



AT THE FOREFRONT
UChicago
Medicine

ABPTRFE
American Board of
Physical Therapy Residency
& Fellowship Education

University of Chicago Medicine

Orthopedic Physical Therapy Residency Overview

Mission of the Orthopedic Physical Therapy Residency Program:

The mission of University of Chicago Medicine Orthopedic Physical Therapy Residency program is to provide a professional development opportunity to prepare physical therapists to become a board certified clinical specialist in the area of orthopedic or pediatric physical therapy through didactic education, participation in research, professionally mentored patient care experiences and independent patient care. The programs will emphasize the development of advanced psychomotor skills, theoretical rationales, evidence based techniques, and complex clinical reasoning to enhance the resident's ability to evaluate and treat pediatric or orthopedic patient populations. The program graduate will be a physical therapist clinical specialist who will be an ongoing resource for the University of Chicago Medical Center and the physical therapy and medical community by promoting rehabilitation, health, and wellness, for the persons they serve.

Goals of the Orthopedic Physical Therapy Residency Program at UChicago Medicine:

To provide a post professional, educational experience to physical therapists who will be better able to:

1. Utilize current evidence-based Physical Therapy information to make accurate Physical Therapy diagnoses/ prognosis and determine the appropriate plan of Physical Therapy care
2. Apply advanced physical therapy interventions for a physical therapy episode of care of orthopedic conditions
3. Demonstrate the communication/collaboration skills with the members of the multidisciplinary team and the patient, needed to care for a person with disorders of body structure or function, activity limitations or participation restrictions
4. Provide health and wellness or injury prevention programs and/or educational presentations for persons in the community as it relates to physical fitness, movement, development, and other related Physical Therapy topics

5. Participate in the development of new or innovative Physical Therapy techniques and the collection of evidence to support the effectiveness of those techniques to enhance the practice of orthopedic or pediatric Physical Therapy
6. Contribute to the Physical Therapy profession through, teaching, research, publication and presentations

Metrics for successfully completing the residency program:

1. Achieve 80% or higher on Final Orthopedic written examination.
2. Complete and document all expected hours as detailed above
3. Successfully complete 100% all weekly goals for every teaching module.
4. Successful completion of satisfactory or higher for clinical competency forms for each curriculum area.
5. Achieve 85% or higher score on each of the 4 live patient examinations by the end of the residency; including 1 lumbar spine, 1 lower extremity, 1 cervical spine, 1 upper extremity patient type
6. Achieve all 3's or higher for Performance Appraisal at 6 months and 12 months review.
7. Achieve a rating of 4 in the APTA Residency Competency Instrument
8. Complete and present a Case Study and Traffic Light Project to Therapy Services Department by the end of the residency
9. Volunteer 10 hours in the community throughout the year
10. Obtaining a rating of 90% or higher on Peer review presentations (minimum of 1)
11. 2 professional presentations within UCMC (rated at 80% or higher per Speaker Feedback Form)
12. Completion of all tracking and grading forms including
 - a. Tracking of hours
 - b. Outcomes measurement summary per patient tracking form
 - c. Feedback forms for all faculty, lectures and modules
 - d. Tracking form for Mentoring scores

Curriculum:

Schedule for education curriculum

- 52 weeks/ residency year:
 - 4 weeks orientation
 - 2 weeks non education time at holidays
 - 46 weeks for education.

Note the 6 weeks of non-education time are still included in residency hours, these weeks are 100% patient care and this time is calculated in total residency hours.

Breakdown of teaching hours during the 46 education weeks:

Approximately: 14 hours education, 26 hours treating per week

- **Mentoring:** 3-4 hours a week (one on one with faculty) = minimum 150 hours
- **Clinical Investigations:** 2.5 hours a week (functional measures, tracking of patient scores, research, journal clubs, peer reviews, grand rounds, case reviews) = 115 hours
- **Course work Didactic learning and Lab:** 3 hours a week (lectures and labs) = 144 hours
- **Specialty Practice Observation:** 40 hours MD Clinic/Surgery Observation
- **Clinical Practice:**

- 26 hours a week for the 46 weeks = 1196 hours
- 40 hours a week for orientation and holiday weeks = 240 hours
- Total clinical practice hours = 1436 hours (1586 including mentoring hours)

