



Atrium Health

Orthopaedic Physical Therapy Clinical Residency

Program Overview



ABPTRFE
ACCREDITED PROGRAM

Atrium Health

Our Mission:

To improve **health**

elevate **hope**

and advance **healing** – for all

Atrium Health

Our Vision:

To be the **first** and **best** choice for care

Clinical Residency

Residency Program Mission Statement:

To provide a post-professional clinical education experience that will facilitate and accelerate the attainment of advanced knowledge and skills in orthopaedic physical therapy. We seek to foster a growing body of skilled physical therapy providers that will elevate our entire clinical enterprise and the quality of rehabilitative services we provide to the community.

Clinical Residency

Residency Program Goals:

1. Support the mission of Atrium Health by providing an organized educational opportunity that facilitates and accelerates excellence in orthopaedic physical therapy
2. Provide a curriculum consistent with the Description of Residency Practice (DRP) in orthopaedic physical therapy practice so that residents will be prepared to achieve specialty certification in orthopaedic physical therapy
3. Offer a program that prepares physical therapists to contribute to the body of knowledge in orthopaedic physical therapy and/or serve as a change agent within the profession through submission of a case report and poster

Clinical Residency

Residency Program Goals:

4. Offer a program that prepares physical therapists to better serve their organization and community as advanced direct access providers, clinical leaders, and a resource for other clinicians
5. Offer a program designed to improve proficiency in the application of manual examination and treatment procedures, functional movement assessment, and therapeutic exercise prescription
6. Offer a program that ensures each resident has a consistent experience across all practice sites
7. To be a nationally recognized provider for post-professional clinical training within selected areas of physical therapy specialty practice

Clinical Residency

Resident Objectives:

1. The resident will practice advanced orthopaedic physical therapy clinical skills
2. The resident will demonstrate the skills necessary to critically review the scientific literature pertinent to orthopaedic physical therapy
3. The resident will participate in a case report and poster submission
4. The resident will be prepared to be an autonomous provider of physical therapy services within their specialized area of clinical practice
5. The resident will acquire the tools necessary to develop professionally as a clinical leader and resource for other physical therapists and members of the healthcare community
6. The resident will pursue ABPTS certification within their practice specialty upon program completion

Residency History

- Founded by David Aiken, PT, DScPT, OCS in 2013.
- Carolinas Rehabilitation, a division of Atrium Health, serves the greater Charlotte, NC region.
- Residents have worked in various facilities within CR since its founding.



Residency History

- In 2025, we will be expanding to host residents at our sister site, Atrium Floyd, in Rome, GA.
- In 2024, faculty from Rome, GA will join Charlotte faculty in teaching our residents.



Faculty Background

- 13 board-certified in orthopaedic physical therapy (OCS)
- American Academy of Manipulative Therapy (AAMT)/Fellow, AAOMPT
- Mercer University Orthopedic Resident
- Bellin College Fellow in Training
- Athletic Regeneration, Fellow in Training
- Certified Musculoskeletal Ultrasound Imaging
- Sportsmetrics™ certification (Cincinnati SportsMedicine)
- Maitland-Australian Physiotherapy Seminars
- Myopain Seminars (Trigger Point Dry Needling)
- Institute of Physical Art
- Graston Technique® (IASTM)

Carolinas Rehabilitation (Charlotte) Residency Faculty

- Andrew Ball, PT, DPT, PhD, MBA, OCS
- Sara Barrett, PT, DPT, ATC, CSCS, CMTPT
- Sharlene Childs, OTR/L
- Tashan “TL” Duff, PT, DPT, OCS, CSCS
- Jacob Forsythe, PT, DPT, OCS, CMTPT
- William Freres, PT, CMTPT, CSCS, Cert. DN, Cert. SMT, FAAOMPT
- Justin Halstead, PT, DPT, OCS, CMTPT, NSCA
- Jilll Hubbuch, PT, DPT, OCS
- Michael Masi, DPT, OCS, SCS, CSCS, CISSN, CMTPT, USAW-1, CF-1
- Gary Of, PT, DPT, OCS, CMTPT (Residency Program Director)
- Britanee Stone, PT, DPT, OCS, CSCS (Residency Program Coordinator)

Atrium Floyd (Rome) Residency Faculty

- Larken Logan PT, DPT, OCS
- Darius McAphee, PT, OCS, CSCS, CMTPT
- Clayton McCollum PT, DPT, OCS, SCS
- Carol Richardson, OTR/L., CHT
- David Snider PT, DPT, OCS, ATC, cert DN, LSVT Big
- Faith M Stokes, PT, DPT, OCS, CPPC, PCES

Residency Faculty

Andrew Ball, PT, DPT, PhD, MBA, OCS

MSPT – Ithaca College 1995

tDPT – MGH Institute of Health Professions 2003

CR Orthopaedic PT Residency Graduate (inaugural cohort – 2012)

Lead Therapist – Carolinas Rehabilitation, Mountain Island Lake

Certified Manual Trigger Point Specialist (CMTPT/DN)

Certified in Musculoskeletal Ultrasound Imaging (CertMSKUS)

Certified Sport Performance Enhancement Specialist (NASM-PES)

