APTA Credentialed Clinical Instructor
- Level III Staff PT – Atrium Health PT-Dowd YMCA



Residency Faculty

Jacob Forsythe, PT, DPT, OCS, CMTPT

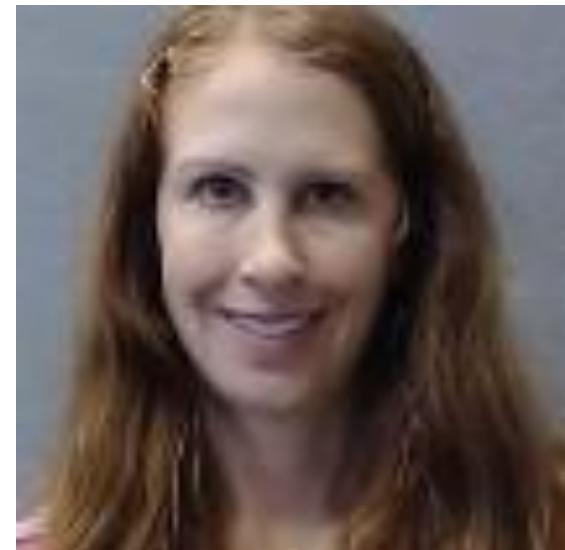
- B.S. Exercise Science from Cedarville University
- DPT from University of Dayton
- Completed Carolinas Rehabilitation Orthopaedic Residency in 2020
- Orthopedic Clinical Specialist (OCS) certification in 2021
- Certified Myofascial Trigger Point Therapist (CMTPT) in Dry Needling
- Carolinas Rehabilitation: Spine Team Member 2022-Present
- PT III at Atrium Health PT: Harris YMCA



Residency Faculty

Jenni Freie, PT, DPT, OCS

- B.S. Bemidji State University in 2003 – Biology
- Doctor of Physical Therapy degrees from University of North Dakota in 2006
- Certified Orthopedic Clinical Specialist (OCS) in 2012.
- Dry Needling Certified in 2015.
- Works at Carolinas Rehabilitation - Charlotte



Residency Faculty

Shelly Gaatz, OTR, CHT

- BS degree in Occupational therapy from University of Wisconsin- Milwaukee
- Senior Therapist at Aurora St. Lukes Medical Center, Milwaukee, WI.
- Certified Hand Therapist since 1998
- Certified Manual Lymph Therapy/Drainage 2010
- Certified in Dry needling of UE and Hand through Optimal Dry Needling in 2022 and Integrated Dry Needling Concepts 2025.
- Specialties: Splinting, Craniosacral Therapy, Myofascial Release, Hand Therapy



Residency Faculty

Mary Beth Geiser PT, DPT, OCS, FAAOMPT

- Bachelor of Science degree in Physical Therapy from Marquette University (1990)
- Doctor of Physical Therapy degree (DPT) from Concordia University Wisconsin (2008)
- Orthopedic Clinical Specialty (OCS) 1999
- Fellowship in Orthopaedic Manual Physical Therapy (OMPT) through Regis University in 2014
- Works at Aurora Health Care
- Adjunct Faculty at Concordia University St Paul (DPT program) and an Affiliate Faculty position at Regis University (Fellowship Program).
- Serves on the APTA/AOPT Pain SIG nominating committee and volunteers for AAOMPT's Academic and Clinical Faculty SIG as President.



Residency Faculty

Kristen Gollnick, PT, DPT, OCS

- BS in Exercise Physiology from Appalachian State University in 2012
- DPT from The University of Wisconsin – Madison in 2015
- Completed Orthopedic residency through the University of Wisconsin - Madison in 2016.
- Board Certified Orthopedic Specialist 2016
- Senior Physical Therapist with Aurora Sports Health - Mequon
- Specialty training in Dry Needling, Concussion Rehabilitation, and Running Analysis



Residency Faculty

Matthew Hoffman, PT, DPT, OCS, LAT

- DPT, University of Wisconsin at Madison, 2010
- BS in Athletic Training, University of Wisconsin at Eau Claire, 2004
- OCS 2016-present
- Certified Athletic Trainer
- Certified in Dry Needling through Spinal Manipulation Institute
- USAW level 1
- Special Interest in spinal manipulation and manual therapy



Residency Faculty

Jill Hubbuch, PT, DPT, OCS

- BS in exercise science at USC
- Masters in physiology at USC
- Doctorate in Physical Therapy at MUSC
- Completed Orthopedic Residency at Mercer University completed in 2017.
- Board certified Orthopedic Specialist
- Staff physical therapist at Atrium Health: Sara's YMCA.
- Specialty training in Dry needling and Vestibular/Concussion Rehabilitation.



