

Post-Professional Residency Program in Orthopedic Physical Therapy



Advent Health
Sports Med & Rehab

A hospital department of AdventHealth Orlando



Our Mission

The mission of the Physical Therapy Orthopedic Residency Program at AdventHealth Sports Med and Rehab is to foster the professional development and advanced clinical training of orthopedic physical therapists.

The program highlights the core values of physical therapy professionalism and the importance of making lasting contributions to their community, and profession.

Through leadership training and development, therapists will strive toward 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 to 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.

Statistics

Graduation rate of residents since inception of program is 100%. Orthopedic Clinical Specialist exam pass rate since 2011 is 93%.

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

Clinical Faculty

Doug Allen, PT, MPT, ATC, OCS,
Program Director

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

David Garcia, PT, DPT, OCS

Justin Hess, PT, DPT, OCS

Katie Hoffman, PT, DPT, OCS

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

Madison Robbins, PT, DPT, OCS

Sam Singleton, PT, DPT, OCS



AdventHealth Residency Education Schedule

All classes meet at the rehab gym at RDV Sportsplex from 8 am to 5 pm.

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

December	Orientation/Professionalism/Clinical Reasoning
January	Lumbar Spine: Examination and Management
February	SI Joint/Hip: Examination, Differential Diagnosis and Management
March	Thoracic/Rib: Examination and Management
April	Knee: Examination and Management/Regional Interdependence of the Lower Qtr Kinetic Chain
May	Foot/Ankle: Examination and Management Biomechanical Evaluation including Orthotics/Shoe Wear Recommendations
June	Cervical Spine: Examination and Management
July	TMJ: Examination and Management Research Consultation
August	Shoulder: Examination and Management
September	Elbow: Examination and Management
October	Wrist and Hand: Examination and Management



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 (may vary slightly due to scheduling of all involved parties):

Application deadline: February 1

Initial application screening: February 1 to 15

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

Selection of residents and offer from Human Resources: April 1 to 15

Learn more.

For further information or questions regarding the application/admission process, please contact Doug Allen at doug.allen@adventhealth.com or 407-646-7703.



Further Information

For further information or questions regarding the application/admission process, please contact AdventHealth Sports Medicine and Rehabilitation Orthopedic Physical Therapy Residency Program Director, Doug Allen, at doug.allen@adventhealth.com or 407-646-7703.

**AdventHealth Sports Medicine and Rehabilitation
Orthopedic Physical Therapy Residency Program**
2005 Mizell Avenue, Suite 2400
Winter Park, FL 32792

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.

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.

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.