Continuing Education Instructor (Dry needling, Thrust Manipulation, Diagnostic Ultrasound Imaging)

Publication Interests: Ultrasound Imaging, Clinical Education, Dry Needling Safety



Residency Faculty

Sara Barrett, PT, DPT, ATC, CSCS, CMPTP

DPT, Elon University

**Clinical Specialist (TMD)
– CR Huntersville**

**Certified Manual Trigger Point Therapist
(CMTPT) – Myopain Seminars**

**Certified Strength and Conditioning
Specialist (CSCS)**

Certified Athletic Trainer (ATC) – NATA



Residency Faculty

Sharlene Childs, OTR/L

OTR degree from University of Florida 1988

Ergonomic Certified

Functional Capacity Evaluation Certified

Certification in Physical Capacity Profile Testing

Consultant for the WNBA Charlotte Sting

NDT Certified

Member of American Society of Hand Therapist

Works at CR Charlotte



Residency Faculty

Tashan “TL” Duff, PT, DPT, OCS, CSCS
DPT, Lynchburg College
CR Orthopaedic PT Residency
graduate – 2020
OCS – 2021
Certified Strength and Conditioning
Specialist (CSCS)
APTA Credentialed Clinical Instructor
Level III Staff PT – CR Dowd YMCA



Residency Faculty

Jacob Forsythe, PT, DPT, OCS, CMTPT

B.S. Exercise Science from Cedarville University

DPT from University of Dayton

Completed Carolinas Rehabilitation Orthopaedic Residency in 2020

Orthopaedic Clinical Specialist (OCS) certification in 2021

Certified Myofascial Trigger Point Therapist (CMTPT) in Dry Needling

Carolinas Rehabilitation: Spine Team Member 2022-Present

PT III at Carolinas Rehab: Harris YMCA



Residency Faculty

Will Freres

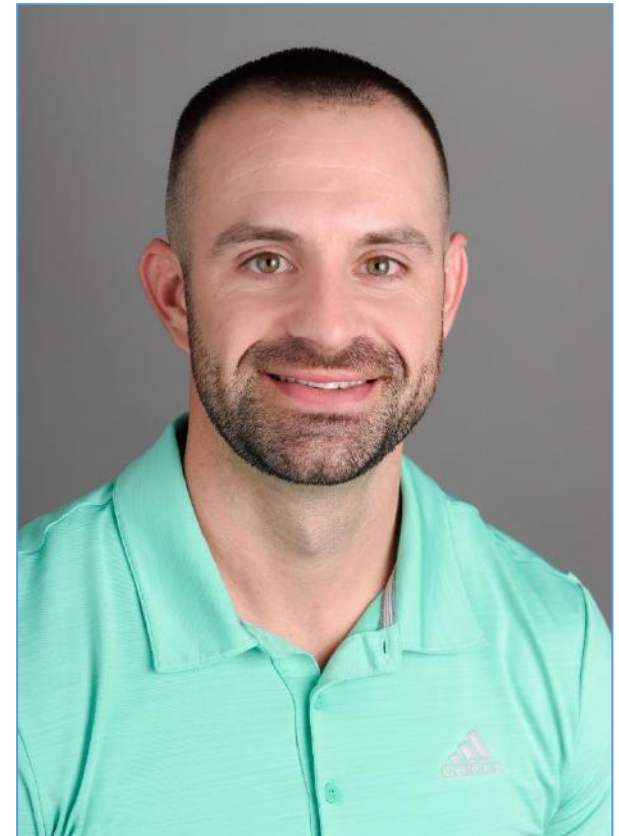
**MPT, Northern Illinois University
CR Orthopaedic PT Residency
graduate – 2012**

**Certified Manual Trigger Point Therapist
(CMTPT) – Myopain Seminars
Lab Instructor – Myopain Seminars
Certified Strength and Conditioning
Specialist (CSCS)**

**American Academy of Manipulative
Therapy Fellowship program
(FAAOMPT)**

Cert. DN, Cert. SMT – AAMT

Level III Staff PT – CR Dowd YMCA



Residency Faculty

Justin Halstead, PT, DPT, OCS, CMTPT, NSCA

Western Carolina University DPT, 2018

**CR Orthopedic Residency Program Graduate
2019**

OCS - 2020

Certified Athletic Trainer - NATA

**Certified Strength and Conditioning Specialist -
NSCA**

**Certified Manual Trigger Point Therapist -
Myopain Seminars**

Level III Staff PT - CR Ballantyne

AHWFB Sports Residency Faculty Member



Residency Faculty

Jill Hubbuch, PT, DPT, OCS

- BS in exercise science at USC
- Masters in physiology at USC
- Doctorate in Physical Therapy at MUSC
- Completed Orthopedic Residency at Mercer University completed in 2017.
- Board certified Orthopedic Specialist
- Staff physical therapist at Sara's YMCA.
- Specialty training in Dry needling and Vestibular/Concussion Rehabilitation.



