

# Sports Residency Program

## Sequenced Major Components of the Curriculum

The following table is a detailed description of the components of the Program and the process of progression for each component within the curriculum.

Curriculum Component	Description	Credit Hours	Method of Evaluation
<b>Clinical Practice I</b>	<p>Clinical practice hours in which the resident provides physical therapy services at a CRS outpatient facility. The goal of this content area is for the resident to gain experience in the management of sport and orthopaedic pathologies. Resident integrates education from all other major content areas into his/her clinical practice.</p> <p><b>Clinic Schedule:</b> New Evaluation = 1 hour Return Visits = 30 minutes</p>	25 hours/week (13 weeks)	<ul style="list-style-type: none"> <li>Residency Performance Instrument</li> <li>Proaxis Therapy Clinical Performance Evaluation</li> </ul> <p><b>Productivity Requirements:</b></p> <ul style="list-style-type: none"> <li>5 evaluations/week</li> <li>25 return visits/week</li> </ul>
<b>Clinical Practice II</b>	<p>Clinical practice continues within a CRS outpatient facility. As the resident becomes more efficient, the productivity expectations increase.</p> <p><b>Clinic Schedule:</b> New Evaluation = 45 minutes Return Visits = 30 minutes</p>	25 hours/week (13 weeks)	<ul style="list-style-type: none"> <li>Residency Performance Instrument</li> <li>Proaxis Therapy Clinical Performance Evaluation</li> </ul> <p><b>Productivity Requirements:</b></p> <ul style="list-style-type: none"> <li>6 evaluations/week</li> <li>30 return visits/week</li> </ul>
<b>Clinical Practice III</b>	<p>Clinical practice continues within a CRS outpatient facility. Resident has completed the didactic coursework associated with advanced clinical practice and should be functioning as an advanced clinician. During CP III, the resident maintains established caseload (20 hrs/week).</p> <p><b>Clinic Schedule:</b> New Evaluation = 30 minutes Return Visits = 30 minutes</p>	25hours/week (26 weeks)	<ul style="list-style-type: none"> <li>Residency Performance Instrument</li> <li>Proaxis Therapy Clinical Performance Evaluation</li> </ul> <p><b>Productivity Requirements:</b></p> <ul style="list-style-type: none"> <li>6-8 evaluations/week</li> <li>40 return visits/week</li> </ul>

		1300 Hours	<b>Program Requirements:</b> <ul style="list-style-type: none"> <li>• 1500 Total Hours</li> <li>• 40% Sports Caseload</li> </ul>
<b>Curriculum Component</b>	<b>Description</b>	<b>Credit Hours</b>	<b>Method of Evaluation</b>
<b>Clinical Mentoring I</b>	Resident receives one-on-one clinical mentoring for advanced clinical practice. CM I occurs with a board certified PT with an OCS or SCS, a PT with doctoral level training, or certified clinical specialist. <b><i>Emphasis is on <u>developing the resident's examination and screening skills.</u></i></b> This dedicated time can also be used for consultation of difficult cases.	3 hours/week (5 weeks)	<ul style="list-style-type: none"> <li>• Residency Performance Instrument</li> <li>• Clinical Mentoring Prep Form</li> </ul>
<b>Clinical Mentoring II</b>	Resident receives one-on-one clinical mentoring for advanced clinical practice. CM II occurs with a board certified PT with an OCS or SCS, a PT with doctoral level training. <b><i>Emphasis is on <u>developing the resident's skills related to diagnosis and prognosis.</u></i></b> This dedicated time can also be used for consultation of difficult cases.	3 hours/week (4 weeks)	<ul style="list-style-type: none"> <li>• Residency Performance Instrument</li> <li>• Clinical Mentoring Prep Form</li> </ul>
<b>Clinical Mentoring III</b>	Resident receives one-on-one clinical mentoring for advanced clinical practice. CM III occurs with a board certified PT with an OCS or SCS, a PT with doctoral level training, or athletic trainer. <b><i>Emphasis is on <u>developing the resident's skills related to intervention and return to sport.</u></i></b> This dedicated time can also be used for consultation of difficult cases.	3 hours/week (4 weeks)	<ul style="list-style-type: none"> <li>• Residency Performance Instrument</li> <li>• Clinical Mentoring Prep Form</li> </ul>
<b>*Specialty Sections</b>	Resident will perform this entire coursework 4 times throughout residency. CM is performed for each of the four specialties (UE, LE, Spine, Sports Medicine).	156 hours	<b>Program Requirements:</b> <ul style="list-style-type: none"> <li>• Minimum of 150 hours required</li> </ul> <i>Overage hours can be applied to clinical practice hours</i>