Residency Faculty

Nathan Johnson, PT, DPT, OCS

- Bachelor's Degree in Athletic Training at Central Michigan University in 2018
- Physical Therapy Degree at University of Indianapolis 2022
- Completed Orthopedic Residency with PT Solutions in 2023
- OCS in 2024
- Dry Needling Certified
- Works at Atrium Health Physical Therapy in Pineville, NC
- Special interest in treating Adolescent and Collegiate Athletes and Nutrition



Residency Faculty

Eric Kure, PT, DPT, OCS

- Bachelor of Science in Education in Athletic Training and exercise and sports science from University of Georgia – Athens.
- Doctor of Physical Therapy degree from Georgia Southern – Armstrong.
- Board Certified Specialist in Orthopedic Physical Therapy with the APTA
- Certified Athletic Trainer
- Certified in Dry Needling
- Emergency Medical Technician
- AHF Physical Therapy and Rehabilitation Rome



Residency Faculty

Erik Kust, PT, DPT, OCS

- Undergraduate: University of Wisconsin-Madison, 2013
- Physical Therapy School: Arcadia University, 2017
- Orthopaedic Residency: Arcadia University, 2018
- Champion Performance Therapy and Training Specialist (C-PS), 2022
- Member of Orthopedic Practice and Sports Health Councils at Aurora
- Areas of training: ACLR and elite athlete rehabilitation
- Works at Aurora Sports Health Mequon



Residency Faculty

**William Lyon, PT, DPT, OCS, COMT,
CSCS**

- Undergraduate in Kinesiology- University Wisconsin-Milwaukee 2006
- Doctor of Physical Therapy- University Wisconsin-Milwaukee 2011
- OCS 2016 to current
- Certified strength and conditioning specialist (CSCS) through NSCA
- Certified orthopedic manual therapist (COMT) through Maitland Australian physiotherapy
- Advanced specialty training in vestibular/concussion rehabilitation as well as strength and conditioning/Olympic Weightlifting



Residency Faculty

**Michael Masi, DPT, OCS, SCS, CSCS,
CISSN, CMTPT, USAW-1, CF-1**

- B.S. in Allied Health from University of Central Florida 2010
- Doctorate Physical Therapy from Nova Southeastern University 2014
- Carolinas Rehabilitation's Orthopedic Residency Graduate 2015
- Level III PT at Sara's YMCA



Residency Faculty

Darius McAphee, PT, OCS, CSCS, CMTPT

- PT, University of Alabama 2000
- OCS, 2016 – Present
- Kevin Wilk Fellow, 2022
- Fellow in Training, Institute of Athletic Regeneration
- Graston certified 2017-PRESENT
- Certified Strength and Conditioning Specialist through NSCA 2018-Present
- Certified Manual Trigger Point Therapist, Myopain Seminars 2018 – Present
- Certified in Blood Flow Restriction, Owens Recovery Science, 2018
- AHF Physical Therapy and Rehabilitation Rome



Residency Faculty

Clayton McCollum PT, DPT, OCS, SCS

- DPT, Medical College of Georgia
- SCS, 2014 – Present
- OCS, 2022 – Present
- Dry Needling Certified through Spinal Manipulation Institute
- AHF Physical Therapy and Rehabilitation Rome



Residency Faculty

Jacob M. Perotto, PT, DPT, FAAOMPT, COMT, CSCS

- University of Wisconsin –Parkside. BS – Applied Health Sciences
- Rosalind Franklin University of Medicine and Science – Doctorate of Physical Therapy
- Fellowship Trained through Manual Therapy Institute
- Fellow, American Academy of Orthopedic Manual Physical Therapists (FAAOMPT)
- Certified Orthopedic Manual Therapist
- Clinical Faculty with MTI's Fellowship Program
- Mentor for Fellows in Training (FiT) for MTI Fellowship Program
- Works at Aurora Health- Pleasant Prairie



