



AT THE FOREFRONT

**UChicago
Medicine**

ACOMPTE
Accredited Program



University of Chicago Medicine

Orthopaedic Manual Physical Therapy Fellowship Overview

Dual Accreditation with the Accreditation Council on Orthopaedic Manual Physical Therapy Education (ACOMPTE) and the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE)

Mission of Fellowship Program:

The mission of University of Chicago Medicine Orthopaedic Manual Physical Therapy (OMPT) fellowship 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 fellow'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.

The Goals of the OMPT Fellowship Program at UChicago Medicine are:

To provide a post professional, specialty defined (orthopaedic) 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 OMPT physical therapy interventions for a physical therapy episode of care of pediatric or 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

Curriculum:

Schedule for education curriculum

- 52 weeks/ fellowship year:
 - 2 weeks orientation
 - 2 weeks exam time
 - 48 weeks for didactic courses

Breakdown of teaching hours during the 48 weeks of didactic courses:

Approximately: 7 hours education, 33 hours treating per week

- **Didactic Learning:** 200 hours (online using Canvas Platform)
- **Mentoring:** 3-4 hours a week x 46 weeks (75 hours in person with UCM faculty; 75 asynchronous) = 150 hours minimum
- **Practical Lab:** 160 hours (100 hours of Spine; 60 hours of extremity)
- **Clinical Practice:** 500 hours minimum (obtain at place of employment)

Total hours for program: 1,010 scheduled

Outline of OMPT Fellowship Program Educational Courses Online:

Core OMPT Courses

- OMPT: Scientific Foundation: *6 hours*
- OMPT: Theory and Practice: *6 hours*
- Cervical Spine: *20 hours*
- TMJ: *4 hours*
- Thoracic spine: *12 hours*
- Lumbar spine and SI joint: *20 hours*
- Shoulder: *12 hours*
- Elbow: *8 hours*
- Wrist and hand: *8 hours*
- Hip: *12 hours*
- Knee: *12 hours*
- Foot and ankle: *12 hours*
- Chronic Pain: *6 hours*
- MSK Ultrasound: *6 hours*
- Research for case study and traffic light: *3 hours*

Total of 200 hours

Additional Non-Core Courses:

- Rheumatology: *6 hours*
- Vestibular rehab: *4 hours*
- Cardiopulmonary/Exercise physiology/Wellness: *6 hours*
- Nutrition: *6 hours*
- Psychology of Pain: *6 hours*
- Edema control in the orthopaedic patient: *6 hours*
- Pharmacology: *6 hours*

Lab Instruction Hours: 160 hours total

5 weekends (Saturday-Sunday): 16 hours per weekend for a total of 80 hours in person (to be scheduled once every three months)

- Cervicothoracic/TMJ: *16 hours*
- Lumbar Spine/SI: *16 hours*
- Upper Extremity: *16 hours*
- Lower Extremity: *16 hours*
- Review: *8 hours spine, 8 hours extremities*

Spine and Extremity Practical Hours: *40 hours each in person*

Videotaped Practical/Lab: *80 hours*

Weekend Coverage:

None

Professional Liability Insurance:

As an employee of UChicago Medicine, a fellow-in-training 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. All fellows-in-training are encouraged to carry their own personal professional liability coverage.

Cost

As a fellow in the program, your tuition for the year of the fellowship program is set according to the cost of maintaining the program. Currently the tuition is \$10,000.

Sick Days:

- All employees are asked to not put patients and co-workers at risk by attending work if they are ill.
- If a fellow-in-training is sick, they need to email the department at therapyservices@uchospitals.edu prior to 7AM of their scheduled day of work. If possible, therapists are also asked to provide information to assist re-scheduling their patients.

How to Apply

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.**

All interested applicants must:

- Possess at least one of the following qualifications:
 - 1) ABPTS specialist certification in Orthopedic or Sports Physical Therapy**
 - 2) Completion of an APTA accredited residency in orthopedic or sports physical therapy**

- Show documented experience in the application of OMPT techniques in previous employment
- Display professional behaviors and a strong interest in Orthopaedic Manual Physical Therapy

Note: Use of transfer credits from other academic programs or post-graduate training is not applicable.

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 fellowship 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).

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/>

Interviews:

Top candidates will be interviewed initially via phone; and second interviews will be completed on the University of Chicago Medical Campus in May of the application year. All interviews will include behavioral and clinical questions. Please be prepared to discuss research ideas and to demonstrate patient interactions and treatment plans.

The completed application should be forwarded no later than **March 31st of the corresponding year**. Please contact the program director for any other questions/concerns.

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OMPT Fellowship Program Outcomes

- 10 out of 10 fellows-in-training graduated since the program started in 2017
- 10 out of the 10 graduates have been recognized as **Fellows of the American Academy of Orthopaedic Manual Physical Therapists**
- 5 out of the 10 graduates are currently working as staff physical therapists in the UChicago Medicine Outpatient Therapy Services Department. All 5 are also faculty members of the Orthopedic PT Residency and OMPT Fellowship Programs
- Initial accreditation received from the American Board of Physical Therapy Residency and Fellowship Education in April of 2018
- At least 88% positive response from past graduates per Graduate Survey feedback
- **Program is accredited by the ACOMPTE and ABPTRFE through September of 2023**