



Neurologic Physical Therapy Residency Program

Carolinas Rehabilitation and Carolinas Medical Center



About our Program

- Located in Charlotte, NC
- 50 weeks duration (June – June)
- 4-month rotations: acute care, inpatient rehabilitation, outpatient
- 36 hours/week direct patient care
- 4 hours/week didactic content



ABPTRFE

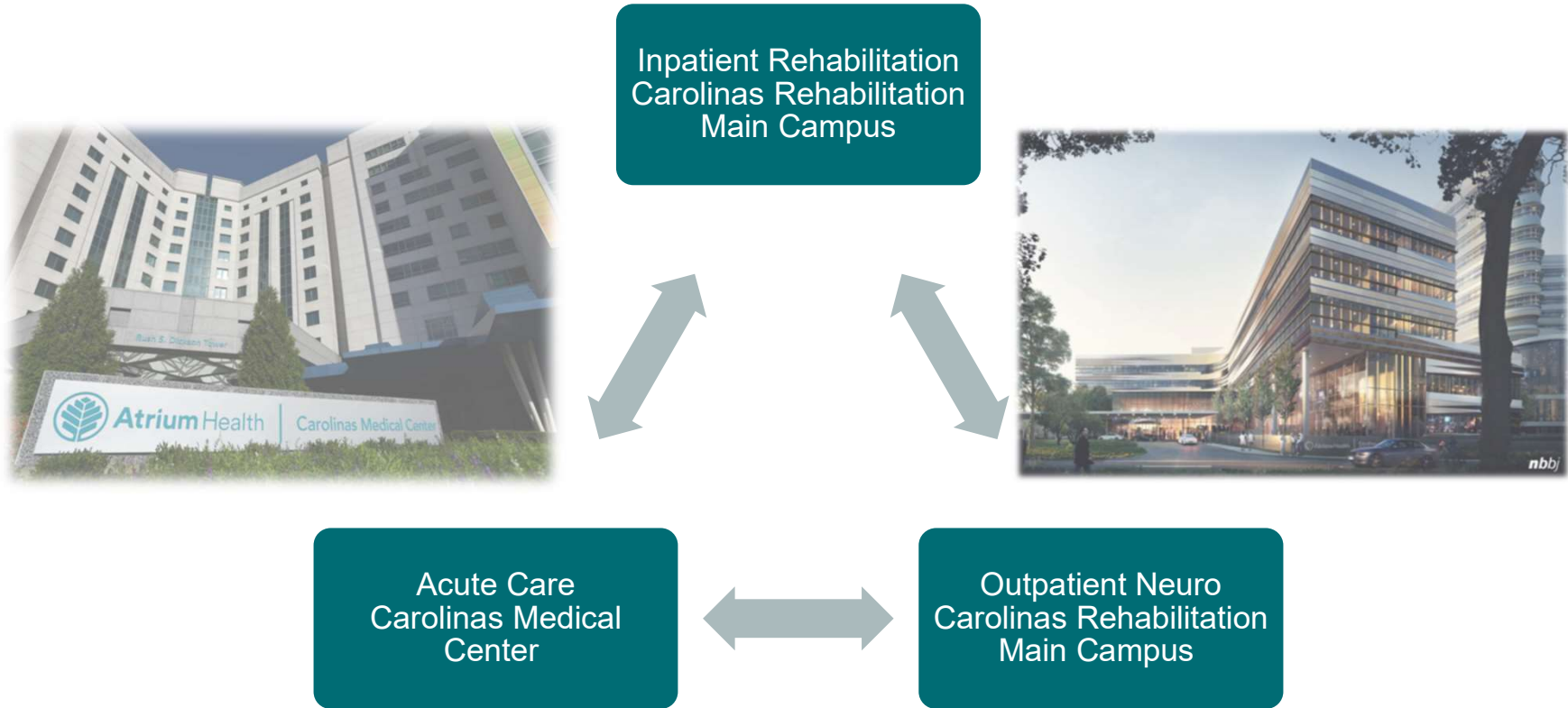
Accredited Program

Program Mission

We seek to foster a growing body of skilled neurologic physical therapy providers that will elevate our entire clinical enterprise and the quality of rehabilitation to the community, supporting our vision to be the first and best choice for care. To promote excellence in neurologically based physical therapy through advanced evidence-based training and clinical opportunities.