Residency Faculty

Larken Raines PT, DPT, OCS

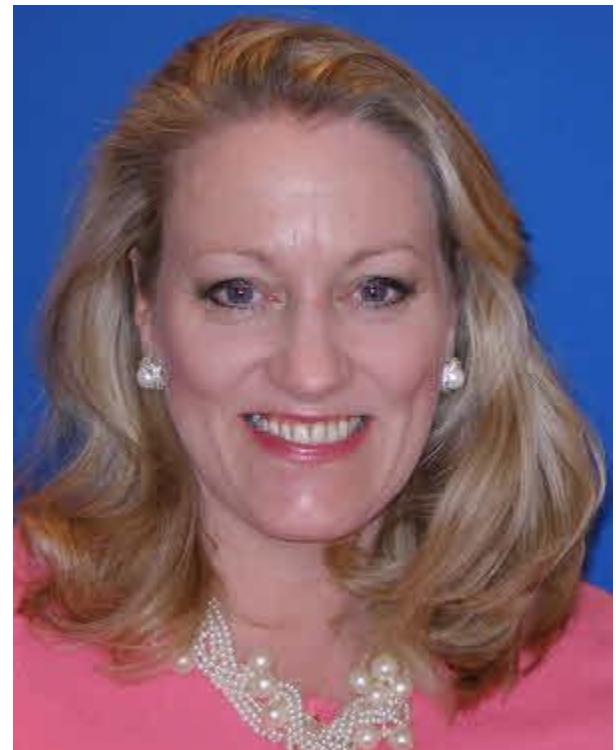
- DPT, University of Tennessee at Chattanooga
- OCS, 2018 – Present
- Fascial Counterstrain Practitioner
- Kinetacore Functional Dry Needling Level 1&2 and Functional Therapeutics Certified
- Certified Ergonomics Assessment Specialist
- LSVT BIG certified
- AHF Physical Therapy and Rehabilitation - Calhoun



Residency Faculty

Carol Richardson, OTR/L., CHT

- OT, University of Florida,
- Certified Hand Therapist, 1992 – Present
- Modality Certified, NBCOT, 1993 – Present
- Guest Lecturer, Chattahoochee Technical College – Occupational Therapy Assistant Program, 2020 – Present
- AHF Physical Therapy and Rehabilitation - Calhoun



Residency Faculty

Mary Santarelli, MS, OTR, CHT

- Senior Occupational Therapist at Aurora Sports Health – Pleasant Prairie, WI
- BS in Biology and Psychology from UW-LaCrosse, 2008
- MSOT from Mount Mary College, 2011
- Certified Hand Therapist, 2023
- Overhead throwing specialist through Aurora Health Care



Residency Faculty

Brittany Smart, PT, DPT, FAAMPT, COMT

- Undergraduate at Northern Illinois University, Dekalb, Illinois - 2017
- Doctorate of Physical Therapy at South College Knoxville, TN - 2020
- Fellowship in Manual Therapy from The Manual Therapy Institute - 2025
- Works at Aurora Healthcare at Kenosha



Residency Faculty

David Snider PT, DPT, OCS, ATC, cert DN, LSVT Big

- DPT, University of North Georgia
- OCS 2020 - Present
- Certified Athletic Trainer (ATC)
- Cert. DN
- LSVT BIG certified
- Program Lead of Ortho, Neuro & Sports Medicine Teams
- AHF Physical Therapy and Rehabilitation Rome



Residency Faculty

Evan Spahr, PT , DPT , OCS

- Graduated from Miami (Ohio) University with a BS in Kinesiology
- DPT degree from Dayton Ohio 2022
- 2023 CR Orthopaedic Physical Therapy Resident
- OCS in 2024
- Level II PT at Atrium Health -Ballantyne



Residency Faculty

Dan Steele, PT, DPT, OCS, CSCS, CMTPT, Cert – BFRT

- BA from UNC Chapel Hill, 2005
- DPT from UNC Chapel Hill, 2017
- Physical Therapy Orthopedic Residency Graduate, Atrium Health, 2018
- Board Certified Specialist in Orthopedic Physical Therapy
- Certified Myofascial Trigger Point Therapist - Dry Needling, through Myopain Seminars
- NSCA Certified Strength and Conditioning Specialist
- NASM Certified Personal Trainer
- Works at Atrium Health Ballantyne