Curriculum Component	Description	Credit Hours	Method of Evaluation
<b>Sports Specialist Training I</b>	<p>Resident participates in the prevention, evaluation, treatment, and triage of sport related injuries. In addition, the resident is exposed to sports specialty skills such as wrapping, taping, and equipment fitting.  <u><b>Emphasis is on developing basic competencies in the above specialty skills.</b></u> To include: wrapping, taping, equipment fitting,</p> <p>In addition, resident is required to participate in 2 injury clinics per semester for high school athletes, which include clinical mentoring with sports medicine primary care physician.</p> <p>Experience also includes physical therapy coverage at athletic venues.</p>	<p>9 hours/week (13 weeks)</p> <p>4 hours per injury clinic (2 clinics)</p>	<ul style="list-style-type: none"> <li>Sports Specialty Clinical Competencies</li> </ul> <p><b>Patient Examination (simulated and/or live) of the following:</b></p> <ul style="list-style-type: none"> <li>Pre-participation screening</li> </ul>
<b>Sports Specialist Training II</b>	<p>Resident participates in the prevention, evaluation, treatment, and triage of sport related injuries.  <u><b>Emphasis is "on-the-field" emergency management of sport related injuries.</b></u>  To include: spine boarding, splinting, face mask removal, equipment removal, and emergency transport.</p> <p>Experience includes physical therapy coverage at athletic venues.</p>	<p>9 hours/week (26 weeks)</p>	<ul style="list-style-type: none"> <li>Sports Specialty Clinical Competencies</li> <li>Residency Performance Instrument</li> </ul> <p><b>Patient Examination (simulated and/or live) of the following:</b></p> <ul style="list-style-type: none"> <li>On-the-field examination for contact sport</li> <li>On-the-field examination for non-contact sport</li> <li>Functional testing for return to sport following each regional injury: knee, ankle, spine, UE</li> </ul>
<b>Sports Specialist Training III</b>	<p>Requirements for participation in SST III includes successful completion of all competencies related to SST I and II and/or approval of supervising instructor of SST III.</p> <p>Resident participates in the prevention, evaluation, treatment, and triage of sport related injuries, with <u><b>emphasis on the collegiate, professional and/or elite athlete.</b></u> Resident's receive exposure and training related to maximizing the athlete's sport performance including off-season training and the effects of nutrition and environment on performance.</p> <p>Experience includes physical therapy coverage at athletic venues.</p>	<p>9hours/week (13 weeks)</p>	<ul style="list-style-type: none"> <li>Residency Performance Instrument</li> </ul>

Curriculum Component	Description	Credit Hours	Method of Evaluation
<b>Clinical Investigations I</b>	<p>This course includes an overview of the process of evidence-based medicine including a review of asking a relevant clinical question, searching for evidence, critically appraising the evidence and applying evidence to practice.</p> <p>Residents will also be introduced to the principles of outcomes management and the process of developing a minimal data set to track outcomes.</p> <p>This course also involves bi-monthly meetings with the Director of Clinical Research (DCR), Department of Orthopaedic Surgery and monthly journal club meetings with the Department of Orthopaedic Surgery Sports Medicine Fellows.</p>	<ul style="list-style-type: none"> <li>• 6 hours lecture</li> <li>• 2 hours per weeks (13weeks)</li> </ul> <p>32 Hours</p>	<p>Residents will be required to submit the following to the DCRO:</p> <ul style="list-style-type: none"> <li>• Disease process or region of impairment</li> <li>• Relevant outcome measures that will be collected</li> <li>• Classification system for interventions</li> <li>• Format for electronic database</li> <li>• Dictionary describing variables</li> </ul>
<b>Clinical Investigations II</b>	<p>This course will include data collection for the approved disease process or region of impairment.</p> <p>Bi-monthly meetings with the DCR to monitor progress and discuss on-going research projects and monthly journal club meetings with the Department of Orthopaedic Surgery Sports Medicine Fellows.</p>	<ul style="list-style-type: none"> <li>• 2 hours per weeks (13weeks)</li> </ul> <p>26 Hours</p>	<ul style="list-style-type: none"> <li>• Electronic database</li> </ul>
<b>Clinical Investigations III</b>	<p>This course will include an overview of the analysis and interpretation of the data set established during CI II.</p> <p>Bi-monthly meetings with the DCR to analyze and interpret the data sets and discuss on-going research projects and monthly journal club meetings with the Department of Orthopaedic Surgery Sports Medicine Fellows.</p>	<ul style="list-style-type: none"> <li>• 2 hours per week (26weeks)</li> </ul> <p>52 Hours</p>	<ul style="list-style-type: none"> <li>• Written Summary</li> <li>• Presentation</li> </ul>

