NU-RIC ORTHOPAEDIC PHYSICAL THERAPY RESIDENCY

INFORMATION PACKET FOR RESIDENCY COHORT: 2017-18

Residency Description
The Northwestern University & Rehabilitation Institute of Chicago (NU-RIC) Orthopaedic Physical Therapy Residency is a 12-month program designed for licensed physical therapists interested in orthopaedic specialization and training under the auspices of a nationally top-ranked rehabilitation hospital, academic medical center, and physical therapy school.

The residency is a partnership between the Department of Physical Therapy and Human Movement Sciences (PTHMS) of the Northwestern University Feinberg School of Medicine (FSM) and the Rehabilitation Institute of Chicago (RIC). Orthopaedic clinical practice and training takes place at RIC clinical sites. The residency didactic component is at NU-PTHMS.

Top-Ranked Institutions in a World Class City

The Medical Campus
Located in the heart of Chicago’s famed Magnificent Mile district, just a short walk from Lake Michigan with its 27-mile-long lakefront bike paths and close-by beaches and harbors, the medical campus enjoys all the benefits of this vibrant global city and its myriad cultural, sporting and entertainment opportunities.

The medical campus includes several institutions collectively known as Northwestern Medicine, plus two independent specialty hospitals, RIC, and Lurie Children’s Hospital (formerly Children’s Memorial Hospital), both of which are linked to Northwestern Medicine with regards to medical faculty, medical residency training, and other collaborations.

Rehabilitation Institute of Chicago
Every year since 1991, U.S. News & World Report has ranked RIC as the "#1 Rehabilitation Hospital in America" an unparalleled recognition of RIC’s success in realizing its visionary commitment “to advance human ability”. RIC aims to “serve as the world’s leading scientific hospital for the innovation and application of new and more promising treatments that improve and eliminate the effects of injury, disease and debilitating health conditions.”
NU-RIC Orthopaedic Physical Therapy Residency

In pursuit of that vision RIC is building a new research hospital (opening in March 2017) a block away from its current facility, to triple its square footage and enable it to maintain its global leadership in cutting edge rehabilitation and science for decades to come. In that same spirit RIC and Northwestern’s PTHMS are collaborating on multiple fronts: a joint orthopaedic residency, PTHMS faculty practice privileges at RIC, an academic track including faculty appointments for select RIC physical therapists, research, and expanded training opportunities for PTHMS DPT students.

Department of Physical Therapy and Human Movement Sciences
Consistently ranked among the top 10 U.S. physical therapy schools by U.S. News & World Report, PTHMS is the oldest physical therapy school in the U.S. and has garnered a global reputation for:

- Excellence in training the next generation of leaders in physical therapy practice and research through professional and post-professional education programs.
- Training new researchers in the field of Movement and Rehabilitation Science (MRS).
- Development and implementation of technology-supported therapeutic interventions.
- Advances in rehabilitation science including the quantification of movement disorders and clinical outcomes.

Besides its renowned physical therapy school, PTHMS is increasingly recognized for its unique dual-degree DPT-PhD program in conjunction with NU’s McCormick School of Engineering, and a PhD degree in Movement and Rehabilitation Science offered through NUIN, the Northwestern University Interdepartmental Neuroscience PhD program.

Northwestern Medicine
The institutions making up the Northwestern Medicine health system are the NU Feinberg School of Medicine, Northwestern Memorial Hospital (NMH), and Northwestern Medical Group (NMG). NMG is a multi-specialty practice of approximately 1000 physicians wholly owned by Northwestern Memorial Health Care, the holding company for NMH. NMH was recently recognized as the top hospital in Illinois and is ranked among the top hospitals nationally by USN&WR with superior recognition in multiple medical specialties including orthopaedic surgery.

Residency Accreditation Status
The NU-RIC Orthopaedic Physical Therapy Residency is accredited by the American Physical Therapy Association as a post-professional residency for physical therapists in orthopaedic physical therapy.

Mission:
The NU-RIC Orthopaedic Physical Therapy Residency will be a training ground and model for the advanced practice of orthopaedic physical therapy in the 21st century, focusing on science-based clinical reasoning, effective and efficient examination and evaluation, evidence-based application of orthopaedic physical therapy interventions, patient
NU-RIC Orthopaedic Physical Therapy Residency

education based on sound biomechanical and health literacy principles, and participation in research and data collection towards the advancement of orthopaedic physical therapy practice and research.

Vision
Our vision is to mobilize the abundant scientific, educational, and healthcare resources of Northwestern University, Northwestern Medicine, and RIC, to foster development of the next generation of regional, national, and global leaders in orthopaedic physical therapy.

Goals
The NU-RIC Orthopaedic Physical Therapy Residency will train residents to achieve:

- Science-based clinical reasoning.
- Effective and efficient examination and evaluation.
- Evidence-based application of manual therapy, therapeutic exercise, and other orthopaedic procedures.
- Development of cognitive, affective, psychosocial, and psychomotor skills in the area of orthopaedic physical therapy.
- Effective biomechanical and kinesiological patient education and management.
- Participation in research and data collection towards the advancement of the science and practice of orthopaedic physical therapy.
- Development of professional and leadership capabilities through the honing of skills involving communication and inter-professional interactions.