Clinical Framework



Carolinas Rehabilitation

- 192 beds and 4 inpatient rehab hospitals
- *CARF* accredited Brain Injury, Spinal Cord Injury, Stroke, Oncology Programs



Top 10 nationally
**The Best
in NC**



Atrium Health

Carolinas Rehabilitation

Carolinas Medical Center

- 900 beds
- Level 1 Trauma center
- Comprehensive Stroke Center



Program Highlights

Innovative didactic curriculum available utilizing the reverse classroom method with weekly interactive seminars taught by expert faculty members in their field of practice or expertise.

1:1 Mentoring with: board-certified neurologic PTs (NCS), vestibular specialists, certified wound specialist, certified brain injury specialist

Enrichment opportunities in every setting that include but not limited to code stroke, ALS and neuromuscular clinic, post-polio clinic, and our adaptive sports program.

Partnerships with our advanced care providers, giving our residents a *seat at the table* to practice top of license participating in case presentations for the Center for Advanced Practice, PM&R department, Grand Rounds



Program Objectives: Residents

Use advanced neurologic physical therapy clinical examination and treatment interventions to promote optimal outcomes in patient care and health.

Acquire the leadership skills necessary to serve as a resource for other physical therapists and members of the healthcare community.

Be scholars of the evidence-supported practice of neurologic physical therapy.

Be prepared to take the ABPTS certification examination in neurologic physical therapy upon program completion.

Be recognized as experts in neurologic physical therapy, including evaluation, examination, and progression of treatment interventions for patients with neurological conditions.



Program Objectives: Residents

Be known as physical therapists who are engaged in, and promoting of, the evidence-supported practice of neurologic physical therapy.

Be professionals in the healthcare community who successfully collaborate in an interprofessional manner.

Participate in clinical and academic teaching.

Participate in community service projects which will enhance the health, hope and healing of individuals with neurologic dysfunction.

Participate in professional activities locally, nationally, or internationally through advocacy and attendance at professional meetings.

Demonstrate understanding in the Knowledge Areas described in the current ABPTS DSP.



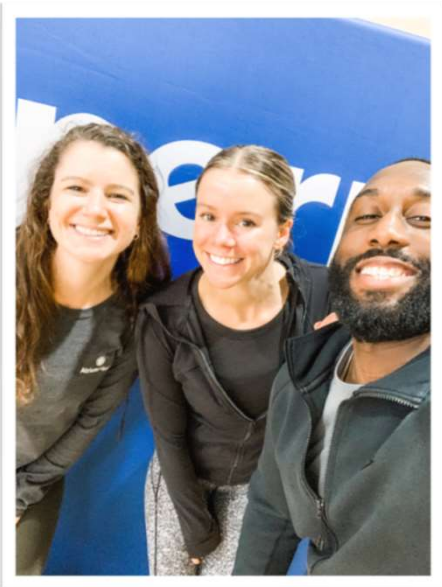
Program Objectives: Faculty

- Support the mission of Atrium Health by providing an organized educational opportunity that facilitates and accelerates excellence in all elements of neurologic physical therapy, including evaluation, examination, and treatment progression.
- Provide a curriculum consistent with the Description of Specialty Practice (DSP) and Description of Residency Practice (DRP) in neurologic physical therapy practice to prepare residents for the American Board of Physical Therapy Specialists (ABPTS) Neurologic Certified Specialist (NCS) certification exam.
- Offer a program that prepares physical therapists to better serve their organization and community as advanced direct access providers, clinical leaders, and consultants/mentors for other clinicians.
- Promote engagement with clinical research to support best practices in neurologic physical therapy.
- Encourage involvement in physical therapy professional organizations at the local, state, and national levels to promote personal growth and development in neurologic physical therapy.



Application Process

Applications due via RFPTCAS the last week of January, interviews held mid-February.



What we look for in applicants

- Emotional Intelligence
- Independent self-reflection
- Positivity
- Independent thinker
- Passionate about Neurologic PT
- A desire for self-improvement
- Grit
- Leadership
- Creativity

Benefits

- 36 hour/week salary position
- Full health benefits package
- Continuing education allowance
- No tuition deduction
- Alumni support network

**Graduates have a 100%
first time pass rate on the
NCS**



Expert Clinical and Didactic Faculty

- 6 board-certified in Neurologic Physical Therapy
- 4 credentialed in advanced vestibular rehabilitation
- Certified Wound Specialist
- 3 Certified Brain Injury Specialist
- Spinal Cord Clinical Specialist
- Stroke Clinical Specialist
- Certifications in Dry Needling
- Basic and Advanced APTA Certified Clinical Instructors



