



Sports Medicine and Rehab

FLORIDA HOSPITAL CONNECTED CARE



Post-Professional Residency Program In Orthopedic Physical Therapy

(updated 4/06/15)



Post-Professional Orthopedic Physical Therapy Residency

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Post-Professional Orthopedic Physical Therapy Residency

Mission Statement

The mission of Florida Hospital Sports Medicine and Rehabilitation's Physical Therapy Orthopedic Residency is to foster the professional development and advanced clinical training of orthopedic physical therapists so that they may exemplify the core values of physical therapy professionalism and make lasting contributions to their local community and their profession through leadership and excellence as clinicians, educators and clinical scholars who cultivate these values in the settings in which they practice.



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. Support the mission and core values of Florida Hospital Sports Medicine and Rehabilitation (FHSMR) by fostering excellence in clinical decision making and orthopedic patient care throughout all outpatient centers.
2. Develop and provide curriculum and clinical training that emphasizes critical thinking, patient-centered practice and advanced clinical skills in a manner that is consistent regardless of clinical practice site.
3. Promote advancement of the field of orthopedic physical therapy by emphasizing evidence-based practice of physical therapy and the need for individual contribution to the existing body of knowledge through clinical research.
4. Prepare residency graduates to pursue ABPTS certification as clinical specialists in orthopedic physical therapy.
5. Promote professionalism globally in the field of orthopedic physical therapy and locally within FHSMR by incorporating the APTA's seven core values of professionalism into the curriculum and clinical experiences.



Post-Professional Orthopedic Physical Therapy Residency

General Information

Credentialing: The residency program is fully credentialed 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, beginning the first full week of December

Program Entrance Date: Residents selected actually begin working in the clinic around Labor Day prior to beginning formal residency in December. This allows for acclimatization to use of EMR and patient care flow before the extra work of the residency.

Salary: As employees of Florida Hospital during the residency period, residents are expected to see patients for 36 hours per week (32 hours of clinical practice in addition to 4 hours of 1:1 supervised clinical practice with a mentor)

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 (DSP) for Orthopedic Physical Therapy. The content is taught by faculty from Florida Hospital. The research component runs throughout the residency, with individualized review/meetings approximately every other month with the appropriate research faculty member. Residents are also expected to participate in community education/screenings, journal clubs, case presentations, and rounding/shadowing with physicians or specialists to gain exposure to all aspects of the Orthopedic DSP.

Each resident receives:

- 109.5 hours of classroom/lab instruction
- Minimum 180 hours (up to 208 hours) of 1:1 supervision while treating patients
- 1600 to 1664 hours of clinical practice
- Approximately 200 hours of resident directed learning activities

The content of the classroom, lab and clinical training in this residency encompass the following areas:

- Clinical Reasoning
- Professionalism
- Spine Physical Examination and Manual Treatment Procedures
- Lower Quadrant Physical Examination and Manual Treatment Procedure
- Lower Quadrant Biomechanical Examination and Treatment
- Interviewing and Communication Skills
- Upper Quadrant Physical Examination and Manual Treatment Procedures
- Upper Quadrant Biomechanical Examination and Treatment
- Scientific Basis of Orthopaedic PT Clinical Practice/Research
- Clinical Decision Making



Post-Professional Orthopedic Physical Therapy Residency

Faculty

Clinical Faculty:

Laura Podschun, PT, DPT, OCS, COMT, CSCS; Program Director
Sheila Klausner, PT, MS, OCS, COMT, CSCS, LMT
Janna Otomo, PT, DPT, OCS
Michelle Ramirez, PT, DPT, OCS
Randi Richardson, PT, DPT, SCS

Core Academic Faculty:

Laura Podschun, PT, DPT, OCS, COMT, CSCS; Program Director
Sheila Klausner, PT, MS, OCS, COMT, CSCS, LMT
Janna Otomo, PT, DPT, OCS



**POST-PROFESSIONAL RESIDENCY PROGRAM
IN ORTHOPAEDIC PHYSICAL THERAPY**

2014/2015 Florida Hospital Residency Education Schedule – **SAMPLE SCHEDULE**

****All classes (EXCEPT WHERE NOTED BY *) meet at rehab gym at RDV Sportsplex and run from 8:00 am to 5 pm****

wear or bring lab attire for all sessions and do all required readings IN ADVANCE of the module

12/6/14	Saturday	Orientation/Professionalism/Clinical Reasoning	Laura Podschun
1/11/15	Sunday	Lumbar Spine: Examination and Management	Laura Podschun
2/22/15	Sunday	SI Joint/Hip: Examination, Differential Diagnosis and Management	Janna Otomo Laura Podschun
3/7/15	Saturday	Knee: Examination and Management/Regional Interdependence of the Lower Qtr Kinetic Chain	Laura Podschun
3/28/15	Saturday	Research Principles	Laura Podschun
4/25/15 – 4/26/15	Saturday AND Sunday	Foot/Ankle: Examination and Management Biomechanical Evaluation including Orthotics/Shoe Wear Recommendations	Laura Podschun
5/16/15	Saturday	Thoracic/Rib: Examination and Management	Janna Otomo
6/6/15	Saturday	Cervical Spine: Examination and Management	Sheila Klausner
6/28/15	Sunday	TMJ: Examination and Management Research Consultation	Laura Podschun
7/25/15	Saturday	Shoulder: Examination and Management	Sheila Klausner
9/19/15-9/20/15	Saturday AND Sunday	Elbow, Wrist and Hand: Examination and Management	Laura Podschun



Post-Professional Orthopedic Physical Therapy Residency

Admission Requirements/Process

Applications must be submitted through the RF-PTCAS system. **Deadline for applications is May 1st to be considered for a residency slot that commences in the fall of the application year.**

Applications submitted by the deadline are evaluated by the Program Director 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, including Prospective Clinical Resident Evaluation Tool

Florida Hospital Human Resources will contact appropriate candidates for initial screening. The Admissions Committee will interview superior candidates. Following the interview process, the Admissions Committee contacts Human Resources with the names of the top two candidates. Following a background check, the Human Resources representative makes the residency position offer. This offer is contingent upon obtaining a PT license for the state of Florida *prior to* the position start date (typically September 1st).

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.

As residents are employees of Florida Hospital during their residency, acceptance into the residency is also contingent upon meeting all requirements of the Florida Hospital Human Resources hiring process. It is the policy of the program to recruit, admit and retain participants on a nondiscriminatory basis. The

program does not discriminate on the basis of race, creed, color, gender, age, national or ethnic origin, marital status, sexual orientation, disability or health status.

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

The typical timeframe for the application/admission process is as follows (by may vary slightly due to scheduling of all involved parties):

Application deadline: May 1st

Initial application screening: May 1- 15

Interviews with Admissions Committee: typically one set day of interviews, scheduled between May 20-31

Selection of residents and offer from Human Resources: June 1-15

For further information or questions regarding the application/admission process, please contact Laura Podschun at laura.podschun@adu.edu



Post-Professional Orthopedic Physical Therapy Residency

Further Information

For further information, please visit our website at www.fhsportsmed.com (see “about us – career opportunities – for professionals”) or contact:

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RDV Sportsplex
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Orlando, FL 32810

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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.