Residency Faculty

Larken Logan PT, DPT, OCS

DPT, University of Tennessee at Chattanooga

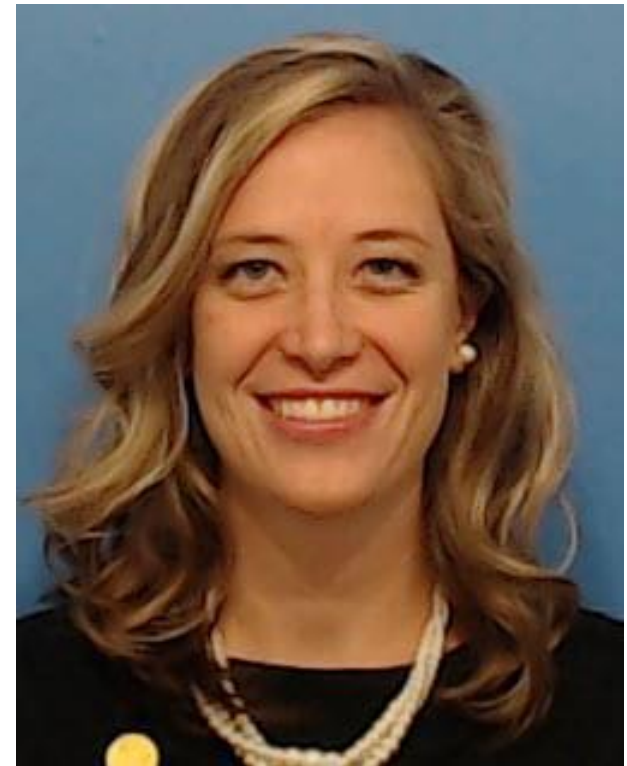
OCS, 2018 – Present

Fascial Counterstrain Practitioner

**Kinetacore Functional Dry Needling Level
1&2 and Functional Therapeutics Certified**

Certified Ergonomics Assessment Specialist

LSVT BIG certified



Residency Faculty

Michael Masi, DPT, OCS, SCS, CSCS, CISSN, CMTPT, USAW-1, CF-1

- B.S. in Allied Health from University of Central Florida 2010
- Doctorate Physical Therapy from Nova Southeastern University 2014
- Carolinas Rehabilitation's Orthopedic Residency Graduate 2015
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Residency Faculty

Darius McAphee, PT, OCS, CSCS, CMTPT

PT, University of Alabama 2000

OCS, 2016 – Present

Kevin Wilk Fellow, 2022

**Fellow in Training, Institute of Athletic
Regeneration**

Graston certified 2017-PRESENT

**Certified Strength and Conditioning
Specialist through NSCA 2018-Present**

**Certified Manual Trigger Point Therapist,
Myopain Seminars 20 18 – Present**

**Certified in Blood Flow Restriction, Owens
Recovery Science, 2018**



Residency Faculty

Clayton McCollum PT, DPT, OCS, SCS
DPT, Medical College of Georgia
SCS, 2014 – Present
OCS, 2022 – Present
Dry Needling Certified through Spinal
Manipulation Institute



Residency Faculty

Gary C. Of, PT, DPT, OCS, CMTPT
Director of CR Residency Program
BSPT, SUNY Stony Brook
DPT, SUNY Stony Brook
OCS – 2012/2022
Certified Manual Trigger Point Therapist
(CMTPT) – Myopain Seminars
Clinical Specialist – CR Charlotte
Skilled in Functional Manual
Therapy (IPA) and Postural Restoration
(PRI) approaches



Residency Faculty

Carol Richardson, OTR/L., CHT

OT, University of Florida,

Certified Hand Therapist, 1992 - Present

Modality Certified, NBCOT, 1993 – Present

**Guest Lecturer, Chattahoochee Technical
College – Occupational Therapy Assistant
Program, 2020 - Present**



Residency Faculty

**David Snider PT, DPT, OCS, ATC, cert DN, LSVT Big
Floyd Site Co-Coordinator
DPT, University of North Georgia
OCS 2020 - Present
Certified Athletic Trainer (ATC)
Cert. DN
LSVT BIG certified
Program Lead of Ortho, Neuro
& Sports Medicine Teams**



Residency Faculty

Faith M Stokes, PT, DPT, OCS, CPPC, PCES

Floyd Site Co-Coordinator

DPT, University of Tennessee at Chattanooga

Orthopedic Residency - Evidence in Motion 2019

OCS 2020 - Present

Teaching Assistant for Herman & Wallace and University of Tennessee at Chattanooga, Current

Fellow-in-Training - Bellin College, Current

Dry Needling - Myopain Seminars

Pelvic Health Specialist - Herman & Wallace

Advanced Obstetric Training - Herman & Wallace and APTA

Certified Pregnancy and Postpartum Coach - Girls Gone Strong

Pregnancy and Postpartum Corrective Exercise Specialist - Core Exercise Solutions