Program Director

Katie Sewell, PT, DPT

Board Certified- Neurologic Clinical Specialist

- BS, Exercise Science, Elon University 2009
- DPT, Columbia University College of Physicians and Surgeons 2012
- Graduate of Atrium Health/Wingate University Physical Therapy Neurologic Residency, 2017
- Board Certified Neurologic Clinical Specialist – 2018
- Therapy Education Clinical Coordinator Carolinas Rehabilitation
- Certified Stroke Rehabilitation Specialist- 2022
- Certified Brain Injury Specialist – 2021
- Interests: Running, cycling, going to the beach, and spending time with family

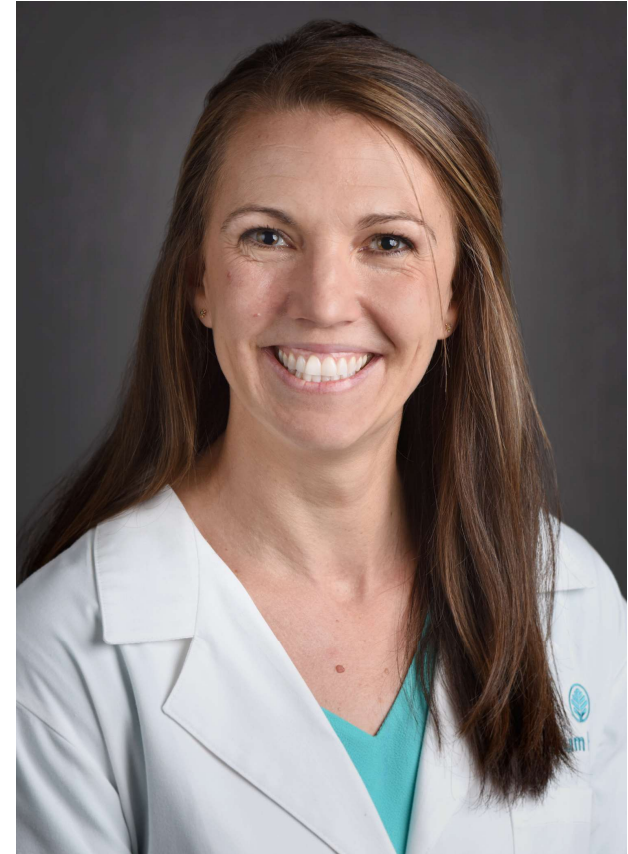


Program Coordinator Clinical Mentor, Didactic Faculty

Jennifer Meyer PT, DPT

Board Certified- Neurologic Clinical Specialist

- University of Georgia- BSEd Exercise and Sports Science
- University of North Carolina at Chapel Hill- DPT
- Graduate of Vanderbilt University Medical Center and Belmont University Neurologic Residency
- Board Certified Neurologic Clinical Specialist 2016
- APTA Advanced Vestibular Course
- Clinical Coordinator – Outpatient therapy
- Interests: travel, yoga, running, cooking, and spending time with husband and 2 boys!



Program Coordinator Clinical Mentor, Didactic Faculty

Alexis Mulvaney PT, DPT

Board Certified- Neurologic Clinical Specialist

- BA Athletic Training, UNC Wilmington 2013
- DPT, University of North Carolina 2016
- Graduate of Boston University Physical Therapy Neurologic Residency 2017
- Board Certified Neurologic Clinical Specialist - 2018
- Clinical Specialist – CMC Therapy Department
- Clinical Coordinator – Acute Care
- Personal Interest: Running, traveling, spending time with her family

