Orthopaedic Physical Therapy Clinical Residency

Program Overview
Clinical Residency

Goals of Residency Program:

1. Support the mission of Carolinas HealthCare System by providing an organized educational opportunity that facilitates and accelerates excellence in orthopaedic physical therapy

2. Provide a curriculum consistent with the Description of Specialty Practice (DSP) in orthopedic physical therapy practice so that residents will be prepared to sit for the ABPTS (OCS) certification exam

3. Offer a program that prepares physical therapists to contribute to the body of knowledge in orthopaedic physical therapy by participating in clinical research
Clinical Residency

Goals of Residency Program:

4. Offer a program that prepares physical therapists to better serve their organization and community as advanced direct access providers, clinical leaders, and consultants

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. To be a nationally recognized provider for post-professional clinical training within selected areas of physical therapy specialty practice
Clinical Residency

Faculty Background:

• 7 board-certified in orthopaedic physical therapy (OCS)
• North American Institute of Orthopaedic Manual Therapy (NAIOMT)/Clinical Fellowship Instructor/Fellow, AAOMPT
• University of St. Augustine manual therapy certification (MTC)
• Kaiser Permanente Orthopaedic Residency & Sports Fellowship
• Evidence in Motion (EIM) Residency & Regis University tDPT
• Selective Functional Movement Assessment (SFMA)
• Institute of Physical Art (IPA)
• Andrews University DScPT program
• Maitland-Australian and Rocabado approaches
• Myopain Seminars (Dry Needling)
Program Overview

- **Program philosophy:** Eclectic approach to patient management integrating current best evidence
- 12 month duration (50 weeks) – January to December
- 32 hours/week patient care
- 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 fellow, hand therapy specialists
- 4 hours/week of faculty instruction – didactic/lab (168 hours)
- Physician shadowing/interaction – 20+ hours total with an orthopedist, physiatrist (Physical Medicine & Rehab), and radiologist
- Independent readings/projects/assignments
Residency Faculty

- Mike Agnone, PT, OCS, ATC
- David Aiken, PT, DSc, OCS, COMT, ATC, FAAOMPT (Residency Director)
- Susan Aiken, PT, OCS
- Andrew Ball, PT, DPT, PhD, MBA, OCS
- Marco Caiazza, PT, MTC
- Sarah McBride, PT, DPT, OCS
- Gary Of, PT, OCS
- Bethany Ritter, PT, DPT, OCS, SCS
- Diane Wassum, PT
Curriculum Resources

- **Orthopaedic Section Monograph Series:**
  - Diagnostic Imaging
  - Pharmacology
  - Postoperative Management of Orthopaedic Surgeries

- **Required Texts:**
  - *Dutton*, Orthopaedic Examination, Evaluation, & Intervention
  - *Flynn/Cleland/Whitman*, User’s Guide to the Musculoskeletal Examination: Fundamentals for the Evidence-Based Clinician
  - *Cook/Hegedus*, Orthopedic Physical Examination Tests: An Evidence-Based Approach
Curriculum Resources

• **DVD/Videos:**
  - Exercises for the Lumbar Patient (IPA)
  - The Scan Exam (NAIOMT)
  - Examination and treatment techniques

• **Current Research:**
  - Relevant to topics of instruction
  - Required and optional readings
  - Article selections will vary with new research developments
Curriculum Components

- Research Methods and Evidence-Based Practice
- Clinical Reasoning
- Foundations of Orthopaedics
- Medical Management of the Orthopaedic & Musculoskeletal Patient
- Principles of Differential Diagnosis and Medical Screening
- Functional Orthopaedics
- Regional Examination and Treatment (Upper Quadrant and Lower Quadrant)
- OCS Examination Preparation
Resident Evaluation

• **Weekly Feedback Forms:**
  Clinical Supervision form
  Clinical Instructor Prep form

• **Clinical Skills Performance:**
  APTA Self-Assessment Tool
  APTA Clinical Skills Performance Evaluation Tools for PTs – Orthopedics

• **Performance of Examination & Treatment Procedures:**
  Practical skill check-off forms
  4 Live Patient Examinations -
    (Lumbo-Pelvic, Lower Extremity, Cervico-Thoracic, Upper Extremity)
Resident Evaluation

• **Written Examinations:**
  - Foundations of Orthopaedics
  - Differential Diagnosis & Medical Screening
  - Orthopaedic Section monograph examinations

• **Assignments and Projects:**
  - Professional Portfolio
  - Case Study and Research Study critiques
  - Clinical Reasoning assignments
  - Physician Observation Reflective paper
  - Post-Operative Protocol assignment
  - Final Residency Project (Case Study/Analysis) and Presentation