

Orthopaedic Physical Therapy Clinical Residency



Carolinan HealthCare System

Program Introduction



CREDENTIALLED RESIDENCY PROGRAM

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 orthopaedic physical therapy.



Clinical Residency

Residency Program Goals:

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 orthopaedic 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 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 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

Residency Program 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 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
- University of St. Augustine manual therapy certification (MTC)
- Evidence in Motion (EIM) Residency & Regis University tDPT
- Andrews University DScPT program
- Functional Movement Systems™ (FMS & SFMA)
- Sportsmetrics™ certification (Cincinnati SportsMedicine)
- Maitland-Australian and Rocabado approaches
- Myopain Seminars (Trigger Point Dry Needling)
- Institute of Physical Art (IPA)
- Graston Technique® (IASTM)



Residency Faculty

- Mike Agnone, PT, OCS, ATC
- David Aiken, PT, DSc, OCS, COMT, ATC, FAAOMPT
(Residency Program Director)
- Susan Aiken, PT, OCS
- Andrew Ball, PT, DPT, PhD, MBA, OCS, CMTPT, PES
- Marco Caiazza, PT, MTC
- William Freres, PT, PES
- Sarah McBride, PT, DPT, OCS
- Gary Of, PT, DPT, OCS
- Diane Wassum, PT



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

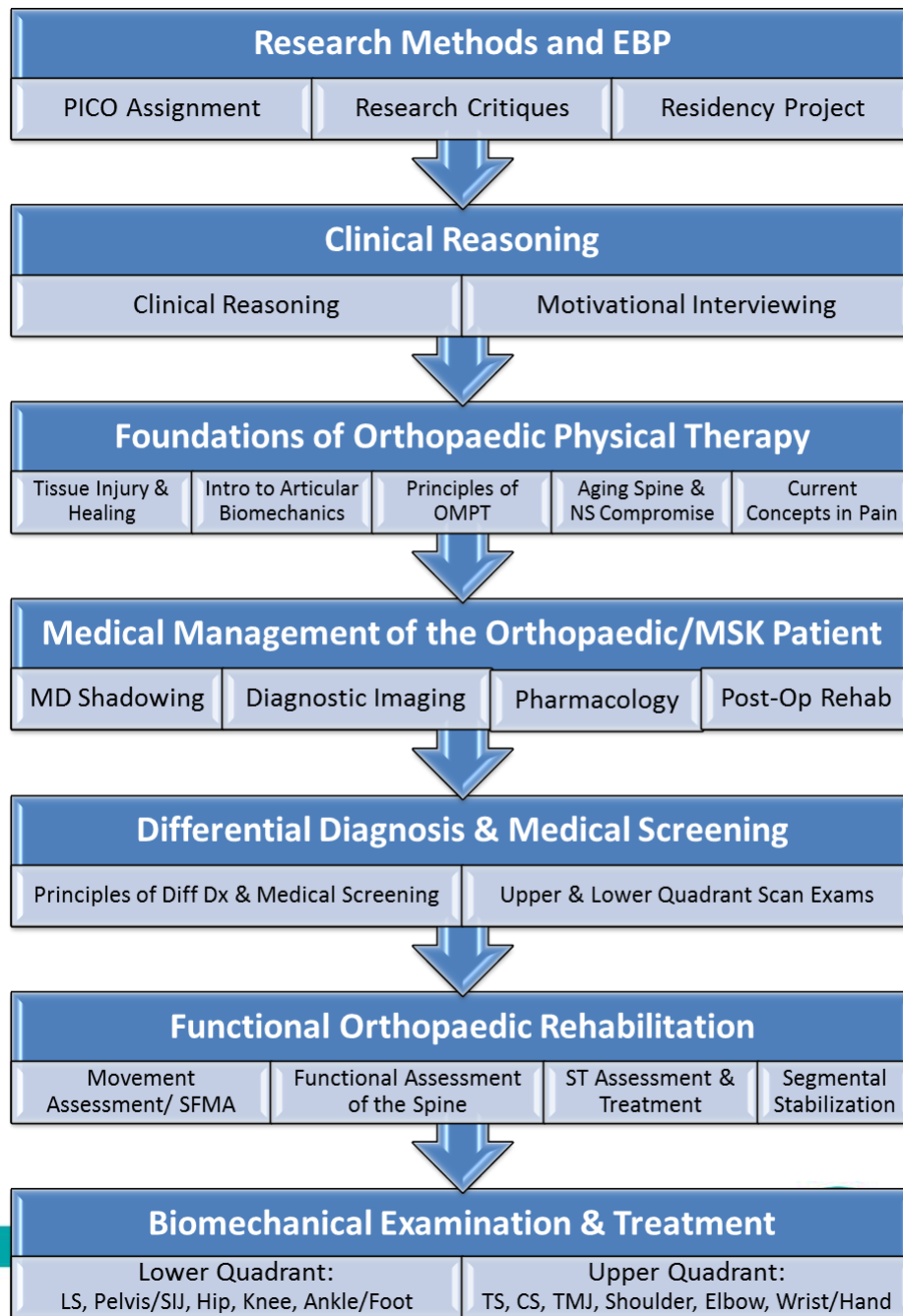
- 12 month duration (50 weeks) – January to December
- 36 hours/week patient care (1728 hours)
- 152 hours of 1:1 mentoring with faculty during patient care (4 hours/week x 38 weeks)
- Mentoring with: board-certified orthopaedic PTs (OCS), TMJ specialist, certified manual/manipulative PTs/AAOMPT fellow, hand therapy specialists, 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

<ol style="list-style-type: none">1. Research Methods & Evidence-Based Practice2. Clinical Reasoning3. Foundations of Orthopaedic Physical Therapy	January
<ol style="list-style-type: none">4. Medical Management of the Orthopaedic & Musculoskeletal Patient5. Principles of Differential Diagnosis & Medical Screening	February
<ol style="list-style-type: none">6. Functional Orthopaedic Rehabilitation	March
<ol style="list-style-type: none">7. Lower Quadrant – Regional Examination, Evaluation, and Management	April - July
<ol style="list-style-type: none">8. Upper Quadrant – Regional Examination, Evaluation, and Management	July - 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	LUNCH	LUNCH	
1:00 PM		Patient care	Patient care	Patient care	Patient care	Patient care	
2:00 PM		↓	↓	↓	↓	↓	
3:00 PM			↓		↓	↓	
4:00 PM		↓		↓	↓	↓	
5:00 PM		↓		↓			
6:00 PM							



Curriculum Resources

- **Orthopaedic Section Monograph Series:**

Current Concepts of Orthopaedic Physical Therapy, 3rd ed.

Diagnostic Imaging

Pharmacology

Postoperative Management of Orthopaedic Surgeries

- **Required 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:**

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 (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:**

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

 - APTA Clinical Skills Performance Evaluation Tools for PTs – Orthopedics

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

 - Carolinas Rehabilitation Residency Procedures Performance Assessment Tool

 - 4 Live Patient Examinations

 - Lumbopelvic, Lower Extremity, Cervicothoracic, Upper Extremity



Resident Evaluation

- **Written Examinations:**

Foundations of Orthopaedic Physical Therapy

Principles of 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) and Presentation