Residency Faculty

Arik Tavs, PT, DPT, OCS

- Undergraduate: UW-Green Bay (B.S. Human Biology – Exercise Science), Class of 2018
- PT School: Concordia University Wisconsin (DPT), Class of 2021
- Residency Program: Concordia University Orthopedic Residency, Class of 2022
- Credentials: Board Certified Orthopedic Clinical Specialist (OCS), SMT-1, SMT-2, DN-1
- Special Interests: Spine Specialist, Throwing Specialist
- Works for Aurora Health Sports, - Grafton



Residency Faculty

Ryan Wilkins, PT, DPT, SCS, OCS, CMTPT, CSCS

- BS in applied Biology from Russell Sage College 2013
- Doctor of Physical therapy from Russell Sage College in 2016
- Carolinas Rehabilitation Orthopedic Resident 2017
- Atrium Health Sports Residency 2023
- Specialty Certifications: OCS, SCS, Dry Needling, CSCS
- Works at Atrium Health Physical Therapy in the Harrisburg YMCA
- Special Interests in the Foot and Ankle and working with Volleyball, Soccer, and Basketball Athletes.



Residency Faculty

Preston Witt, PT, DPT, OCS

- B.S: Exercise and Sport Science - University of Wisconsin - La Crosse
- DPT: University of Wisconsin - Milwaukee - 2022
- Concordia University Orthopedic Residency Program - 2022-23
- Board Certified Orthopaedic Specialist
- Aurora Sports and Orthopedic Specialist, Treating therapist of Marquette Athletics and Milwaukee Admirals AHL Professional Hockey Club
- Certified in Dry Needling



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

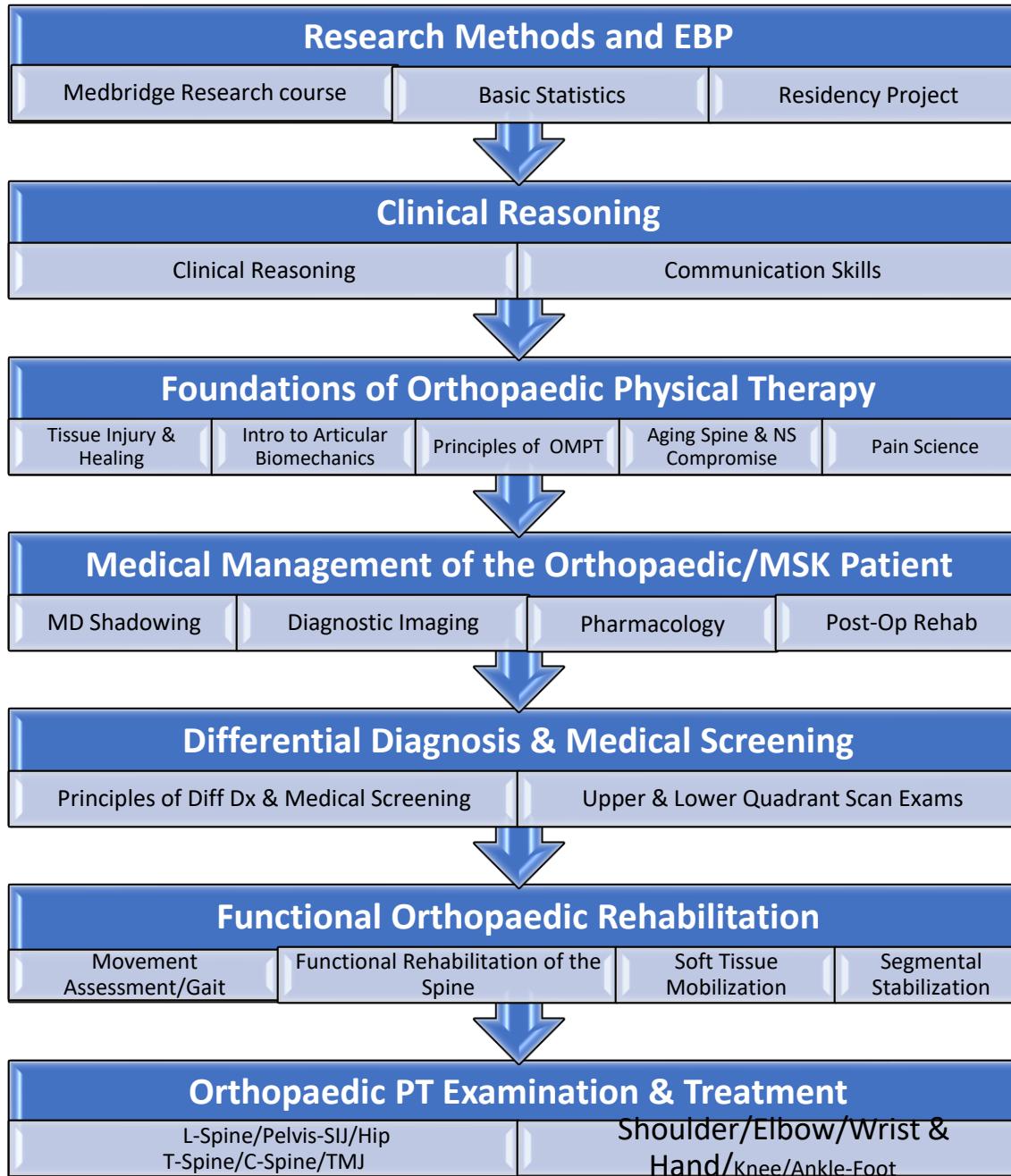
Integrating current best evidence with an eclectic philosophy and the ICF as the model for a patient centered care approach