Residency Faculty

Britanee Stone, PT, DPT, OCS, CSCS

CR Residency Program Coordinator

DPT, Duke University

OCS – 2017

**Certified Strength and Conditioning
Specialist (CSCS)**

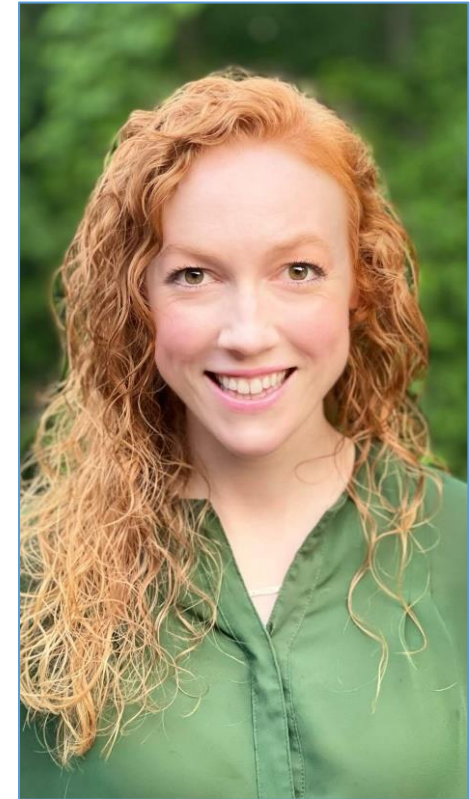
APTA Credentialed Clinical Instructor

Lead Physical Therapist – CR

**Adjunct Instructor for Musculoskeletal
Examination – Tufts University DPT
program**

**Emergency Response for the Athlete
Certification**

**Vestibular Rehabilitation and Concussion
Certified**



Program Philosophy

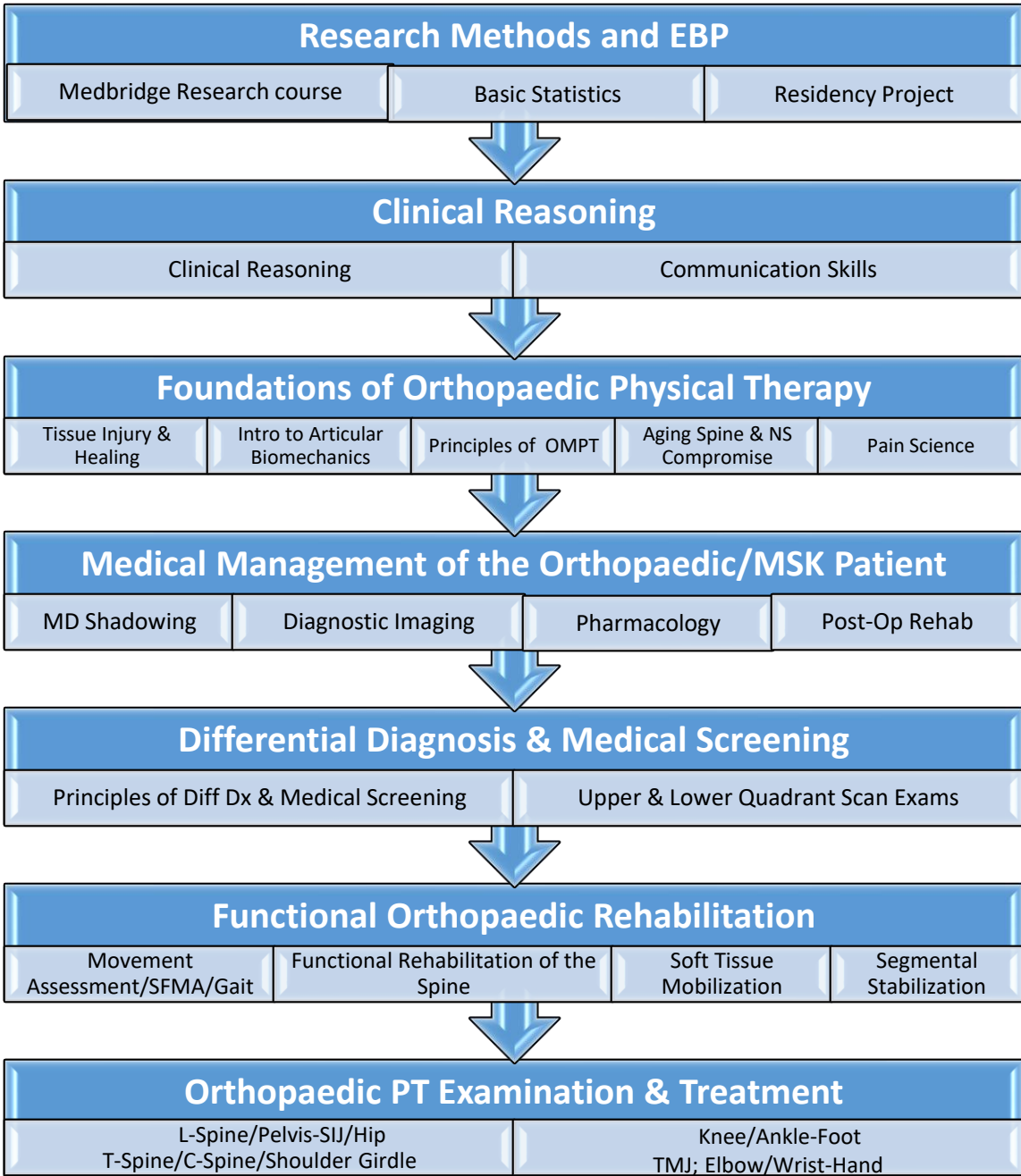
- The human body is an interconnected dynamic system with its function dependent on the interrelationship of the myofascial, articular, and neuromuscular systems
- Pain related to the musculoskeletal system is most effectively managed when treatment is directed towards optimizing efficient functional movement
- The primary role of the orthopaedic physical therapist is to identify impairments to efficient functional movement involving the articular, myofascial, and neuromuscular control systems and, through treatment and education, resolve these impairments
- Integrating current best evidence with an eclectic philosophy and the ICF as the model for a patient centered care approach