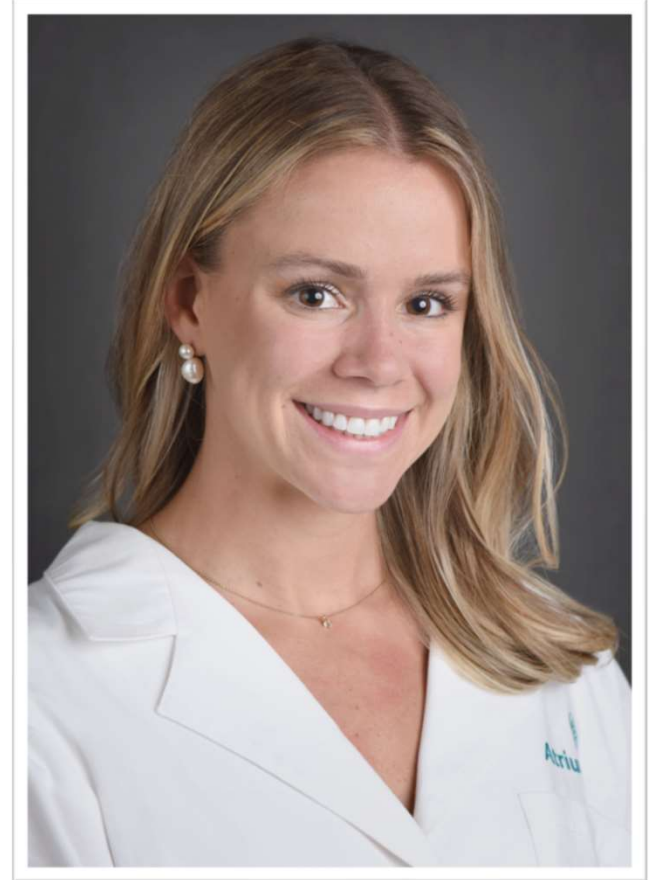


Program Coordinator Clinical Mentor, Didactic Faculty

Claire Spech, PT, DPT

Board Certified- Neurologic Clinical Specialist

- BS, Health Sciences, The Ohio State University 2019
- DPT, The Ohio State University 2022
- Graduate of Atrium Health Neurologic PT Residency Program 2023
- Clinical Coordinator – Inpatient Rehabilitation
- Interests: Running, hiking, traveling

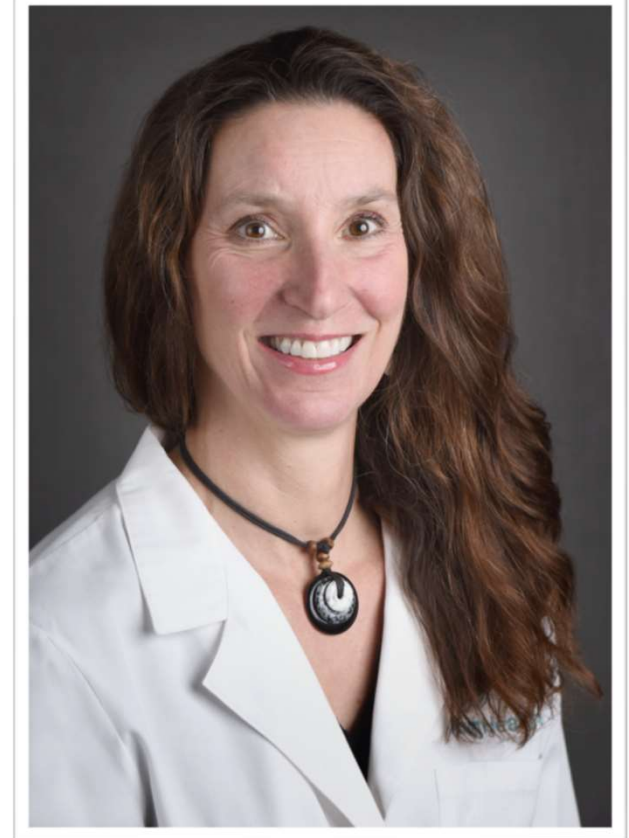


Clinical Mentor, Didactic Faculty

Jacqueline LaBarbera PT, DPT

Board Certified- Neurologic Clinical Specialist

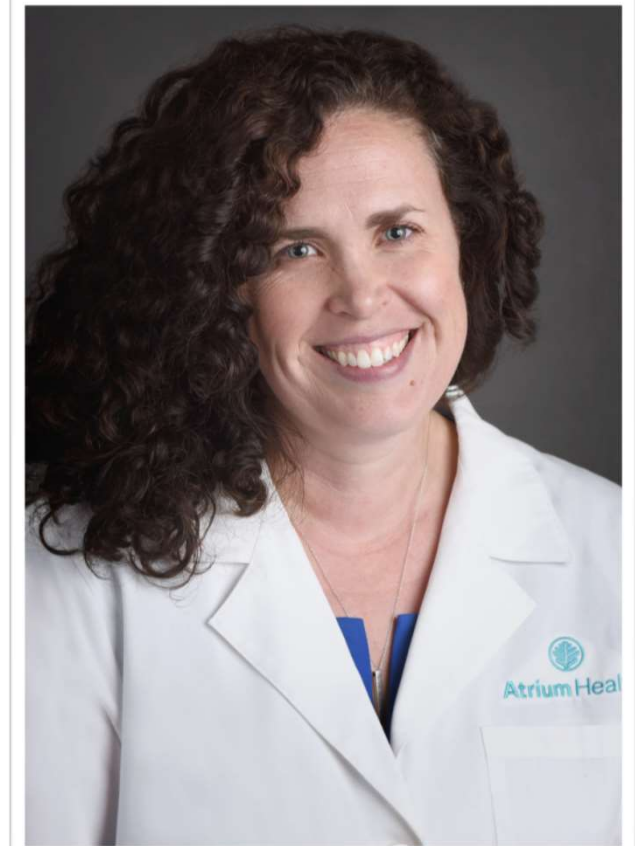
- BS, Physical Therapy, State University of New York at Buffalo
- DPT, University of Montana
- Board Certified Neurologic Clinical Specialist – 2013
- Program Founder
- Spinal Cord Clinical Specialist – Carolinas Rehabilitation
- APTA Advanced Vestibular Competency
- James T. McDeavitt MD Teaching Award -2011
- Duke University CI of the Year - 2016
- Interests: Yoga, paddle boarding, running and traveling with my husband and dogs