Total hours for program: 2,035 hours

Outline of Orthopedic Residency Educational Modules:

- Clinical Reasoning: 1 week
- Evidenced Based Practice and Critical Appraisal of Clinical Research: 2 weeks
- Lumbar Spine and Sacroiliac Joint: 6 weeks
- Hip: 5 weeks
- Knee: 5 weeks
- Foot and Ankle: 4 weeks
- Cervical Spine and Temporomandibular Joint: 5 weeks
- Shoulder and Thoracic Spine: 6 weeks
- Elbow, Wrist and Hand: 4 weeks
- Rheumatology: 1 week
- Acute IP Orthopedics/Lab values/Medications: 2 weeks

Additional Specialty Lectures/Education:

- Cardiopulmonary: 1 week
- Nutrition: 1 week
- Endocrine: 1 week
- Regenerative Medicine: 1 week
- Pain Science: 1 week
- Radiology: 1 week
- Genetics: 1 week
- Pharmacology: 1 week
- Vestibular rehab: 1 week

Hours:

The majority of onsite residency activities occur Monday through Friday between the hours of 7AM and 6:30 PM. Residents are considered to be exempt employees who are salaried. Their work schedule will be flexible and allow for patient care, training, mentoring, and study time and preparation. Schedules are coordinated by the residency program coordinator and shall not exceed expectation of more than 50 hours /week of direct program participation. There will be additional personal study time required.

Weekend Coverage:

Orthopedic Residents will be scheduled to work inpatient shifts every 4th Saturday. This time will be tracked as patient care hours.

Professional Liability Insurance:

As an employee of the UChicago Medicine, a resident is covered by the organization's professional liability policy. This coverage extends only to those activities that are required by their participation in the program.

Salary

As a resident in the program, your salary for the year of the residency program is set according to the cost of maintaining the program. Currently the salary is \$54,000 (as of 2022 class).

Other than the \$300 continuing education benefit from the institution (available after probationary period), there are no additional monies allocated for outside continuing education, tuition reimbursement, travel or parking fees to any observations/ outside facilities, living expenses, licensure fees, or professional dues. Supplemental work opportunities, covering inpatient weekends are available with additional pay for any resident whose residency expectations are being met. This opportunity is voluntary.

UChicago Medicine Orthopedic Physical Therapy Residency Program

Paid Time Off (PTO) Guidelines

Physical Therapy Residents are full time employees of the UChicago Medicine. They will be eligible to take 5 days of paid time off, with the approval of the residency program coordinator and the assistant director. 7 organizational holidays will also be paid: New Year's Day, Martin Luther King Day, Memorial Day, 4th of July, Labor Day, Thanksgiving Day, and Christmas Day.

Because of the extensive education and curriculum pieces of the residency positions, it is very challenging to provide the residents with extended time (more than 1-2 consecutive work days) off throughout their program.

Paid Time Off:

- Paid days off will be scheduled with the approval of the resident's manager and the residency Program Coordinator. Unscheduled days off will be deducted from the PTO bank.
- Any unpaid time (beyond the 5 days) will be granted only for an approved emergency leave by the Therapy Services Director.
- New employees of the Therapy Services Department are encouraged not to take paid days off during their first 6 months (probationary period) of employment.
- All paid time off must be taken within the time frame of the residency program commitment.
- Time off from the residency may be allowed if:
 - Staffing allows adequate patient care coverage
 - Time is requested a minimum of 4 weeks ahead of scheduled day off
 - The resident may need to work additional hours before and after a scheduled day off to assure that all educational pieces and patient care obligations are achieved.

Sick Days:

- All employees are asked to not put patients and co-workers at risk by attending work if they are ill.
- Any employee calling off work needs to notify the department by sending an email to therapyservices@uchospitals.edu **no later than 6:30 am** and indicate the following:
 - Name
 - Phone number
 - Reason for call off: Sick, Sick family (must indicate who the family member is) or other (car trouble, cancelled flight, etc)

If you are calling off sick, you must send a text message to your manager verifying symptoms to allow for operational planning. **You must speak to your manager on the 3rd day of call off.**

If sick time taken exceeds amount of PTO days (5), or if a pattern is noticed, time off will be discussed with the resident. A doctors' note may be required any time abuse of sick time is suspected.