Residency Program Overview

- 12 month duration (49 weeks) – January to December
- 36 hours/week patient care (1728 hours)
- 152 hours of 1:1 mentoring with faculty during patient care (4 hours/week x 38 weeks)
- Mentoring with: board-certified orthopaedic PTs (OCS), TMJ specialist, certified manual/manipulative PTs/AAOMPT fellows, hand therapy specialists (CHT), certified myofascial trigger point therapists (CMTPT)
- 4 hours/week of faculty instruction – didactic/lab (168 hours)
- Curriculum includes Myopain Seminars trigger point dry needling (DN1) as optional instruction
- Physician shadowing/interaction with an orthopedist, physiatrist (Physical Medicine & Rehabilitation), and radiologist (20+ hours)
- Independent readings, projects, and assignments

Curriculum Components

<ol style="list-style-type: none">1. Research Methods & Evidence-Based Practice2. Clinical Reasoning3. Foundations of Orthopaedic Physical Therapy	January
<ol style="list-style-type: none">4. Medical Management of the Orthopaedic & Musculoskeletal Patient5. Principles of Differential Diagnosis & Medical Screening	February
<ol style="list-style-type: none">6. Functional Orthopaedic Rehabilitation	March
<ol style="list-style-type: none">7. Lumbar Spine/Pelvic Girdle/Hip – Regional Examination, Evaluation, and Management	April - May
<ol style="list-style-type: none">8. Thoracic Spine/Cervical Spine/Shoulder Girdle – Regional Examination, Evaluation, and Management	June - August
<ol style="list-style-type: none">9. Knee/Ankle-Foot/TMJ/Elbow/Wrist-Hand – Regional Examination, Evaluation, and Management	September - November



Typical Resident Weekly Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM							
8:00 AM		Patient care	Lecture/Lab	Patient care	Mentoring	Patient care	
9:00 AM		↓	↓	↓	↓	↓	
10:00 AM		↓	↓	↓	↓	↓	
11:00 AM		↓	↓	↓	↓	↓	
12 NOON		↓	LUNCH	↓	LUNCH	LUNCH	
1:00 PM		LUNCH	Patient care	LUNCH	Patient care	Patient care	
2:00 PM		Patient care	↓	Patient care	↓	↓	
3:00 PM		↓	↓	↓	↓	↓	
4:00 PM		↓	↓	↓	↓	↓	
5:00 PM		↓	↓	↓	↓	↓	
6:00 PM		↓	↓	↓	↓	↓	

Curriculum Resources

- **Orthopaedic Section Monograph Series & Resources:**
 - Current Concepts of Orthopaedic Physical Therapy, 5th ed.
 - Diagnostic Imaging in Physical Therapy
 - Pharmacology
 - Postoperative Management of Orthopaedic Surgeries
 - Basic Statistics for Understanding the Physical Therapy Literature
- **Recommended Texts:**
 - Cook/Hegedus*, Orthopedic Physical Examination Tests: An Evidence-Based Approach, 2nd ed.
 - McEwen*, Writing Case Reports: A How-to-Manual for Clinicians, 3rd ed.

Curriculum Resources

- **Recommended Texts Continued:**

Placzek/Boyce, Orthopaedic Physical Therapy Secrets, 2nd ed.

Cook, Movement: Screening, Assessment, and Corrective Strategies

Sueki/Brechter, Orthopedic Rehabilitation Clinical Advisor

- **For Trigger Point Dry Needling Instruction:**

Dommerholt/Fernandez-de-las-Penas, Trigger Point Dry Needling:

An Evidenced and Clinical-Based Approach (required)

Kostopoulos/Rizopoulos, The Manual of Trigger Point and Myofascial Therapy (recommended)

Curriculum Resources

- **DVD/Videos:**

- The Scan Exam (NAIOMT)

- Key Functional Exercises You Should Know (Cook)
 - Examination and treatment techniques

- **Current Research:**

- Medbridge - Rehabilitation Research Boot Camp course

- Research articles relevant to topics of instruction

- Required and optional readings

- Article selections will vary with new research developments

Resident Evaluation

- **Weekly Feedback Forms:**

 - Clinical Supervision form

 - Clinical Instructor Prep form

- **Clinical Skills Performance:**

 - APTA Self-Assessment Tool

 - ABPTS Assessment Tools for PTs – Orthopaedic

- **Performance of Examination & Treatment Procedures:**

 - 1 Practical Examination (Functional Orthopaedic Rehabilitation skills)

 - 2 Oral/Practical Examinations (1 spine, 1 extremity)

 - 2 Live Patient Examinations (1 spine, 1 extremity)

