

# MVP Physical Therapy Orthopaedic Residency

## **Orthopaedic Residency Program Overview:**

MVP Physical Therapy Orthopaedic Residency is a 12-month residency program, accredited by the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE), designed to assist the participant in the preparation for the Orthopaedic Certified Specialist (OCS) examination following program completion. The intention of the program is to improve a clinician's examination and treatment proficiency within the speciality field of orthopaedic physical therapy through a curriculum that includes clinical practice, 1:1 OCS clinical mentoring, non-patient care mentoring, independent study, online courses and skill labs. In addition to body region specific knowledge areas, our curriculum will also incorporate basic psychotherapy principles, pain science and advanced patient management skills to assist in working with more complicated orthopedic cases.

## **Duration:**

12 months

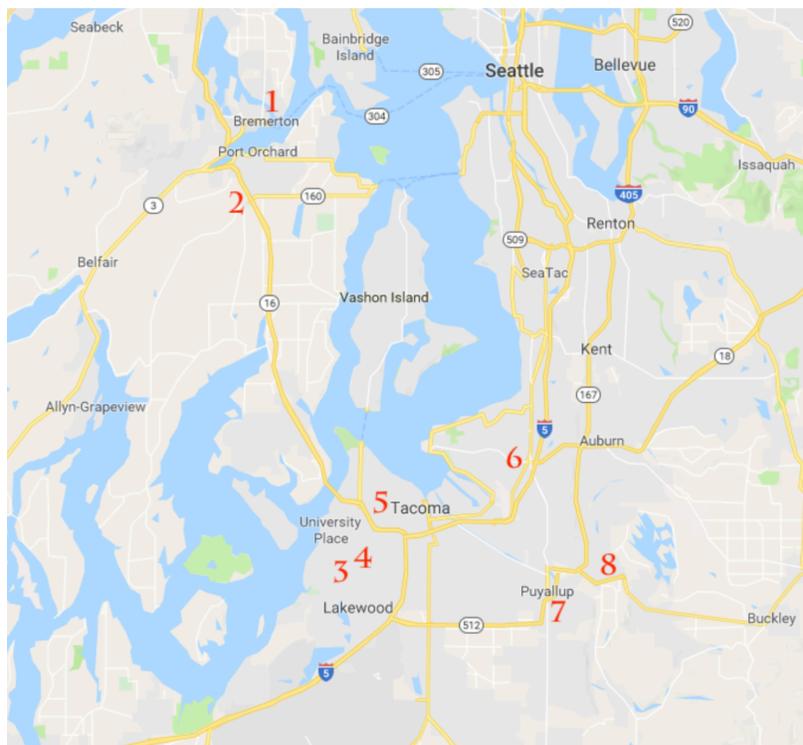
## **Start Dates:**

- 1st Monday of January
- 1st Monday of May
- 1st Monday of September

## **Clinic Location(s)**

MVP Physical Therapy clinics utilized for the orthopaedic residency program varies each year and is dependent on availability at time of application.

MVP Physical Therapy clinics that have been or may be utilized for the orthopaedic residency include: Bremerton (1), Port Orchard (2), Lakewood (3), Fircrest (4), Tacoma (5), Federal Way (6), Puyallup (7), and Sumner (8)



## **Curriculum Summary:**

1,850 hours	Clinical Practice
150 hours	1:1 Clinical Mentoring with OCS Faculty
175 hours	Didactic Instruction - Independent Study / Online Courses
100 hours	Didactic Instruction - Residency Faculty Lectures
25 hours	Didactic Instruction - Skills Lab

## **Weekly Schedule:**

Residency participants are full-time employees that typically perform **40 hours per week of clinical practice**. Of the 40 hours of clinical practice each week, 36.67 hours per week is considered “non-mentoring” clinical practice and 3.33 hours per week of 1:1 mentoring with an OCS faculty member.

In addition to clinical practice hours, program participants must complete 300 hours of didactic instruction. The 300 instructional hours include a mixture of faculty-led lectures, skill labs, online courses and independent study readings. Participants are encouraged to complete approximately **6 hours per week of didactic instruction** which can be performed all at once or throughout the week. Sundays and major holidays are excluded from the curriculum schedule.

## **Clinical Mentoring:**

150 hours of one-to-one clinical mentoring with an OCS faculty member will be provided throughout the 12-month duration of the residency program. Mentor(s) may be located at the resident’s clinic location or will travel to the resident in order to perform weekly mentoring. OCS mentors are assigned to the resident by the program director. All clinical mentors utilized within the residency program have been trained in residency and fellowship mentoring through an online course from the American Physical Therapy Association and manuals published by the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE).

