



**Post-Professional Residency Program
In Orthopedic Physical Therapy**



Post-Professional Orthopedic Physical Therapy Residency

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Post-Professional Orthopedic Physical Therapy Residency

Mission Statement

To provide physical therapists an opportunity to attain advanced clinical skills and knowledge in orthopedic physical therapy practice. Graduates will demonstrate their education through clinical excellence utilizing evidence based practice, participate in research advancing orthopedic physical therapy practices, and be involved in teaching within the profession. The Program intends to prepare graduates to be clinical specialists in an environment of clinical excellence as patient-care providers that make lasting contributions to their local community and their profession.



Post-Professional Orthopedic Physical Therapy Residency

Program Goals

This residency is designed to prepare participants to become skilled orthopedic clinicians by providing them with education through both didactic and clinical experiences.

The goals of the orthopedic residency program are to educate physical therapists to:

1. Become advanced practitioners of orthopedic physical therapy
2. Effectively critique scientific literature pertinent to physical therapy and incorporate research findings into clinical practice
3. Contribute to the body of knowledge in orthopedic physical therapy by participating in clinical research
4. Engage in the process of education of orthopedic physical therapy practice
5. Contribute to the institution, community and profession as an advocate of physical therapy as the primary choice of assessment and treatment of musculoskeletal disorders



Post-Professional Orthopedic Physical Therapy Residency

General Information

Credentialing: The residency program is in process of application for credentialing by the American Physical Therapy Association (APTA).

Credential Conferred: Certificate of Completion of Post-Professional Residency in Orthopedic Physical Therapy

Length of Program: 12 months

Program Entrance Date: Rolling dates (Fall and Winter)

Salary: As employees of Florida Hospital during the residency period, residents are paid for up to forty hours worked per week.

Tuition: While enrolled in the FH orthopedic residency program, there is no fee for tuition or specialized training.

Benefits: Residents are eligible for benefits through Florida Hospital. This includes employer supported health and dental insurance, disability and life insurance and paid time off. This is not an all inclusive list, and applicants may receive a full description of benefits upon request.

Overview: The program is designed to provide residents with a year-long intensive study of orthopedic physical therapy, preparing them to become advanced practitioners and to sit for (and pass) the Orthopedic Clinical Specialist Exam offered by the American Board of Physical Therapy Specialties. Clinical time during the residency, which includes structured one-on-one mentoring, comprises approximately 75-80 % of a typical week. The remainder of time is spent completing didactic training, research, projects, presentations, assistant teaching, and shadowing physicians related to the overall curriculum of the residency program.



Didactic Curriculum

Residents receive didactic training on numerous topics related to orthopedic physical therapy which are expected knowledge areas published in the current Description of Specialty Practice for Orthopedic Physical Therapy. The content is taught by faculty from Florida Hospital and the University of Central Florida, Department of Physical Therapy. The research component runs throughout the residency, with individualized review/meetings approximately every other week with the research faculty. There is a teaching component that is typically completed in the spring semester of the residency, and several independent self-study courses in the curriculum. Residents may also participate in journal clubs, case presentations, and rounding with physicians.

Learning Unit Topics (sample)
Clinical Decision Making
Mobilization/Manipulation Techniques for the Thoracic/Lumbar Spine
Functional Exercise/Stabilization: Core Strength and Conditioning
SI Joint
Differential Diagnosis of Hip/Knee Pathology
Biomechanical Assessment
Orthotics Casting, Prescription and Shoe wear Recommendations
Plyometrics, Speed and Agility Exercises for Lower Extremities
Functional Testing for Lower Extremities
TMJ Considerations
Differential Diagnosis of Cervical and Shoulder Impairments
Maitland vs. McKenzie vs. Mulligan Treatment Approaches
Tissue Healing and Biomechanical Considerations Related to Shoulder Pathology
Upper Extremity: Principles of Sport Specific Rehabilitation and Interval Sport Program
Ergonomic Assessment
Hand/Wrist: Flexor System
Hand/Wrist: Extensor System
Biomechanics of the Hand and Wrist
Advanced Elbow Concepts
Splinting the Upper Extremity
Differential Diagnosis and Special Tests – Hand to Forearm
Independent Study Course: Diagnostic Imaging 16.1
Independent Study Course: Pharmacology 17.1
Independent Study Course: Current Concepts in Orthopedic Physical Therapy 16.2
Independent Study Course: Strength and Conditioning 15.3



