



**Atrium Health**®

# Neurologic Physical Therapy Residency Program

Carolinas Rehabilitation and Carolinas Medical Center

**ABPTRFE**

Accredited  
Program

# About our Program

- Located in Charlotte, North Carolina at our Atrium Health Flag Ship Location - Carolinas Rehabilitation and Carolinas Medical Center
- 50 weeks duration
- June – May
- 36 hours per week direct patient care
- 4 hours per week didactic content
- In person didactic seminars held on campus at *David L Conlan Center for Rehabilitation*
- 17 faculty members
- 4-month rotations in acute care, inpatient rehabilitation, and outpatient neuro



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# Program Mission

We seek to foster a growing body of skilled neurologic physical therapy providers that will elevate our entire clinical enterprise and the quality of rehabilitation to the community, supporting our vision to be the first and best choice for care. To promote excellence in neurologically based physical therapy through advanced evidence-based training and clinical opportunities.





# Program Highlights

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- 1:1 Mentoring with: board-certified neurologic PTs (NCS), vestibular specialists, certified wound specialist, certified brain injury specialist
- Enrichment opportunities in every setting that include code stroke, ALS and neuromuscular clinic, post-polio clinic, and our adaptive sports program.
- Partnerships with our advanced care providers participating in case presentations for the Center for Advanced Practice, PM&R department, Therapy Grand Rounds.



# Program Objectives: Residents

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- Use advanced neurologic physical therapy clinical examination and treatment interventions to promote optimal outcomes in patient care and health.
- Be scholars of the evidence-supported practice of neurologic physical therapy.
- Acquire the leadership skills necessary to serve as a resource for other physical therapists and members of the healthcare community.
- Be prepared to take the ABPTS certification examination in neurologic physical therapy upon program completion.
- Be recognized as experts in neurologic physical therapy, including evaluation, examination, and progression of treatment interventions for patients with neurological conditions.

# Program Objectives: Residents

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- Be known as physical therapists who are engaged in, and promoting of, the evidence-supported practice of neurologic physical therapy.
- Be professionals in the healthcare community who successfully collaborate in an interprofessional manner.
- Participate in clinical and academic teaching.
- Participate in community service projects which will enhance the health, hope and healing of individuals with neurologic dysfunction.
- Participate in professional activities locally, nationally, or internationally through advocacy and attendance at professional meetings.
- Demonstrate knowledge in the Knowledge Areas described in the current ABPTS DSP.

# Program Objectives: Faculty

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- Support the mission of Atrium Health by providing an organized educational opportunity that facilitates and accelerates excellence in all elements of neurologic physical therapy, including evaluation, examination, and treatment progression.
- Provide a curriculum consistent with the Description of Specialty Practice (DSP) and Description of Residency Practice (DRP) in neurologic physical therapy practice to prepare residents for the American Board of Physical Therapy Specialists (ABPTS) Neurologic Certified Specialist (NCS) certification exam.
- Offer a program that prepares physical therapists to better serve their organization and community as advanced direct access providers, clinical leaders, and consultants/mentors for other clinicians.
- Promote engagement with clinical research to support best practices in neurologic physical therapy.
- Encourage involvement in physical therapy professional organizations at the local, state, and national levels to promote personal growth and development in neurologic physical therapy.

# Application Process

Applications due via RFPTCAS the last week of January, interviews held mid February.



## What we look for in applicants

- Emotional Intelligence
- Independent self reflection
- Positivity
- Independent thinker
- Passionate about Neurologic PT
- A desire for self-improvement
- Grit
- Leadership
- Creativity



# Benefits

- 36 hour per week salary position with full benefits package, continuing education allowance, and no tuition deduction
- **Graduates have a 100% first time pass rate on the NCS**
- Alumni support network



# Faculty Background

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- 8 board-certified faculty in Neurologic Physical Therapy
- 4 faculty credentialed in advanced vestibular rehabilitation
- Certification in LSVT BIG
- Certified Wound Specialist
- 3 Certified Brain Injury Specialist
- Spinal Cord Clinical Specialist
- Amputee Clinical Specialist
- Therapy Education Clinical Specialist
- Certifications in Dry Needling
- Basic and Advanced APTA Certified Clinical Instructors



# Residency Clinical and Didactic Faculty

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- **Jacqueline LaBarbera PT, DPT, NCS**
  - *Spinal Cord Injury Clinical Specialist*
- **Katie Sewell, PT, DPT, NCS**
  - *Therapy Education Clinical Coordinator*
- **Melissa Davis PT, DPT, NCS**
  - *Outpatient Neurologic Clinical Specialist*
- **Ryan Medas PT, DPT, NCS**
  - *Physical Therapist III*
- **Erin C Weeks PT, DPT, CWS**
  - *Wound Care Clinical Specialist*
- **Alexis Williams PT, DPT, NCS**
  - *Acute Care Clinical Specialist*
- **Rebecca Hine, PT, DPT**
  - *Oncology Clinical Specialist*
- **Scott Holsten, PT, ATP**
  - *Neurosciences Institute- Neurology*
- **Carolyn Vargas, PT, ATP**
  - *Wheelchair and Seating Clinical Specialist*
- **Brandon Stubbs, PT, DPT, NCS**
  - *Lead Physical Therapist*
- **Katherine Rhodes, PT, DPT**
  - *Director Outpatient Therapy Services*
- **Calvin Hung, FACHE, MPT**
  - *Vice-President- Rehabilitation Regional Operations and Integration*



