



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 demonstrate the skills necessary to complete a case report and poster presentation
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

Faculty Background

- 3 board-certified in orthopaedic physical therapy (OCS)
- American Academy of Manipulative Therapy (AAMT)/Fellow, AAOMPT
- Functional Movement Systems™ (FMS & SFMA)
- Maitland-Australian Physiotherapy Seminars
- Myopain Seminars (Trigger Point Dry Needling)
- Institute of Physical Art
- Graston Technique® (IASTM)

Residency Faculty

- Sara Barrett, PT, DPT, ATC, CSCS, CMTPT
- Lindsey Diers, OTR/L, CHT
- Tashan “TL” Duff, PT, DPT, OCS, CSCS
- William Freres, PT, CMTPT, CSCS, Cert. DN, Cert. SMT, FAAOMPT
- Gary Of, PT, DPT, OCS, CMTPT (Residency Program Director)
- Britanee Stone, PT, DPT, OCS, CSCS

Residency Faculty

Sara Barrett, PT, DPT, ATC, CSCS, CMTPT

DPT, Elon University

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

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

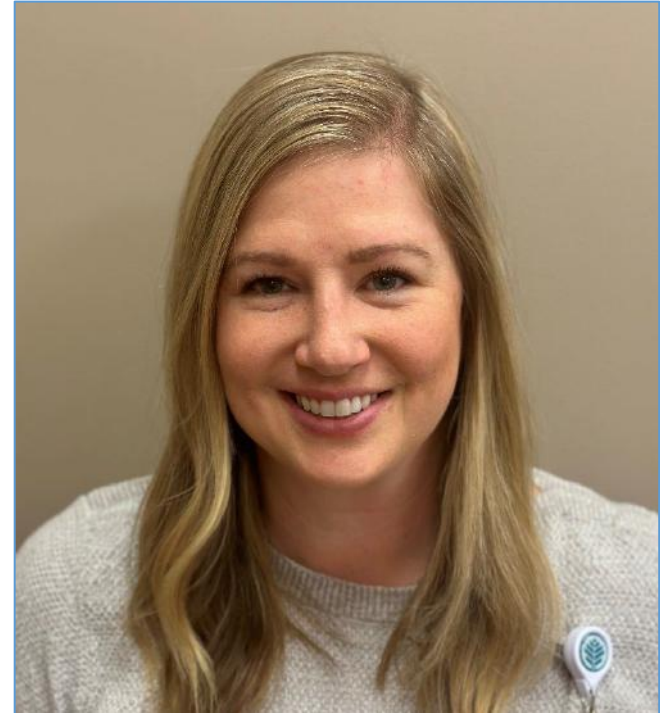
**Certified Strength and Conditioning
Specialist (CSCS)**

Certified Athletic Trainer (ATC) – NATA



Residency Faculty

Lindsey Diers, OTR/L, CHT
BSOT, SUNY Buffalo
Certified Hand Therapist – CHT
Occupational Therapist
– CR Gateway



Residency Faculty

Tashan “TL” Duff

DPT, Lynchburg College

CR Orthopaedic PT Residency

graduate – 2020

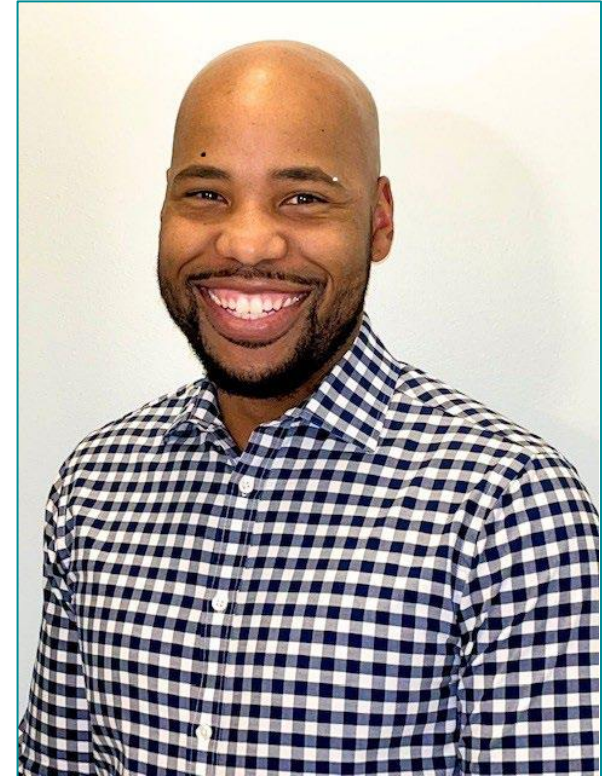
OCS – 2021

Certified Strength and Conditioning

Specialist (CSCS)