		110 Hours  * Does not include time involved in data collection	<b>Program Requirements:</b> Clinical Instructor Interaction: Non-Patient Contact Hours  • Minimum: 75 hours
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Curriculum Component	Description	Credit Hours	Method of Evaluation
<b>Clinical Decision Making I</b>	<p>This course will expose the resident to the progress and logic associated with differential diagnosis and clinical decision-making. Residents are challenged to deduce the diagnosis of a clinical case problem and to determine how the diagnosis relates to the care of the patient. This occurs in an interactive forum among students, residents, academic and clinical faculty in the Departments of Physical Therapy and Orthopaedic Surgery.</p> <p>Residents are required to attend:</p> <ul style="list-style-type: none"> <li>Physical Therapy Grand Rounds</li> <li>Department of Orthopaedic Surgery Sports Medicine Conference</li> </ul>	<ul style="list-style-type: none"> <li>2 hours per week</li> </ul> (13 weeks )  26 Hours	<ul style="list-style-type: none"> <li>Mandatory attendance and participation</li> </ul>
<b>Clinical Decision Making II</b>	<p>Residents will be required to systematically collect clinical information related to the evaluation and treatment of a unique clinical case problem and present the information in an oral format for discussion at Physical Therapy Grand Rounds.</p> <p>Residents are required to attend:</p> <ul style="list-style-type: none"> <li>Physical Therapy Grand Rounds</li> <li>Department of Orthopaedic Surgery Sports Medicine Conference</li> </ul>	<ul style="list-style-type: none"> <li>2 hours per week</li> </ul> (26 weeks )  52 Hours	<ul style="list-style-type: none"> <li>Oral presentation at Grand Rounds</li> </ul>
<b>Clinical Decision Making III</b>	<p>Residents will be required to present the clinical case problem from CDM II into written format, suitable for publication in JOSPT as a <b>Case Report</b> or <b>Resident's Case Problem</b>.</p> <p>Residents are required to attend:</p> <ul style="list-style-type: none"> <li>Physical Therapy Grand Rounds</li> <li>Department of Orthopaedic Surgery Sports Medicine Conference.</li> </ul>	<ul style="list-style-type: none"> <li>2 hours per week</li> </ul> (13 weeks )  26 Hours	<p>Submission of clinical case problem in one of the following formats:</p> <ul style="list-style-type: none"> <li>Case Report</li> <li>Resident's Case Problem</li> </ul>