Post-Professional Orthopedic Physical Therapy Residency

Faculty

Clinical Faculty:

Laura Podschun, PT, MPT, OCS, CSCS; Program Director
Sheila Klausner, PT, MS, OCS, CSCS, LMT
Rodney Negrete, PT, CSCS
Ruthanne Alarcon, OTR/L, CHT

Core Academic Faculty:

Laura Podschun, PT, MPT, OCS, CSCS; Program Director
Sheila Klausner, PT, MS, OCS, CSCS, LMT
Rodney Negrete, PT, CSCS
Ruthanne Alarcon, OTR/L, CHT
William J. Hanney, PT, DPT, PhD (c), ATC, MTC, CSCS



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Admission Requirements

A completed application will be reviewed by the Clinical Model Committee and Program Director.

Applications are evaluated based on the following criteria:

- academic education and background
- clinical education, internship and mentoring experiences
- research experience and interest
- clinical experience in orthopedic physical therapy
- interest in advancement of the profession
- letters of recommendation

The Admissions Committee will interview superior candidates.

Acceptance is based on interest, ability and aptitude for a career as an orthopedic physical therapist. Selected residents must meet the admission criteria set forth by the advisory committee. This includes (but is not limited to): graduation from CAPTE (Commission for Accreditation in Physical Therapy Education) accredited physical therapy program, hold (in good standing) a current license to practice physical therapy in the state of Florida and a completed application form.

Residents are selected by the Admissions Committee and their decision is final. Decisions are based on a candidate's desire to advance their skills in orthopedic physical therapy. This is evidenced by responses in the application, letters of recommendation, resume, and interests. Superior candidates will be interviewed by at least 2 members of the Admissions Committee. Candidates will be assessed in areas of commitment, knowledge of the mission and goals of the program, interest in clinical research and teaching and personality. Desirable candidates will possess qualities of flexibility, maturity, leadership, team building and a strong desire to learn.

Applications are accepted year round.

Applicants requesting disability accommodations must do so by filing a request (detailing necessary accommodations) in writing with the Program Director.

Eligible applicants will be notified within one month of receipt of the completed application and interviews for suitable candidates will be arranged. Final notification of applicants who gain admission to the program will be made within 30 days of the interview.



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Application Process

1. Email: Send an email to laura.podschun@flhosp.org requesting an application. Type “orthopedic residency application” in the subject line.
Online: Go to www.fhsportsmed.org, go to the orthopedic residency section and download an application.
Mail: Write to the Program Director at 8701 Maitland Summit Blvd, Orlando, FL 32810 and request an application by mail.
2. In applying for admission, the following materials must be submitted:
 - Application with essays as described in application
 - Two (2) letters of recommendation (see application)
 - Current resume or summary of career goals, employment history and extracurricular activities
3. Florida Hospital reserves the right to **NOT** process any application that is incomplete.
4. Eligible applicants will be notified within one month of receipt of the completed application and interviews for suitable candidates will be arranged. Final notification of applicants who gain admission to the program will be made within 30 days of the interview.



Post-Professional Orthopedic Physical Therapy Residency

Further Information

For further information or an application packet, please visit our website at www.fhsportsmed.org or contact:

Laura Podschun, PT, MPT, OCS, CSCS
Orthopedic Physical Therapy Residency Program Director
Florida Hospital Sports Medicine and Rehabilitation
5165 Adanson Street
Orlando, FL 32804

Phone: (407) 916-4500

Email: laura.podschun@flhosp.org

This information represents current policy at the time of printing this publication and is subject to change. Applicants should contact the Orthopedic Residency Program at Florida Hospital Sports Medicine and Rehabilitation to verify the requirements for the year for which the residency application will be made.

It is the policy of the Orthopedic Residency Program to recruit, admit and retain participants on a nondiscriminatory basis. Specifically, the program does not discriminate on the basis of race, creed, color, gender, age, national or ethnic origin, sexual orientation, and disability or health status.