Resident Evaluation

- **Written Examinations:**

- Foundations of Orthopaedic Physical Therapy

- Principles of Differential Diagnosis & Medical Screening

- Orthopaedic Section monograph examinations

- Basic Statistics for Understanding the Physical Therapy Literature

- **Assignments and Projects:**

- Professional Portfolio

- Medbridge – Rehabilitation Research Boot Camp course

- Clinical Reasoning assignments

- Physician Observation Reflective paper

- Final Residency Project (written case study) Presentation and Poster

Resident's Responsibilities

- Demonstrate a commitment to learning including being prepared for each learning experience, meeting all deadlines being punctual, asking well-formulated questions, and inviting feedback to facilitate problem solving



Resident's Responsibilities

- This includes:
 - Reading monographs **prior** to first session on topic (included in residency curriculum package)
 - Taking full advantage of the wealth of experience and support available to you during this important time frame in your professional development
 - Providing us regular feedback on your needs and constructive feedback on program improvement
 - Asking for help before there is a larger issue or concern

Resident's Responsibilities

Feedback!

- Forms will be provided quarterly for residents to give formal feedback on the program and the faculty
- Please be thorough and honest
- This feedback is used for program improvement

Carolinas Rehabilitation Orthopaedic Physical Therapy Residency				
RESIDENCY PROGRAM EVALUATION FORM				
Date:	Name of Resident:			
<i>Up to this point in the Residency program, with regard to the following points, I am</i>	<u>Dissatisfied</u>	<u>Satisfied</u>	<u>Highly Satisfied</u>	
Extent and breadth of clinical practice opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
1:1 clinical mentoring while treating patients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Quality and content of didactic materials including curriculum organization	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Content of classroom / lab instruction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Quality of didactic / lab instruction:	<u>NA</u>			
Andrew Ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marco Caiazza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Will Freres	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gary Of	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
David Aiken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mike Agnone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stephanie Levi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Susan Aiken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clinical performance evaluations (feedback, practical examinations, patient examinations)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Administrative aspects of program (ie scheduling, administrative supervision, clerical support)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Observation opportunities with physicians	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Residency Program Impact

Effectiveness

Residency Faculty or Graduate
not at Clinic, **76th percentile**
(13 clinics)

Residency Faculty or Graduate
at Clinic, **94th percentile**
(7 clinics)

***4.5 visits less per episode,
\$634.50 savings***

Efficiency

2019 Residency Graduate avg.
weighted units/hour = 3.4

2019 Non-Residency
Graduate avg. weighted
units/hour = 2.95

15% more productive

Resident Feedback

"Since completing the residency program, my ability to treat the orthopaedic patient has skyrocketed. As patient outcomes have improved, so too, has my confidence. Receiving *one-on-one* mentorship from an eclectic faculty who help blend the art and evidence of physical therapy is invaluable. It is a level of clinical development not possible through school or continuing education courses alone."

– Dr. Matthew C. Johnson, PT, DPT, OCS

"I'm a unique resident in that I entered the program with 17 years of experience. I was pleased and surprised that the sections that I performed best on the OCS exam were the areas of my clinical practice that I felt weakest prior to the residency program - a true testament to the quality of both the faculty and the curricula. I am now more skilled, more effective, and more efficient than I've ever been. My patients experience the difference, my colleagues respect the growth, and my superiors rely on the excellence."

– Dr. Andrew M. Ball, PT, DPT, PhD, MBA, OCS, CMTPT

Resident Feedback

"Carolinas Rehabilitation's orthopaedic residency program and their elite orthopaedic providers helped propel my clinical skills at least 10 years into the future. The bond that I formed with all those involved with this program will last a lifetime...so will the learning."

– Will Freres, PT, MPT, CMTPT, CSCS, Cert. DN, Cert. SMT, FAAOMPT

"The orthopaedic clinical residency program at Carolina Rehabilitation is not only the reason I moved to Charlotte, NC from Ohio, but also the reason that I will stay. The program met and exceeded all of my expectations. Being a new graduate, it was the perfect transition to link the didactic material we learned in school, to the 'real world' clinical skills in the exciting and challenging world of orthopaedic physical therapy. The program sets you up with a foundation that will facilitate a career worth of learning and self-development. It is perfect for individuals who have a strong passion for the field of physical therapy and truly enjoy helping people. Following the residency, I not only have more confidence, I have more enhanced outcomes and am able to more effectively treat a larger population of patients with an eclectic approach. Not to mention, I made lifelong friends and connections along the way."

– Dr. Matthew T. Minard, PT, DPT, OCS, CMTPT, CSCS

Resident Feedback

“In the pursuit of clinical mastery, there are several vehicles that allow a beginner to cross the chasm through mindful practice. One of the biggest reasons to choose to pursue residency training at Carolinas Rehabilitation is the combined wisdom and teachings of the faculty that allow the resident to grasp and handle the true meaning and spirit of “best practice”. This relationship not only benefits the clinician, but patients as well.”

– Jennifer Bent, PT, MPT, OCS, CMTPT, FAAOMPT

“I can say that completing Carolinas Rehabilitation’s orthopedic residency program was the best decision of my young career. I am comfortable and confident treating any orthopedic patient that I may see in the future and have a great foundation for success. Being surrounded by a group of elite clinicians has propelled both my skill set and clinical reasoning to a level that would have taken years to achieve. This residency program was above and beyond my expectations and I would recommend it to anyone with a passion for excellence.”