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/AAOMPT fellows, hand therapy specialists (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

1. Research Methods & Evidence-Based Practice 2. Clinical Reasoning 3. Foundations of Orthopaedic Physical Therapy	January
4. Medical Management of the Orthopaedic & Musculoskeletal Patient 5. Principles of Differential Diagnosis & Medical Screening	February
6. Functional Orthopaedic Rehabilitation	March
7. Lumbar Spine/Pelvic Girdle/Hip – Regional Examination, Evaluation, and Management	April - May
8. Thoracic Spine/Cervical Spine/Shoulder Girdle – Regional Examination, Evaluation, and Management	June - August
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, 5th ed.
- Diagnostic Imaging in Physical Therapy
- Pharmacology
- Postoperative Management of Orthopaedic Surgeries
- Basic Statistics for Understanding the Physical Therapy Literature

Recommended Texts:

- *Cook/Hegedus*, 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 Continued:

- *Placzek/Boyce*, Orthopaedic Physical Therapy Secrets, 2nd ed.
- *Cook*, Movement: Screening, Assessment, and Corrective Strategies
- *Sueki/Brechter*, 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

Curriculum Resources

DVD/Videos:

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) Presentation and Poster

Resident's Responsibilities

- Demonstrate a commitment to learning including being prepared for each learning experience, meeting all deadlines being punctual, asking well-formulated questions, and inviting feedback to facilitate problem solving



Resident's Responsibilities

- This includes:
 - Reading monographs **prior** to first session on topic (included in residency curriculum package)
 - Taking full advantage of the wealth of experience and support available to you during this important time frame in your professional development
 - Providing us regular feedback on your needs and constructive feedback on program improvement
 - Asking for help before there is a larger issue or concern

Resident's Responsibilities

Feedback!

Forms will be provided quarterly for residents to give formal feedback on the program and the faculty

Please be thorough and honest

This feedback is used for program improvement

Carolinas Rehabilitation Orthopaedic Physical Therapy Residency RESIDENCY PROGRAM EVALUATION FORM			
Date:	Name of Resident:		
Up to this point in the Residency program, with regard to the following points, I am	<u>Dissatisfied</u>	<u>Satisfied</u>	<u>Highly Satisfied</u>
Extent and breadth of clinical practice opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1:1 clinical mentoring while treating patients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quality and content of didactic materials including curriculum organization	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Content of classroom / lab instruction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quality of didactic / lab instruction:	<u>NA</u>		
Andrew Ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marco Caiazza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Will Freres	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gary Of	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
David Aiken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mike Agnone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stephanie Levi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Susan Aiken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clinical performance evaluations (feedback, practical examinations, patient examinations)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Administrative aspects of program (ie scheduling, administrative supervision, clerical support)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Observation opportunities with physicians	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Residency Program Impact