Detailed residency goals and objectives are available upon request.

Residency Program and Content
- The typical week for a resident:
  Residents will typically be scheduled for 32 clinical hours per week including the mandatory mentored hours and intermittent weekend hours. Other residency activities such as didactic sessions, special clinical observations and experiences, research, and study-time are in addition to scheduled clinical time. One day per week will typically be devoted to a combination of didactic pursuits, clinical observations (of physical therapists, physicians or other professionals), interacting with physicians and other healthcare professionals, and research. The other 4 to 4.5 days will be spent treating patients either independently or in conjunction with a mentor.

- Clinical practice:
  Clinical practice will occur at the RIC main hospital outpatient clinic, and the RIC Spine and Sport Center (SSRC) at 1030 N. Clark Street.

- Clinical mentoring:
  The residency incorporates 150 to 200 hours of clinical mentoring (4 hours per week), the majority of which involves the mentor observing or co-treating with the resident, followed by case-discussion. RIC has multiple board-certified
orthopaedic specialists (OCS) and therapists with manual therapy and specialty credentials, who will be resident mentors.

• **Didactic content:**
The NU-RIC Orthopaedic Physical Therapy Residency will cover all didactic content required by ABPTRFE, and will prepare residents for the ABPTS orthopaedic board certification examination. Content will be presented through the lens of Northwestern’s Motor Control Framework emphasizing unifying neuro-musculoskeletal principles based on the anatomy, physiology, and biomechanics of disease, tissue damage, and tissue repair.

Learning modules will include:
- The Motor Control Framework
- Clinical reasoning and management approaches across the lifespan
- Clinical Applications of Orthopaedic Basic Science
- Cardiovascular, pulmonary and endocrine considerations in orthopaedics
- Post-Operative Management of Orthopaedic Surgeries
- Pharmacology
- Diagnostic Imaging in Physical Therapy
- Evidence-based orthopaedic practice
- Special populations and complex cases
- Clinical reasoning including biomechanics, anatomy and pathology by region:
  - Spine and pelvis
  - Hip
  - Knee
  - Foot & Ankle
  - TMJ
  - Shoulder
  - Elbow
  - Wrist and hand

• **Didactic program:**
  - Total didactic time: over 250 hours.
  - Weekly didactic sessions of about 3 hours at PTHMS with one or more of the 8-member PTHMS musculoskeletal faculty team, several of whom are certified specialists in orthopaedic physical therapy or manual therapy-certified.
  - Teaching will not be lecture-based. Rather, the format will focus on the following:
    - Resident discussions.
    - Resident-prepared reviews of important clinical topics.
    - Case presentations and case analysis by residents and faculty.
    - Clinical reasoning.
    - Manual therapy and exercise labs for technique instruction and practice.
NU-RIC Orthopaedic Physical Therapy Residency

- Anatomy labs featuring pro-section presentations by PTHMS anatomist Kirsten Moisio, PT, PhD.
- Occasional lectures by PTHMS faculty or medical faculty.
- Weekend seminars and workshops provided by RIC external academy or PTHMS.
- Grand rounds opportunities in various related departments including: PTHMS, Orthopaedic Surgery, PM&R and others.
- Specialty Lectures throughout the academic medical center.
- Journal Club: Each resident will occasionally lead an RIC orthopaedic journal club.

• Research
  - Each resident will be responsible for completing an orthopaedically focused research project (which may be a case report) in conjunction with or under guidance of PTHMS faculty or researchers at RIC or PTHMS. Research mentors will be available early in the residency year to guide the resident in developing their project.
  - Each resident is responsible for submitting a case-report or manuscript to a peer reviewed journal.

• Resident Teaching
  - The resident will participate as teaching assistant in the DPT student program.
  - DPT program lecture: The musculoskeletal faculty team leader at PTHMS will identify one lecture per resident to be delivered to the DPT students.

• Specialty experiences are planned to include the following:
  - Observations of various medical procedures such as imaging-guided injections, musculoskeletal ultrasound, EMG, etc.
  - Participation in specialty clinics with orthopaedic surgeons and physiatrists.
  - Observation or participation in specialty clinics such as chronic pain program, prosthetics/orthotics (including robotic prosthetic/orthotics), sports medicine and athletic training in conjunction with NU Athletics at the NU Evanston campus, etc.

• Special events and volunteer opportunities
  - Chicago Marathon and others

Residency logistics for RIC-employed residents

- Residents will be salaried employees of RIC.
- For further details, see the RIC job description for Orthopaedic Physical Therapy Resident.
- Hours: Schedule includes approximately 32 clinical hours per week plus 10 to 15 hours devoted to the didactic program, research, and observations. Schedules may fluctuate to maximize clinical, didactic, and experiential opportunities.
- Due to the intensive nature of this 12-month residency training, outside employment during the residency is strongly discouraged.
NU-RIC Orthopaedic Physical Therapy Residency

- Resident salary:
- Resident salary:
  - $41,000 per year as of 2016.
  - For currently employed RIC physical therapists: current salary minus $20,000.
- PTO, Sick Days and benefits: As specified in the current RIC Employee Benefits Booklet.

