

Orthopaedic Physical Therapy Clinical Residency

Program Overview



American Physical Therapy Association

CREDENTIALLED RESIDENCY PROGRAM



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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



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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



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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)



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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



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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



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Curriculum Resources

- **Orthopaedic Section Monograph Series:**

Current Concepts of Orthopaedic Physical Therapy, 3rd ed.

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



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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



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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



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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)



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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



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