## **Didactic Instruction:**

MVP Physical Therapy Orthopaedic Residency will provide 300 hours of didactic instruction through:

- 175 hours of independent study & online courses
- 100 hours of residency faculty led lectures
- 25 hours of spinal, lower quadrant and upper quadrant skills lab

The curriculum utilized by the residency program covers all content areas listed within ABPTRFE’s Description of Residency Practice for Orthopaedics which are also the same content areas in the OCS exam.

## **Performance Evaluations:**

Each participant will be evaluated for advancing competency within the speciality practice of orthopaedic physical therapy throughout the 12 month program duration. Performance evaluations utilized within the residency program include:

- 4, 2-hour live patient examinations scheduled in month 03, 06, 09, and 12
- 2 written examinations scheduled in month 06 and 12
- 2 general physical therapy resident core competency evaluations scheduled in month 06 and 12

## **Service to Others:**

Each participant is required to provide a one-hour lecture (minimum) to the MVP Physical Therapy organization at the conclusion of the residency program.

Additional activities that a resident may participate within can include research (case study) or other community service activities. These additional professional activities are not a mandatory requirement for program completion but the program will assist the participant in these activities if desired.

### **Program Tuition & Salary:**

The tuition for the residency program is \$9,000. MVP Physical Therapy employees are provided \$2,500 as a continuing education benefit to apply towards the residency program tuition. The remaining cost of the program tuition (\$6,500) will be deducted each pay cycle throughout the duration of the program. This equates to \$250 / paycheck for 26 pay cycles.

A resident's salary is approximately 89% to that of a staff physical therapist with equal experience.

### **Minimum Eligibility Requirements:**

- Graduation from a CAPTE-accredited physical therapy program
- Successful completion of the NPTE board examination
- Obtain a Washington state license by the program start date
- Receive "entry-level" marks on the Physical Therapy Resident Core Competency Evaluation that is completed by an immediate supervisor or recent clinical instructor.

### **Application Process:**

#### **1. RF-PTCAS Online Application Submission**

- All applications will be received through the Residency/Fellowship Physical Therapy Centralized Application System (RF-PTCAS) website. Following submission of the online application, the program director will review the submitted career statement, curriculum vitae / resume and online evaluations / letters of recommendation from three references.

#### **2. Additional Information Collected From Selected Reference**

- The program director will email the applicant to request which reference the program should contact for additional information. The chosen reference should be a recent clinical instructor or immediate supervisor in order to provide information regarding the applicant's status on 36 core competencies for a physical therapy resident. It is a mandatory requirement that selected participants are "entry-level" prior to starting the program.

#### **3. Residency Program Interview**

- The 1st interview will be in regards to the residency program. Interview will be conducted in-person for applicants within the region and over the phone for distant applicants. Decision (approval or denial) regarding the residency program will be based on the RF-PTCAS application, additional information received by the selected reference and the residency program interview. Applicants approved for the residency program will be forwarded to the Department of Human Resources who will determine available clinic(s).

#### **4. MVP Physical Therapy Employment Interview**

- The 2nd interview will be for employment within MVP Physical Therapy. The interview will be conducted by the clinic manager(s) of the available clinic(s). Clinic availability is variable from year to year and is dependent on what is open at time of application. Decision (approval or denial) regarding employment will be determined after the second interview.

### **Application Deadlines:**

Applicants can submit their RF-PTCAS application at any time during the year. Once received, the application will be immediately processed. In order to ensure that all accepted applicants are licensed within the state of Washington and the insurance credentialing process has begun prior to the residency program start date, we will require applications to be submitted at least 3 months prior to program start date. Applications received after the deadline will be considered for the following cohort.

<u>START DATE</u>	<u>APPLICATION DEADLINE</u>
1st Monday of January	August 31st
1st Monday of May	February 1st
1st Monday of September	June 1st

### **Frequently Asked Questions:**

- *“What do you look for in an applicant?”*
  - The primary purpose of this orthopaedic residency program is to assist a clinician towards board-certification in the specialty area of orthopaedic physical therapy. An OCS clinician is an individual who not only practices exceptionally well but also goes beyond clinical practice and performs other professional activities. We are looking for individuals who not only want to be great clinicians but also those who want to improve the specialty field through professional activities. Our program consists of faculty members who are dedicating time and energy to help others improve their knowledge and skill in this profession. We would love to see participants have the same attitude and desire to help colleagues, physical therapy students, and those interested in entering the profession. Through the application, references and interview we are looking at what you have already participated within, what you are currently doing within the orthopaedic realm and what you dream to strive for in the future.
  
- *“How many graduates have passed the OCS exam?”*
  - Since 2008, 26 participants have completed the orthopaedic residency. 15 have passed the OCS exam. 2 are scheduled to take the OCS exam in the spring of 2018. 9 graduates have not provided information to the program regarding OCS status; therefore, their status is unknown.