APTA Credentialed Clinical Instructor

Level III Staff PT – CR Dowd YMCA



Residency Faculty

Will Freres

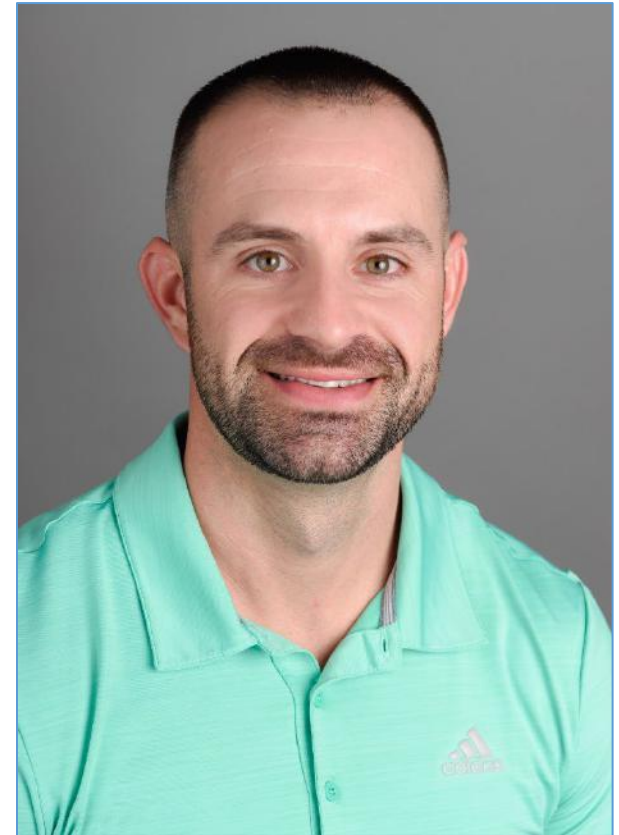
**MPT, Northern Illinois University
CR Orthopaedic PT Residency
graduate – 2012**

