

# 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](mailto: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](mailto:doug.allen@adventhealth.com) or 407-646-7703.**

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Orthopedic Physical Therapy Residency Program**  
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*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.*

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