		104 Hours	<p><b>Program Requirements:</b> Clinical Instructor Interaction: Non-Patient Contact Hours</p> <ul style="list-style-type: none"> <li>• Minimum: 75 hours</li> </ul>
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Curriculum Component	Description	Credit Hours	Method of Evaluation
<b>Didactic Coursework: Upper Extremity</b>	<p>This course include an overview of the process of evidence-based practice relevant to the Upper Extremity.</p> <p>Anatomy, Biomechanics, Evaluation, Rehabilitation, and Return to Sports will be the focus of the lectures and laboratory time.</p> <p>Journal Club includes recent and historical evidence to support clinical evaluations and interventions to the Upper Extremity in the athlete.</p>	<p>4 x 2 hour Lectures</p> <p>1 hours/week Journal Club (13 Weeks)</p> <p>21 Hours</p>	<ul style="list-style-type: none"> <li>• Mandatory Attendance</li> <li>• Written Test</li> </ul>
<b>Didactic Coursework: Lower Extremity</b>	<p>This course include an overview of the process of evidence-based practice relevant to the Lower Extremity.</p> <p>Anatomy, Biomechanics, Evaluation, Rehabilitation, and Return to Sports will be the focus of the lectures and laboratory time.</p> <p>Journal Club includes recent and historical evidence to support clinical evaluations and interventions to the Lower Extremity in the athlete.</p>	<p>4 x 2 hour Lectures</p> <p>1 hours/week Journal Club (13 Weeks)</p> <p>21 Hours</p>	<ul style="list-style-type: none"> <li>• Mandatory Attendance</li> <li>• Written Test</li> </ul>
<b>Didactic Coursework: Advanced Examination and Treatment of the Cervical, Thoracic, SI joint and Lumbar Spine</b>	<p>This course will include evaluation and treatment of musculoskeletal conditions involving the cervical spine, the thoracic spine, rib cage and lumbar spine.</p> <p>Emphasis will be placed upon enhancing clinical decision making and manual therapy skills.</p> <p>Classes will include lecture, laboratory, and clinical experiences.</p>	<p>4 x 2 hour Lectures</p> <p>1 hours/week Journal Club (13 Weeks)</p> <p>21 Hours</p>	<ul style="list-style-type: none"> <li>• Mandatory Attendance</li> <li>• Written examinations</li> <li>• Practical examinations (simulated case scenarios) for each of the following: <ul style="list-style-type: none"> <li>○ Cervical Spine</li> <li>○ Thoracic Spine</li> <li>○ Rib</li> <li>○ Lumbar Spine</li> <li>○ SI Joint</li> </ul> </li> </ul>
<b>Didactic Coursework: Sports Medicine</b>	<p>This course is designed to introduce the concepts of the mechanism of injury, prevention, and treatment of common medical issues as well as the integration of diagnostic</p>	<p>4 x 2 hour Lectures</p> <p>1 hours/week Journal Club (12 Weeks)</p>	<ul style="list-style-type: none"> <li>• Written examinations</li> <li>• Practical examinations (simulated case scenarios) for each of the following:</li> </ul>

	<p>imagining.</p> <p>Emphasis will be placed upon enhancing clinical decision making with on the field medical issues.</p> <p>Classes will include lecture, laboratory, and clinical experiences</p>	21 Hours	<ul style="list-style-type: none"> <li>o Medical Issues (concussions, heat stroke, dehydration, etc)</li> <li>o X-Ray</li> <li>o MRI</li> </ul>
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		84 Hours	<p><b>Program Requirements:</b> Clinical Instructor Interaction: Non-Patient Contact Hours</p> <ul style="list-style-type: none"> <li>• Minimum: 75 hours</li> </ul>
Curriculum Component	Description	Credit Hours	Method of Evaluation
<b>Specialty Practice Observation</b>	<p>The course is designed for the resident to experience the multidisciplinary management of the entire athlete.</p> <p>The resident is required to participate in mentored/observational experiences to include the following disciplines and healthcare professionals:</p> <ul style="list-style-type: none"> <li>• Sports Concussion</li> <li>• Clinical Observation with Sports Primary Care Physician</li> <li>• Clinical Observation with Orthopaedic Surgeon</li> <li>• Observation of Surgical Procedures to include knee and shoulder</li> <li>• Sports Performance and Enhancement Training</li> </ul>	<p>4 hours/week  (52 weeks)</p>	<ul style="list-style-type: none"> <li>• APTA Self-Assessment Tools for Physical Therapists: Sports Physical Therapy</li> <li>• Successful completion of outlined requirements</li> <li>• Resident to perform a wellness evaluation.</li> </ul>
		208 Hours	<p><b>Program Requirements:</b></p> <ul style="list-style-type: none"> <li>• Hours can be applied to clinical practice hours</li> </ul>
<b>Total Program Requirements</b>		<b>2430 hours</b>	