# Program Director

Katie Sewell, PT, DPT, NCS

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- BS, Exercise Science, Elon University 2009
- DPT, Columbia University College of Physicians and Surgeons 2012
- Graduate of Atrium Health/Wingate University Physical Therapy Neurologic Residency, 2017
- Board Certified Neurologic Clinical Specialist – 2018
- Therapy Education Clinical Coordinator Carolinas Rehabilitation
- Certified Stroke Rehabilitation Specialist
- Interests: Running, cycling, going to the beach, and spending time with family



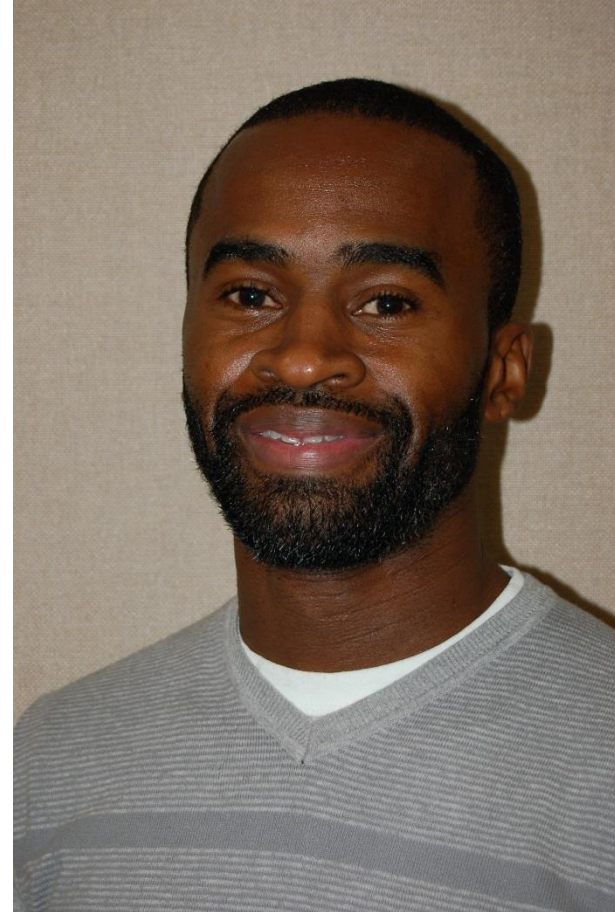


# Program Coordinator & Clinical Mentor

Ryan Medas, PT, DPT, NCS

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- BA, NYU 1999
- BS, Physical Therapy, SUNY Downstate 2007
- DPT, SUNY Downstate 2009
- Board Certified Neurologic Clinical Specialist – 2016
- Dry Needling - 2020
- APTA Basic Vestibular Competency
- Coordinator of SCI day program
- Certified ReWalk trainer
- Interests: Type II fun...like running to exhaustion.  
“Loves the unpredictable journey called life”



# Clinical Mentor

Jacqueline LaBarbera PT, DPT, NCS

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- BS, Physical Therapy, State University of New York at Buffalo
- DPT, University of Montana
- Board Certified Neurologic Clinical Specialist – 2013
- Spinal Cord Clinical Specialist – Carolinas Rehabilitation
- APTA Advanced Vestibular Competency
- James T. McDeavitt MD Teaching Award -2011
- Duke University CI of the Year - 2016
- Interests: Yoga, paddle boarding, running and traveling with my husband and dogs



# Clinical Mentor

Missy Davis PT, DPT, NCS

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- BS, Physical Therapy, University of North Carolina - Charlotte 1991
- DPT, The College of Saint Scholastica 2016
- Board Certified Neurologic Clinical Specialist – 2013
- LSVT BIG<sup>®</sup> certification
- APTA Advanced Vestibular competency
- Guest lecturer and part-time instructor at Central Piedmont Community College
- Interests: Needlework, reading, gardening, & spending time with family and friends.