Effectiveness

Residency Faculty or Graduate
not at Clinic, **76th percentile**
(13 clinics)

Residency Faculty or Graduate
at Clinic, **94th percentile**
(7 clinics)

***4.5 visits less per episode,
\$634.50 savings***

Efficiency

Residency Graduate avg.
weighted units/hour = 3.4

Non-Residency Graduate avg.
weighted units/hour = 2.95

15% more productive

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, CSCS, Cert. DN, Cert. SMT, FAAOMPT

"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, CSCS

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, FAAOMPT

“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, OCS, CSCS

“The Carolinas Rehabilitation Orthopedic Residency gave me the guidance and support I've been searching for since becoming a Physical Therapist. The mentoring and overall experience offers more than any textbook could provide. The variety of treatment approaches provided by the mentors vastly broadened my orthopedic skills and clinical reasoning. Because of my positive experience, I look forward to a long career with CR with the intent of becoming a residency faculty member to stay connected with the latest research and to enlighten the next aspiring ortho PT.”

– Dr. Emily Ciccarella, PT, DPT, OCS

Resident Feedback

“Completing Carolinas Rehabilitation’s Orthopaedic Residency has been the best decision of my early career. The challenging didactic coursework and outstanding mentoring has expanded my clinical skill set and elevated my confidence as a healthcare professional. This program offers access to highly trained orthopaedic faculty members, as well as exposure to diverse philosophies and treatment approaches. I highly recommend this program to anyone who wants to take their career to the next level.”

– Dr. Justin Halstead, PT, DPT, OCS, CSCS

“I cannot say enough good things about Carolinas Rehabilitation’s Residency. The program lived up to its expectations. They have a very eclectic faculty that all present different treatment styles and schools of thought. This allowed me as a Resident to be exposed to a variety of treatment approaches and pick the ones that worked for me. The program is not completely divulged into one philosophy but teaches several different ways to view our patient population which, in my opinion, creates a very well-rounded therapist.”

– Dr. Tashan Duff, PT, DPT, OCS, CSCS

Resident Feedback

“The Atrium Health Orthopaedic Residency Program sharpened my skills as a physical therapist. It broadened my skillset to manage difficult cases and challenged me to overcome my weaknesses. My hands-on skills and clinical reasoning abilities grew substantially. My clinical knowledge and manual skills improved through didactic and lab instruction. Weekly mentoring sessions with experienced PTs allowed me to implement new techniques and refine my clinical reasoning. The residency program made me a more skilled clinician with the tools to effectively help my patients.”

– Dr. Jacob Forsythe, PT, DPT, OCS, CMTPT

“The Carolinas Rehabilitation orthopaedic residency has opened my eyes to the diverse tools a PT can stock his or her toolkit with. I appreciate the eclectic and resourceful approaches observed in the mentors, and how each championed their own methodology, without diminishing the value of other methods of treatment. This environment has been perfect for supporting and encouraging the exploration into what kind of clinician I want to be, and what practices speak most to me. I very much appreciate the emotional support, availability for brain-picking, and the constructive cueing and quizzing involved. I’m grateful for the propulsion past where I would have been without, and the doors opening because of, this year’s opportunity.”

– Dr. Jordan Spennato, PT, DPT, OCS

Resident Feedback

“This program has been the best thing to happen to my physical therapy career. The year is organized in a challenging but manageable way to maximize learning and ability to input skills into practice. The greatest benefit comes from the quality of the residency faculty who value your growth as a therapist and an individual. I feel fortunate to have gained access to a group of lifelong mentors”

– Dr. Allison Panara, PT, DPT, OCS

“The residency has been one of the most invaluable clinical and character-building experiences I’ve ever had. It was, and will continue to be, a catalyst for my clinical practice. The focused mentoring allowed me to adapt my learning and clinical reasoning style and has allowed me to reflect in action more efficiently and my outcomes have improved with it. The residency faculty have all brought a unique perspective that has broadened my clinical approach. I cannot think of a better way to have begun my clinical career than starting this residency program as a new grad. I recommend this program to anyone desiring to grow professionally.”

– Dr. Garrison Cherry, PT, DPT, OCS

Resident Feedback

“The residency program has advanced my clinical reasoning to make me a better practitioner. It has allowed me to synthesize my examination and evaluation techniques to allow me to effectively choose interventions for my patients. It has taught me the value of always reassessing my patients to ensure effective management of their condition. I am forever grateful to all my mentors who helped shape me into the clinician I am today.”