Clinical Mentor, Didactic Faculty

Erin Weeks PT, DPT, Certified Wound Specialist

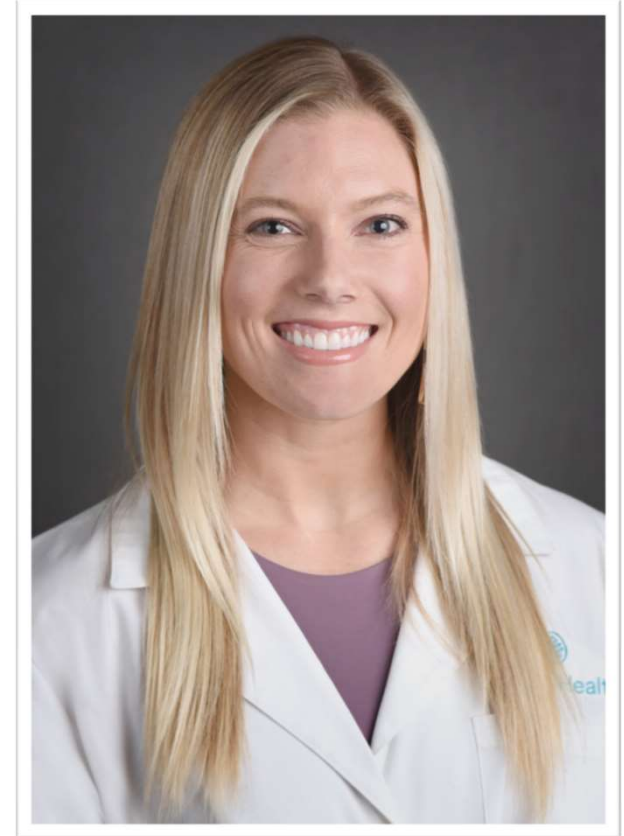
- BS, Exercise Science, Florida State University
- MPT, University of North Carolina
- DPT, University of Montana
- Certified Wound Specialist - 2013
- Guest professor at University of North Carolina – Chapel Hill DPT Program
- Interests: hiking, cooking, gardening, traveling, international missions work



Clinical Mentor, Didactic Faculty

Katlyn Kendzierski, PT, DPT,
Board Certified- Neurologic Clinical Specialist

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- BS Exercise and Sports Science, The University of Evansville - 2016
 - DPT, The University of Evansville - 2018
 - Graduate of The Ohio State University Wexner Medical Center Neurologic Residency – 2019
 - Board Certified – Neurologic Clinical Specialist – 2020
 - LoveYourBrain Certified Adapted Yoga Instructor
 - APTA Advanced Clinical Instructor
 - Interests: Weight-lifting, yoga, traveling with my husband, scuba diving, interior decorating, and reading



Clinical Mentor, Didactic Faculty

Andrew Hubregesen PT, DPT

Board Certified- Neurologic Clinical Specialist

- BA, University of NC - Charlotte
- DPT, New York University
- Board Certified Neurologic Clinical Specialist - 2019
- Certified Clinical Instructor - 2019
- Guest student lecturer at New York University Clinical Affiliation Program
- Interests: running, hiking, reading, carpentry, traveling, spending time with family