– Dr. Matt Crandall, PT, DPT, OCS, CMTPT

Resident Feedback

“I was a new graduate when I entered the program and I felt like I needed some sort of direction or structure to become a better therapist. I was fortunate to have a group of mentors that I could learn from, all with different backgrounds and it really helped. I learned a lot of assessment and treatment techniques, honed my psychomotor skills, and forged decent clinical reasoning processes. I met all the goals I had for myself and then some and this is truly the best money I ever spent. This residency was amazing and I recommend it highly to anybody.”

– Dr. Michael Masi, PT, DPT, OCS, SCS, CMTPT, CSCS, CISSN

“This residency program has been life changing. I entered the program with about 5 years of experience. I was able to gain more experience in one year than I did in my first five years of practice. Every week was like taking part in a new continuing education class. A real top of the line program with top-notch faculty members who are truly invested in your clinical growth.”

– Dr. Zachary Johnson, PT, DPT, OCS

Resident Feedback

“I learned so much from each and every faculty member. It was obvious that each is very interested in the success of each resident that comes through this program. I am so glad that I went through the residency this year. Best career move ever.”

– Dr. Kelli Tryon, PT, DPT, OCS

“Participating in the orthopaedic physical therapy clinical residency at Carolinas Rehabilitation was the best decision I could’ve made to start my career. Throughout this year, my ability to efficiently and effectively examine, evaluate, and treat patients has improved dramatically. The didactic experiences, clinical mentorship, and instruction in trigger point dry needling have all been instrumental to my development as a clinician. It was great to be able to learn from such an eclectic group of faculty members who are passionate about developing the next generation of expert clinicians.”

– Dr. Ryan G. Wilkins, PT, DPT, OCS, CSCS

Resident Feedback

“The Carolinas Rehabilitation Orthopaedic Physical Therapy Residency program provided the opportunities to enhance my knowledge and clinical skills. Most importantly, the residency provided mentorship and direction from many highly skilled, experienced therapists that enhanced my clinical reasoning. I truly feel that by completing this program I gained a head start to my career and created a great foundation to build from going forward.”

– Dr. Matthew Skorheim, PT, DPT, OCS

“This residency has had a huge impact on my clinical reasoning skills and has created a great foundation to build off. The faculty truly care about the development of the resident and this is demonstrated through prioritization of the 1:1 mentoring. Extremely grateful for this challenging but worthwhile experience.”

– Dr. Mary Kate Buzzard, PT, DPT, OCS

Resident Feedback

“I graduated from PT school knowing I wanted to specialize in orthopedics. Undertaking this residency program provided me with valuable structure and direction toward this goal during my first year of clinical practice. The variety of skill sets and backgrounds among the faculty, along with one-on-one mentorship have given my career a strong start well beyond what I would have been able to achieve on my own.”

– Dr. Daniel Steele, PT, DPT, OCS, CSCS

“The Carolinas Rehabilitation Orthopedic Residency gave me the guidance and support I’ve been searching for since becoming a Physical Therapist. The mentoring and overall experience offers more than any textbook could provide. The variety of treatment approaches provided by the mentors vastly broadened my orthopedic skills and clinical reasoning. Because of my positive experience, I look forward to a long career with CR with the intent of becoming a residency faculty member to stay connected with the latest research and to enlighten the next aspiring ortho PT.”

– Dr. Emily Ciccarella, PT, DPT, OCS

Resident Feedback

“Completing Carolinas Rehabilitation’s Orthopaedic Residency has been the best decision of my early career. The challenging didactic coursework and outstanding mentoring has expanded my clinical skill set and elevated my confidence as a healthcare professional. This program offers access to highly trained orthopaedic faculty members, as well as exposure to diverse philosophies and treatment approaches. I highly recommend this program to anyone who wants to take their career to the next level.”

– Dr. Justin Halstead, PT, DPT, OCS, CSCS

“I cannot say enough good things about Carolinas Rehabilitation’s Residency. The program lived up to its expectations. They have a very eclectic faculty that all present different treatment styles and schools of thought. This allowed me as a Resident to be exposed to a variety of treatment approaches and pick the ones that worked for me. The program is not completely divulged into one philosophy but teaches several different ways to view our patient population which, in my opinion, creates a very well-rounded therapist.”

– Dr. Tashan Duff, PT, DPT, OCS, CSCS

Resident Feedback

“The Atrium Health Orthopaedic Residency Program sharpened my skills as a physical therapist. It broadened my skillset to manage difficult cases and challenged me to overcome my weaknesses. My hands-on skills and clinical reasoning abilities grew substantially. My clinical knowledge and manual skills improved through didactic and lab instruction. Weekly mentoring sessions with experienced PTs allowed me to implement new techniques and refine my clinical reasoning. The residency program made me a more skilled clinician with the tools to effectively help my patients.”

