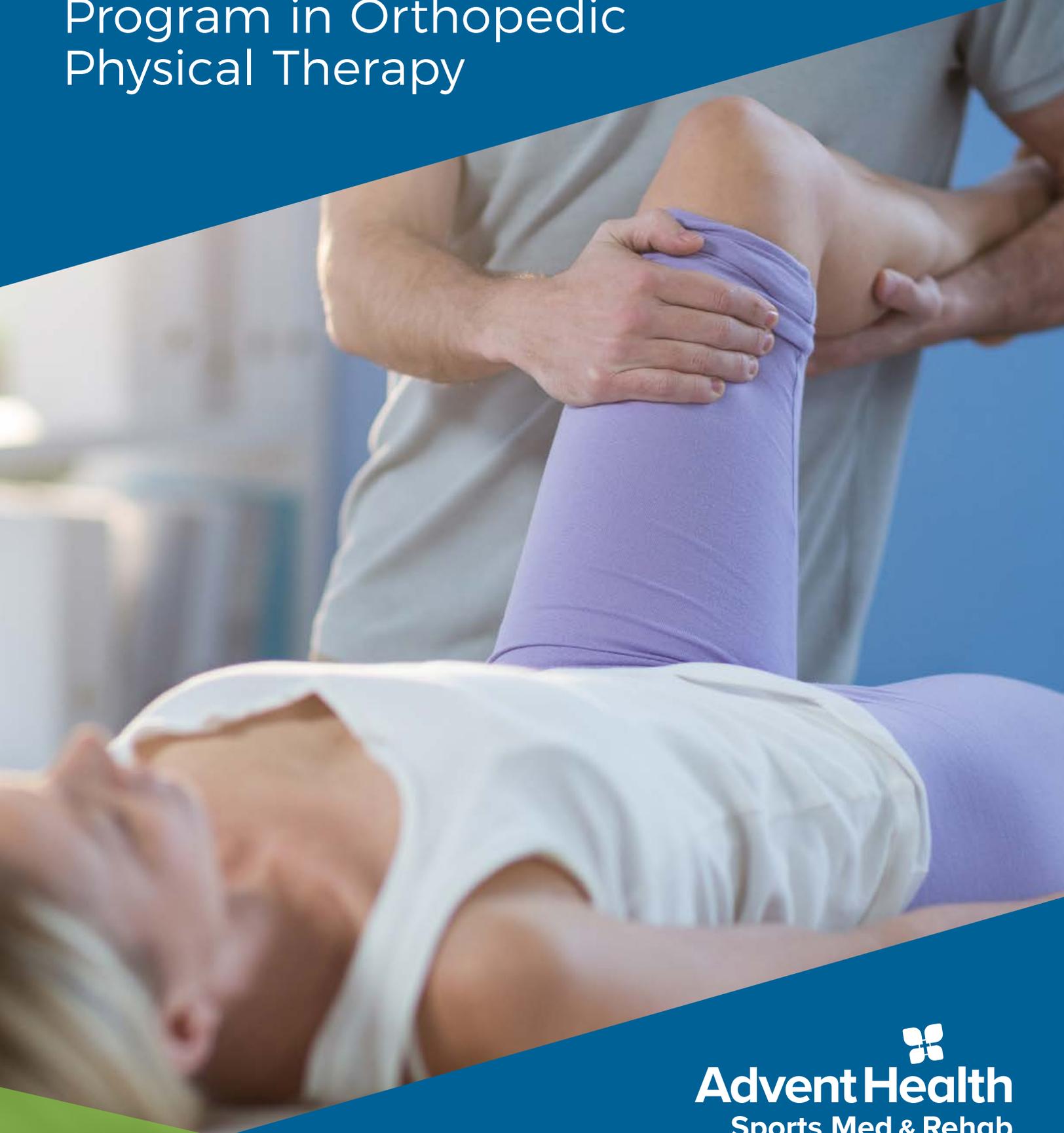


Post-Professional Residency Program in Orthopedic Physical Therapy



Advent Health
Sports Med & Rehab

A hospital department of AdventHealth Orlando



Our Mission

The mission of AdventHealth's 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.

Program Goals

The program will:

1. Support the mission and core values of Adventist Health System (AHS) 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 the residents' 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 AdventHealth by incorporating the APTA's seven core values of professionalism into the curriculum and clinical experiences.



General Information

Credentialing: The residency program is fully accredited 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 AdventHealth 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 AdventHealth. 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 AdventHealth. 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

Faculty

Clinical Faculty:

Laura Podschun, PT, DPT, OCS, COMT, CSCS;
Curriculum Director

Randi Richardson, PT, DPT, OCS, SCS Program
Director

Sheila Klausner, PT, DPT, OCS, COMT, CSCS

Michelle Ramirez, PT, DPT, OCS

Philip Agostinelli, PT, DPT, OCS, SCS, ATC

David Garcia, PT, DPT, OCS

Madison Robbins, PT, DPT, OCS

Katie Hoffman, PT, DPT, OCS

2018/2019 AdventHealth Residency Education Schedule

All classes 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.

12/15/18	Saturday	Orientation/Professionalism/Clinical Reasoning	Randi Richardson Shelia Klausner
1/20/19	Sunday	Lumbar Spine: Examination and Management	Shelia Klausner LA: Madison Robbins
2/10/19	Sunday	SI Joint/Hip: Examination, Differential Diagnosis and Management	Madison Robbins LA: Michelle Ramirez
3/17/19	Sunday	Thoracic/Rib: Examination and Management	Madison Robbins LA: Michelle Ramirez
4/7/19	Sunday	Knee: Examination and Management/ Regional Interdependence of the Lower Qtr Kinetic Chain	Randi Richardson LA: David Garcia
5/18/19 5/19/19	Saturday Sunday	Foot/Ankle: Examination and Management Biomechanical Evaluation including Orthotics/Shoe Wear Recommendations	Laura Podschun LA: David Garcia
6/16/19	Sunday	Cervical Spine: Examination and Management	Sheila Klausner LA: Phil Agostinelli
7/14/19	Sunday	TMJ: Examination and Management Research Consultation	Shelia Klausner LA:
8/3/19	Saturday	Shoulder: Examination and Management	Randi Richardson LA: Phil Agostinelli
8/25/19	Saturday	Elbow: Examination and Management	Phil Agostinelli LA:
9/8/19	Sunday	Wrist and Hand: Examination and Management	Laura Podschun LA: Shelia Klausner

Admission Requirements/Process

Applications must be submitted through the RF-PTCAS system. Deadline for applications is February 1 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

AdventHealth 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 1).

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 AdventHealth during their residency, acceptance into the residency is also contingent upon meeting all requirements of the AdventHealth 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: Feb. 1

Initial application screening: Feb. 1- 15

Interviews with Admissions Committee: typically, one set day of interviews, scheduled in March

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

For further information or questions regarding the application/admission process, please contact Randi Richardson at Randi.Richardson@AdventHealth.com.



Further Information

Contact:

Randi Richardson, PT, DPT, OCS, SCS
Director, Orthopedic Physical Therapy Residency
Program
AdventHealth Sports Medicine and Rehabilitation
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Orlando, FL 32810
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Randi.Richardson@AdventHealth.com

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 AdventHealth Sports Medicine and Rehabilitation to verify the requirements for the year for which the residency application will be made.

Let's talk in person.

For further information, please visit our website at AHSportsMed.com

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.

This guide is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.