-Dr. Hayden Lewis, PT, DPT, OCS

“The Carolinas Rehab Ortho Residency has been a very valuable experience for me. I could not have asked for a better program to join coming right out of PT school. I feel as if every aspect of delivering care improved for me including patient handling, clinical reasoning, and developing rapport with patients. I would encourage new grads and even experienced clinicians to participate in this program.”

-Dr. Evan Spahr, PT, DPT, OCS

Resident Feedback

“The most valuable aspects of the Residency for me were the ability to work through cases, ask questions and apply the lecture/lab knowledge with my instructors to allow me to bring in unique cases I have seen in the past and gain a new perspective from the instructors.”

-Dr. Cameron McGee, PT, DPT

Reaccredited 2015

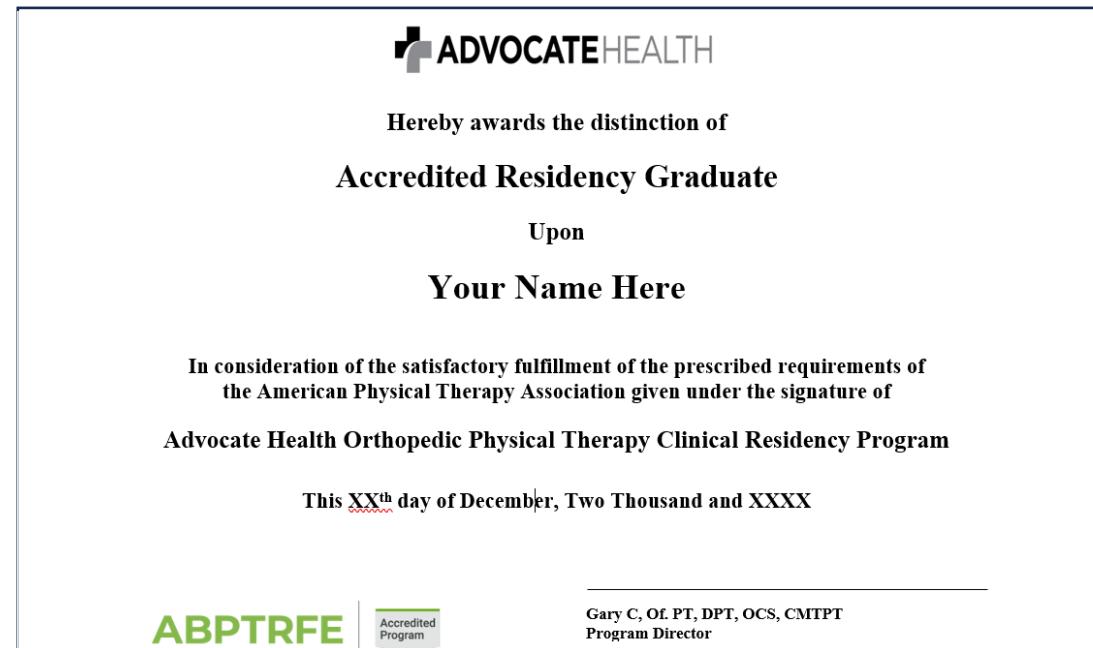
ABPTRFE

Accredited
Program

Resident Program Completion & Retention Rates 2011 - 2024

Program
Completion
Rate: 100%

3 –Year Program
Retention Rate:
100%



Resident OCS Exam Pass Rate 2011-2024

100%

AH Ortho PT Residency Principles

1. Understand the importance of pre- and post- testing
2. Be able to explain why:
 - a) You chose one test over another
 - b) You chose one treatment over another
 - c) You chose to treat one joint prior to another
3. Search multiple joints above and below for sources of pain – “Noisy Victim and Silent Culprit”

Quote from Erich Blechschmidt

“Because humans arise from a single fertilized cell, our body is never composed of separate systems, but rather of wholeness which is our underlying origin and maintaining force. The embryo is perfect, whole and fully functioning within its environment at every moment of its development. Each tissue, rather than a possibility of becoming something significant, is always significant.”

From “The Ontogenetic Basis of Human Anatomy”