– Dr. Jacob Forsythe, PT, DPT, OCS, CMTPT

“The Carolinas Rehabilitation orthopaedic residency has opened my eyes to the diverse tools a PT can stock his or her toolkit with. I appreciate the eclectic and resourceful approaches observed in the mentors, and how each championed their own methodology, without diminishing the value of other methods of treatment. This environment has been perfect for supporting and encouraging the exploration into what kind of clinician I want to be, and what practices speak most to me. I very much appreciate the emotional support, availability for brain-picking, and the constructive cueing and quizzing involved. I’m grateful for the propulsion past where I would have been without, and the doors opening because of, this year’s opportunity.”

– Dr. Jordan Spennato, PT, DPT, OCS

Resident Feedback

“This program has been the best thing to happen to my physical therapy career. The year is organized in a challenging but manageable way to maximize learning and ability to input skills into practice. The greatest benefit comes from the quality of the residency faculty who value your growth as a therapist and an individual. I feel fortunate to have gained access to a group of lifelong mentors”

– Dr. Allison Panara, PT, DPT, OCS

“The residency has been one of the most invaluable clinical and character-building experiences I’ve ever had. It was, and will continue to be, a catalyst for my clinical practice. The focused mentoring allowed me to adapt my learning and clinical reasoning style and has allowed me to reflect in action more efficiently and my outcomes have improved with it. The residency faculty have all brought a unique perspective that has broadened my clinical approach. I cannot think of a better way to have begun my clinical career than starting this residency program as a new grad. I recommend this program to anyone desiring to grow professionally.”

– Dr. Garrison Cherry, PT, DPT, OCS

Resident Feedback

“The residency program has advanced my clinical reasoning to make me a better practitioner. It has allowed me to synthesize my examination and evaluation techniques to allow me to effectively choose interventions for my patients. It has taught me the value of always reassessing my patients to ensure effective management of their condition. I am forever grateful to all my mentors who helped shape me into the clinician I am today.”

-Dr. Hayden Lewis, PT, DPT

“The Carolinas Rehab Ortho Residency has been a very valuable experience for me. I could not have asked for a better program to join coming right out of PT school. I feel as if every aspect of delivering care improved for me including patient handling, clinical reasoning, and developing rapport with patients. I would encourage new grads and even experienced clinicians to participate in this program.”

-Dr. Evan Spahr, PT, DPT

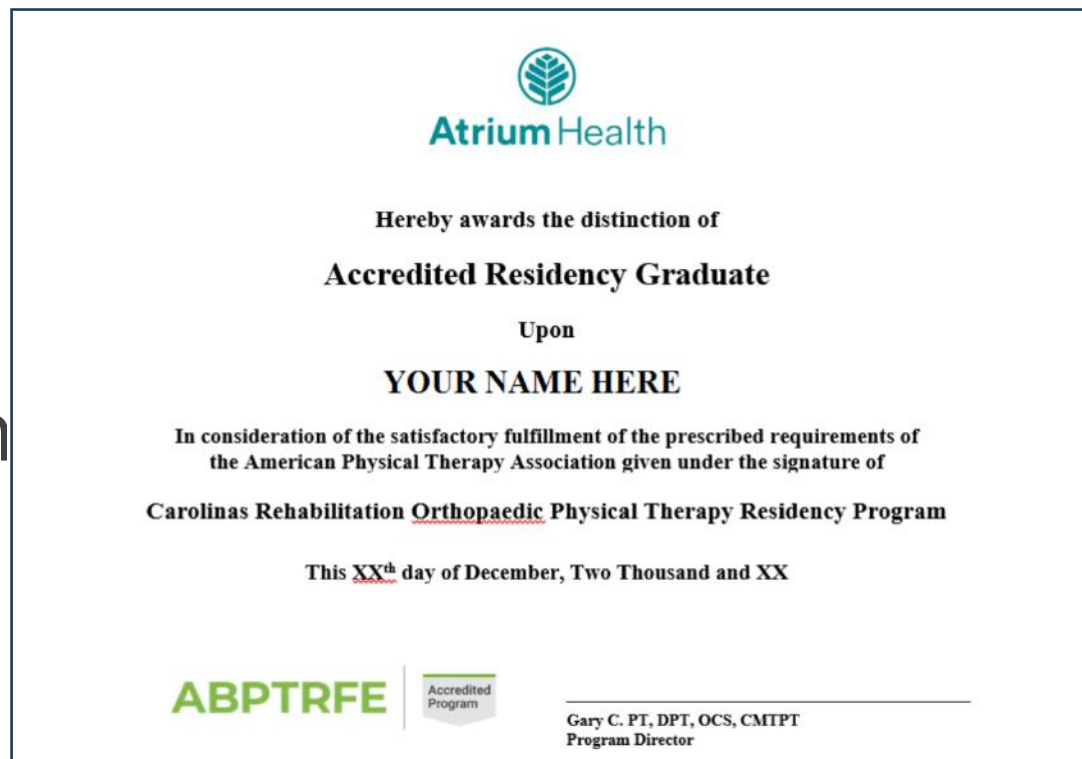
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Accredited
Program

Resident Program Completion & Retention Rates 2013 - 2023

- Program Completion
Rate: 100%
- Program Retention
Rate: 59%



Resident OCS Exam Pass Rate 2011-2022

100%