Eligibility:

Physical Therapists licensed or eligible for licensure, in the state of Illinois, are encouraged to apply. Only physical therapists licensed in the state of Illinois will be hired.

How to Apply:

We are a part of the centralized application process with the APTA RFPTCAS. Please complete the application on the following website:

<http://www.abptrfe.org/RFPTCAS/ApplicantWebsite/>

The application must include a letter of intent, curriculum vitae, 2 letters of recommendation, and an online UChicago Medicine application.

- The letter of intent must include the following: 1) goals/objectives for the residency program, 2) a summary of prior clinical and educational experience and 3) short and long term goals for an orthopedic subspecialty.
- Please include a current curriculum vitae or resume.
- The 2 letters of recommendation **must include two of the following:**
 - 1) Current or former supervisor, (if a recent graduate; from a current or former clinical instructor)
 - 2) Instructor/faculty member from an accredited physical therapy program
 - 3) A physician with whom the physical therapist has worked in the past year (not required, an option).

Interviews:

Top candidates will be interviewed initially via phone by February, second interviews will be completed through zoom or in- person at the University of Chicago Medical Campus in March of the application year. All interviews will include behavioral, clinical questions, and patient scenarios. Please be prepared to discuss research ideas and to demonstrate patient interactions and treatment plans.

The completed application should be forwarded no later than **January 31st** of the corresponding year through the APTA, RF-PTCAS application process. Please contact the program director for any other questions/concerns.

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Frequently Asked Questions

- 1. As a full time employee at the hospital, how is the resident compensated? Is there a separate resident rate during residency hours? Or is the resident on a "normal" salary with additional years of commitment after the residency ends? Is there tuition involved or is it waived by being a full time employee?**

The residency position is a full time salaried position. The level of compensation is less than a full time treating therapist and the difference in pay is what it costs UChicago Medicine to educate the resident. There are not additional years of commitment from the resident or the organization upon completion of the program.

- 2. How many people are usually accepted into the program each year?**

2 - 3 orthopedic residents

- 3. Are the 3 hours of didactic coursework each week in a classroom format? If so, is that during the working week or on the weekend?**

This is generally presented during the work week, occasionally on a weekend if faculty schedule requires.

- 4. Who are the faculty of this program and who are the mentors?**

Faculty and mentors are the same – most are employees of UChicago Medicine, and for some sections, we have additional faculty from outside clinics. During each section the faculty who is teaching is also mentoring the resident for at least 2 hours/week (the resident still gets 3-4 hours of mentoring)

- 5. How well prepared did the previous residents feel about taking the OCS?**

We currently have 97% pass rate for residents who have taken the OCS examination

- 6. Do residents work weekends?**

Yes, residents work weekends which is usually one weekend day a month for Orthopedics. Comp days are given for the weekend time and residents are encouraged to take their comp time within the month to avoid burn out.

- 7. Does the University of Chicago affiliate with a Physical Therapy School and require teaching in the University setting?**

The University of Chicago does not have a PT program which it is affiliated with for teaching. We do have a medical school at the University of Chicago and the physical therapy residents are involved in teaching interprofessional courses within the organization. We also take a number of PT students throughout the year for clinical rotations but the resident will not be assigned their own students.

Program Outcomes

- 34 graduates since January 2011
- 97% of graduates have taken OCS
- 97% pass rate for OCS examination (33/34)

Graduate Outcomes:

- 1 is an Associate Program Director SLU-SSM Physical Therapy Orthopaedic Residency Program – accredited in Sept 2015
- 1 fellowship completion in OMPT at University of Illinois-Chicago
- 1 completed Sports Residency in Fairfax VA
- 5 are teaching in academic institutions (Temple, University of Southern Indiana, Maryville University, Midwest University, and Marquette University)
- 2 are in a PhD program, one at Marquette and one at University of Illinois-Chicago
- 6 past graduates became AAOMPT Fellows through UCM's OMPT Fellowship program
- 5 past graduates are currently teaching in UChicago Medicine Ortho PT Residency Program
- 7 past graduates of the residency program have been retained and currently working as staff PT's in UChicago Medicine Therapy services outpatient department
- 1 is working as an Advanced Nurse Practitioner
- **Program is accredited through September of 2026**