# Clinical Mentor

Erin Weeks PT, DPT, CWS

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- BS, Exercise Science, Florida State University
- MPT, University of North Carolina - Charlotte
- DPT, University of Montana
- Certified Wound Specialist - 2013
- Guest professor at University of North Carolina – Chapel Hill DPT Program
- Interests: hiking, cooking, gardening, traveling, international missions work





# Clinical Mentor

Alexis Williams PT, DPT, NCS

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- BA Athletic Training, UNC Wilmington 2013
- DPT, University of North Carolina 2016
- Graduate of Boston University Physical Therapy Neurologic Residency 2017
- Board Certified Neurologic Clinical Specialist - 2018
- Clinical Specialist – CMC Therapy Department
- Personal Interest: Running, cycling, spending time at the beach, traveling



# Clinical Mentor

Jennifer Meyer PT, DPT, NCS

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- University of Georgia- BSEd Exercise and Sports Science
- University of North Carolina at Chapel Hill- DPT
- Graduate of Vanderbilt University Medical Center and Belmont University Neurologic Residency
- Board Certified Neurologic Clinical Specialist 2016
- APTA Advanced Vestibular Course
- Interests: travel, yoga, running, cooking, and spending time with husband and 2 boys!



# Clinical Mentor

Andrew Hubregsen PT, DPT, NCS, CSCS

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- BA, University of NC - Charlotte
- DPT, New York University
- Board Certified Neurologic Clinical Specialist - 2019
- Certified Clinical Instructor - 2019
- Guest student lecturer at New York University Clinical Affiliation Program
- Interests: running, hiking, reading, carpentry, traveling, spending time with family



# Clinical Mentor

Brandon Stubbs PT, DPT, NCS

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- BS, Pfeiffer University 2011
- DPT, Elon University 2016
- NCS 2020
- DN Cert I and II 2019
- Graduate of Atrium Health/Wingate University  
Physical Therapy Neurological Residency 2019
- Lead Physical Therapist
- Interests: Soccer, Lifting, Hunting and being outdoors,  
Spending time with my family, cooking





# Didactic Curriculum

- A minimum of 300 hours of dedicated didactic time including in person faculty instruction via an innovative curriculum designed to target the adult learners and facilitate expert level practice.
- Involvement in clinical and/or scientific research based on interest of the residents and current research studies within Atrium health.
- Leadership development with Carolinas Rehabilitation Executive Leadership team.



# Enrichment Opportunities Acute Care

Neurotrauma ICU  
Surgical/Trauma ICU  
Progressive Unit/Step Down  
Neuroimaging – Neurology  
Nerve Conduction Studies and EMG  
Lumbar Drainage Trial  
L.E.A.N Rounding  
Surgery Observation  
Pediatric/NICU Observation  
Respiratory Therapy - ventilator management  
Pharmacology  
Referral/Liaison screening





# Enrichment Opportunities Inpatient Rehab

Rotations through: Spinal Cord Injury, Traumatic Brain Injury, Neuro Oncology teams

Interdisciplinary treatment conferences

Seating and Mobility Clinic

Wound care

Emerging Responsive Program

Neuro-behavioral Unit/Non-violent crisis intervention

Community Outings/Home Assessments

TBI and SCI Patient Education Series

Disorders of Consciousness

Adaptive Sports and Adventures Program

Aquatics



# Enrichment Opportunities Outpatient

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Aquatics

Community Support Groups: TBI/CVA/Amputee/SCI

Prosthetics training

Orthotics evaluations

ALS, MD, and Post-Polio clinics

Driving evaluations

Computerized dynamic posturography

Neuropsychology

Outpatient SCI (L.I.F.E) day programs

Vision evaluations





# Past Resident Feedback

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"Even after 6 years of practice, this residency has enabled me to grow tremendously as a neurologic physical therapist and has given me the confidence and preparation needed to take the NCS." - *AH 2017 Cohort*

"The experiences and connections I made during this residency have infinitely improved the quality of care I can now provide to my patients, especially the most challenging patients. Having the opportunity to spend a year focusing on perfecting my skills, diving into the research, and learning from so many experts was worth every minute of stress along the way." – *KS 2017 Cohort*

"This year has given me the clinical experience necessary to feel comfortable to walk into any physical therapy department, in any setting, and feel comfortable being able to treat any patient with a neurologic diagnosis." - *SB 2017 Cohort*

# Past Resident Feedback

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“I have been challenged to clinically reason at a higher level and have been exposed to not only a wide variety, but increased complexity of patient presentations. I have grown as a clinician and felt so supported by the amazing mentorship of experts in the field across the care continuum. I feel more comfortable and confident in organizing care for patients with neurological diagnosis and advocating for patient needs with members of the multi-disciplinary team. This has been a year of growth and I would absolutely do it again! – *JH 2018*”

“This residency program has challenged me in ways that have greatly improved my professional and personal development. During my time I was exposed to a wide variety of patients throughout the continuum of care in a dynamic, but supportive environment. I feel like I have condensed at least 5 years of growth into just one year.” – *CC 2018*”

**Need More  
Information?  
Reach out to  
Program  
Director  
Katie Sewell**

**[Katie.Sewell@atriumhealth.org](mailto:Katie.Sewell@atriumhealth.org)**