**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

Gary C. Of

BSPT, SUNY Stony Brook

DPT, SUNY Stony Brook

OCS – 2012/2022

Clinical Specialist – CR Charlotte

Certified Manual Trigger Point Therapist

(CMTPT) – Myopain Seminars

Specializes in Functional Manual

Therapy (IPA) approach



Residency Faculty

Britanee Stone

DPT, Duke University

OCS – 2017

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

APTA Credentialed Clinical Instructor

Lead Physical Therapist – CR Anson

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



Program Philosophy

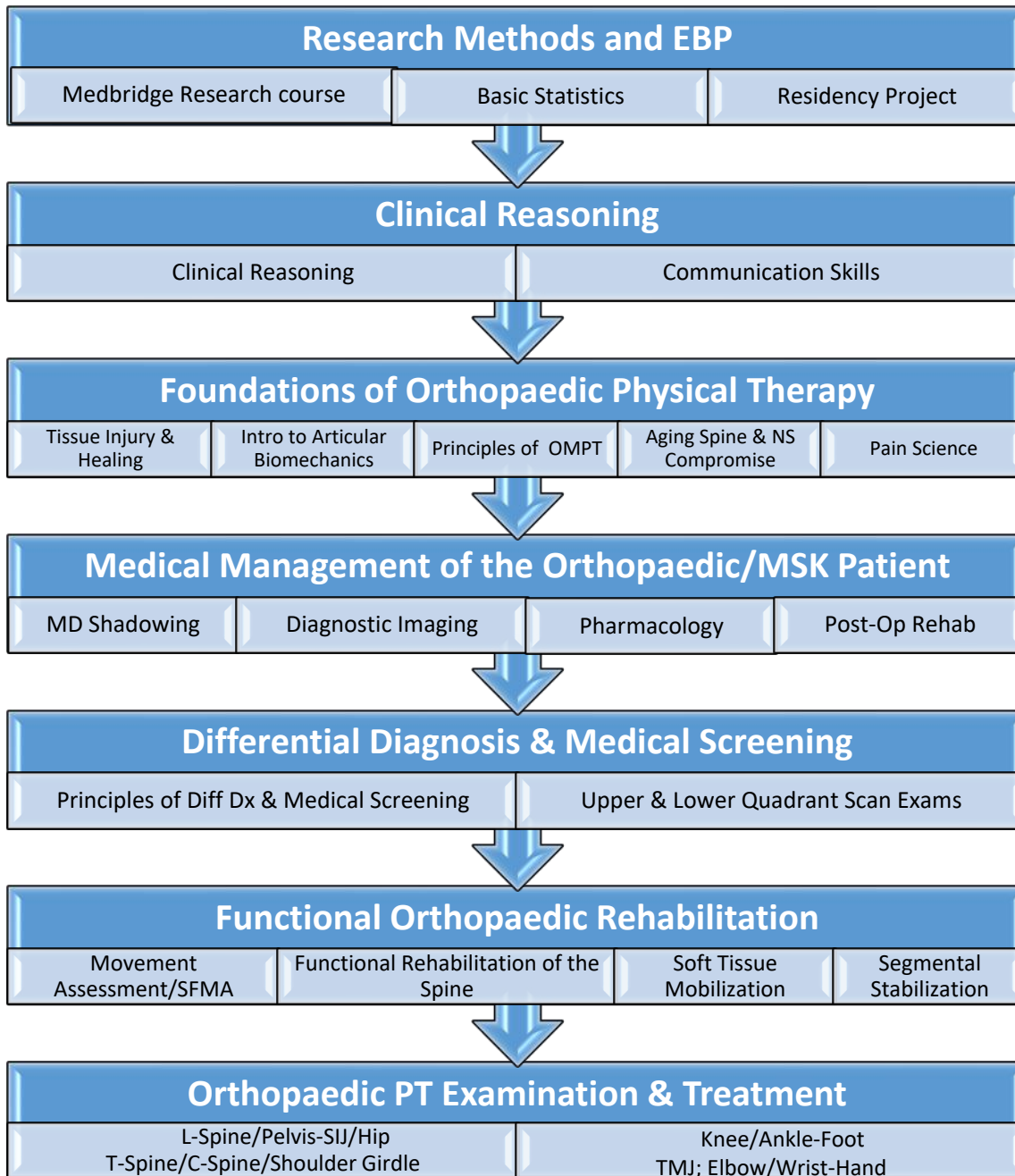
- The human body is an interconnected dynamic system with its function dependent on the interrelationship of the myofascial, articular, and neuromuscular systems
- Pain related to the musculoskeletal system is most effectively managed when treatment is directed towards optimizing efficient functional 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
- **Required 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:**

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)

- Exercises for the Lumbar Patient (IPA)

- 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 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, Fellow AAOMPT

"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, Fellow AAOMPT

“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

“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

Reaccredited 2015

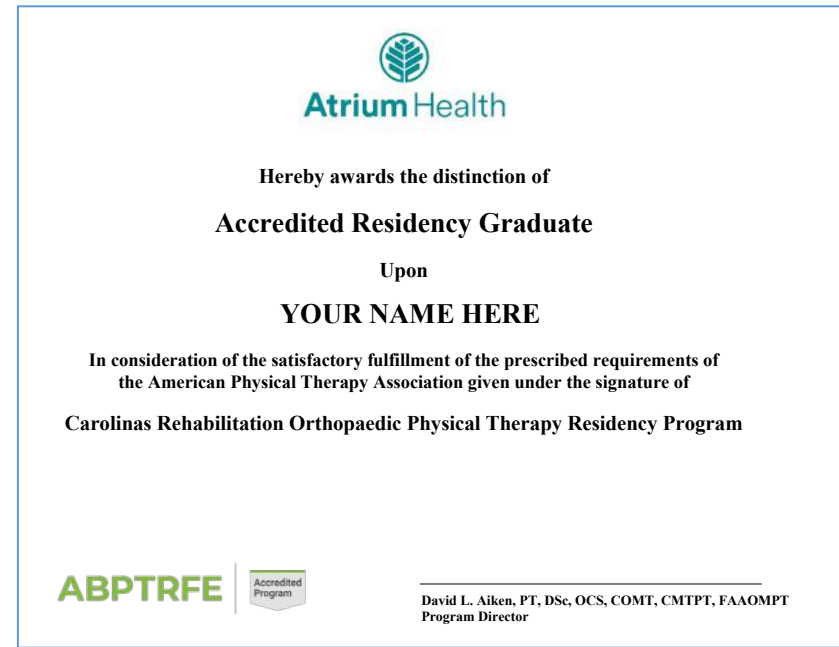
ABPTRFE

Accredited
Program

Resident Program Completion & Retention Rates 2011-2022

Program Completion
Rate: 100%

Program Retention
Rate: 55%



Resident OCS Examination Pass Rate 2011-2022

100%