



AT THE FOREFRONT
UChicago
Medicine

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.

The Goals of the Physical Therapy Residency Programs at UCM are:

To provide a post professional, specialty defined (pediatric or orthopedic) 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 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

1. 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/ 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

- **Clinical Practice:**
 - 26 hours a week for the 46 weeks = 1196
 - 40 hours a week for orientation and holiday weeks = 240 hours
 - **Total clinical practice hours = 1436 (1586 including mentoring hours)**
- **Course work Didactic learning and Lab** = 3 hours a week x 48 session in 46 weeks (lectures and labs) = approx 144 hours
- **Mentoring** = 4 hours a week x 46 weeks (one on one with faculty) = minimum 150 (186 hours max)
- **Clinical Investigations** = 2.5 hours a week x 46 weeks (functional measures, tracking of patient scores, research, journal clubs, peer reviews, grand rounds, case reviews) = approx 115 hours
- **Specialty Practice Observation** = 4 hours/week (MD clinics) = approx 184 hours

Total hours for program: 2,065 scheduled

Outline of Orthopedic Residency educational modules:

Principles of Rehabilitation and Clinical Reasoning – 1 week

Evidenced Based Practice and Critical Appraisal of Clinical Research – 2 weeks

Acute IP Orthopedics/Lab values/Medications – 2 weeks

Vestibular – 1 week
Lumbar spine and sacroiliac joint module – 6 weeks
Hip module – 4 weeks
Knee module – 4 weeks
Foot and Ankle module – 4 weeks
Cervical Spine and temporomandibular joint – 5 weeks
Thoracic spine – 2 weeks
Shoulder– 4 weeks
Elbow, Wrist and Hand module – 4 weeks
Rheumatology – 1 week
Pharmacology – 1 week
Inpatient Orthopedic patient management – 1 week
Pain Science – 2 weeks
Radiology – 1 week
Regenerative Medicine – 1 week
Nutrition – 1 week
Cardiopulmonary – 1 week
48 sessions in 46 weeks of total education – 144 hours of didactic

Hours:

The majority of on site residency activities occur Monday through Friday between the hours of 7AM and 7 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 and Pediatric Residents will be scheduled to work inpatient shifts every 4th Saturday. This time will tracked as patient care hours.

Professional Liability Insurance:

As an employee of the UCMC, 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. All PT residents are encouraged to carry their own personal professional liability coverage.

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 \$50,000 (as of 2019 class)

There are no additional monies allocated for outside continuing education, application or testing fees for ABPTS, 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.

UCMC Physical Therapy Residency

Paid Time Off (PTO) Guidelines

Physical Therapy Residents are full time employees of the University of Chicago Medical Center. They will be eligible to take 5 days of paid time off, with the approval of the residency program coordinator and the assistant director. 6 organizational holidays will also be paid; New Year's 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 Physical Therapy Residency Program Coordinator. Unscheduled days off, (such as sick, emergency, etc.) must also be approved by the residency program coordinator and 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 of employment. This is considered probationary time.
- 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.
- If a resident is sick, they need to call the department 773-702-6891 and leave a voicemail message on the main number prior to 7AM of their scheduled day of work. If possible therapists are also asked to provide information to assist re-scheduling their patients.
- • 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

How to Apply:

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

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

In addition please complete a PT level 1 application online at: <http://www.uchospitals.edu/jobs/index.html>

This will be posted in January of the application year.

You will be emailed a specific PT resident job description.

Interviews:

Top candidates will be interviewed initially via phone, second interviews will be completed on the University of Chicago Medical Campus in April 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.

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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 UCMC to educate the resident. There are not additional

3. How many people are usually accepted into the program each year?
3 orthopedic residents and 1 pediatric resident

4. 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.

6. How well prepared did the previous residents feel about taking the OCS and PCS? We currently have a 90% pass rate for residents who have taken the OCS or PCS examination

8. 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 Medical residents from the primary care and orthopedic departments as well as nurses and other health professionals. We also take a number of PT students throughout the year for clinical rotations.