Residency Completion
Upon completion of the 12-month residency, the resident’s employment agreement with RIC automatically expires. If the resident-graduate seeks further employment at RIC, he or she should indicate this interest to RIC HR department prior to residency completion so that exploration of any open positions can begin, and an application submitted.

Residency logistics for off-campus residents
- The off-campus option for a physical therapist resident participating in the residency as an employee of an institution other than RIC is being considered for the future.

Eligibility and Requirements for Admission
- Every applicant must be licensed to practice physical therapy in Illinois or provide evidence that licensure will occur prior to starting the residency. No residency candidate will be permitted to start the residency without licensure in effect on the starting date.
- Every applicant must have completed at least 12 weeks of orthopaedic physical therapy practice (which may include time spent in student orthopaedic internships) at the time of application, or show evidence that such experience will have been completed prior to the first day of the residency.
- Admission to the residency requires successful completion of all the application procedures outlined below in the section “Residency Application Process”.
- Every resident participating in the on-campus residency must meet all requirements for employment by the Rehabilitation Institute of Chicago and be fully approved to start orientation as an RIC employee prior to the first day of residency.
- Note: Residency slots are limited. Therefore, admission to the residency is a competitive process. The Residency Admissions Committee is committed to admitting qualified candidates who are deemed best prepared to contribute to accomplishing the Residency’s mission and goals.

Residency Application Process
- All candidates must apply to the NU-RIC residency through the RF-PTCAS national common residency application system, online:
Besides the requirements of the RF-PTCAS, applicants must provide:

- Current CV.
- Letter of intent (750 words maximum) addressing the following:
  - Statement of current licensure and professional employment status.
  - A narrative summary of prior clinical and educational experience.
  - Personal goals and objectives for the orthopaedic residency.
  - A narrative self-assessment of orthopaedic clinical strengths and weaknesses.
  - Statement of resident’s short and long term goals for orthopaedic practice following successful completion of the residency.
- Three letters of recommendation, including at least two of the following:
  - Current or former physical therapist supervisor (or CI, if a recent graduate with less than 6 months experience).
  - Instructor or faculty member from a CAPTE-accredited physical therapy program, or a mentor from an accredited orthopaedic physical therapy residency.
  - A physician with whom the applicant has collaborated within the past year in clinical care, research, or physical therapy education.

The PTHMS-RIC Residency Admissions Committee reviews applications and selects candidates to proceed to the interview phase.

- Applicants who are selected for interview should be prepared for topics such as:
  - Why do you want to complete an orthopaedic residency?
  - Discussion related to any application documents.
  - Discussion of clinical practice, patient cases, and professional issues.
  - Discussion of physical therapy research.
  - Demonstration of patient interactions or treatment plans.

The Residency Admissions Committee is committed to admitting residents who, based on past educational, clinical, and personal achievements, demonstrate excellent prospects for successful completion of all residency requirements and application of their time and talent to the residency mission and goals.

Admission into the residency is subject to the sole discretion of the Residency Admissions Committee and Residency Director.

If admitted to the residency, a candidate will receive a Letter of Acceptance into the Orthopaedic Residency from the Residency Director and an offer letter from RIC Human Resources outlining the remaining RIC employee-onboarding requirements.

An accepted candidate confirms intent to join the residency by taking the following actions:

- Sends a $200 non-refundable registration deposit to Residency Director.
- Signs the NU-RIC Orthopaedic Physical Therapist Resident Agreement which describes obligations of both the Residency program and the Resident, and commits the resident to:
  - Start and complete the residency within the allowed time frame.
  - Follow all residency policies, procedures, and rules.
Accept the residency financial agreement as to salary, benefits, tuition, and fees.

Make arrangements with RIC Human Resources to complete any remaining RIC employment requirements. If for any reason, at any time, the candidate is deemed by RIC to be ineligible for RIC employment, participation in the residency will be automatically denied or terminated.

Accept terms of RIC employment agreement.

Residency Calendar for 2017-18 residency cohort
- Residency application submission deadline: January 16, 2017.
- Candidate interviews conducted on Friday March 3, 2017.
- Residency start date: Anticipated to be August 21, 2017

For further information regarding the residency, contact any of the NU-RIC Residency Directors:

Co-Directors:
Craig P Hensley, PT, DPT, OCS, FAAOMPT  Melissa Kolski, PT, OCS, Dip MDT
 craig.hensley1@northwestern.edu  mkolski@ric.org

Director of Residencies:
Peter J. McMenamin, PT, MS, OCS
Assistant Professor, Associate Chair for Clinical Practice
Department of Physical Therapy and Human Movement Sciences
Northwestern University Feinberg School of Medicine
peter-mcmemamin@northwestern.edu
Director of Physical Therapy Academic Affairs
Rehabilitation Institute of Chicago