Didactic Faculty

Missy Davis PT, DPT

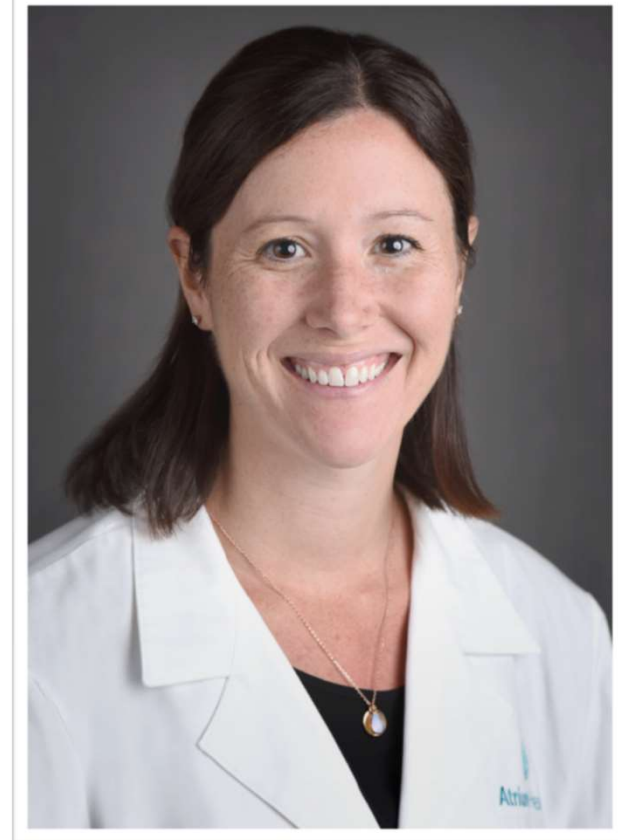
- BS, Physical Therapy, University of North Carolina - Charlotte 1991
- DPT, The College of Saint Scholastica 2016
- Board Certified Neurologic Clinical Specialist – 2013
- LSVT BIG® certification
- APTA Advanced Vestibular competency
- Guest lecturer and part-time instructor at Central Piedmont Community College
- Interests: Needlework, reading, gardening, & spending time with family and friends.



Didactic Faculty

Nicole Coleman, PT, DPT

- BS of Allied Health Science, University of Connecticut 2013
- DPT, Dominican University – 2016
- Group Lead-CMC Acute Care Therapy Department
- APTA Credentialed Clinical Instructor
- Interests: Hiking, traveling and spending time with my husband and dog.



Didactic Faculty

Bri Meyer, PT, DPT



Didactic Faculty

Carolyn Vargas, PT, DPT, ATP



Didactic Faculty

Kelly Werts, PT, DPT

- BS, Health Sciences, Clemson University
- DPT, Emory University
- APTA Credentialed Clinical Instructor
- Clinical Interests: wound care, SCI, vestibular, aquatics
- Other interests: running, camping, traveling



Residency Didactic Faculty

Not Pictured

- **Rebecca Hine, PT, DPT, Board Certified Oncology Clinical Specialist**
 - *Oncology Clinical Specialist*
- **Scott Holsten, PT, ATP**
 - *Neurosciences Institute- Neurology*
- **Calvin Hung, FACHE, MPT**
 - *Vice-President- Rehabilitation Regional Operations and Integration*
- **Kristen Hammack, PT, DPT**
 - *Level II Physical Therapist Carolinas Rehab Charlotte BI Team*
- **Laurel Mogenson, PT, DPT**
 - *Physical Therapist – Pediatric Specialist*
- **Brandon Stubbs, PT, DPT, Board Certified Neurologic Clinical Specialist**
 - *Lead Physical Therapist-Outpatient Neuro*

Didactic Curriculum

- A minimum of 300 hours of dedicated didactic time
- In person faculty instruction via an innovative, interactive curriculum designed to target the adult learners and facilitate expert level practice.
- Involvement in clinical and/or scientific research based on interest of the residents and current research studies within Atrium health.
- Leadership development with Carolinas Rehabilitation Executive Leadership team.



Enrichment Opportunities Acute Care



- Neurotrauma ICU
- Surgical/Trauma ICU
- Progressive Unit/Step Down
- Neuroimaging – Neurology
- Emergency Department
- Code Stroke Team
- Lumbar Drainage Trial
- Surgery Observation
- Pediatric/NICU Observation
- Respiratory Therapy - ventilator management
- Pharmacology
- Referral/Liaison screening



Enrichment Opportunities Inpatient Rehab

Rotations through: Spinal Cord Injury, Traumatic Brain Injury, Neuro
Oncology teams

Interdisciplinary treatment conferences

Seating and Mobility Clinic

Wound care

Emerging Responsive Program

Neuro-behavioral Unit/Non-violent crisis intervention

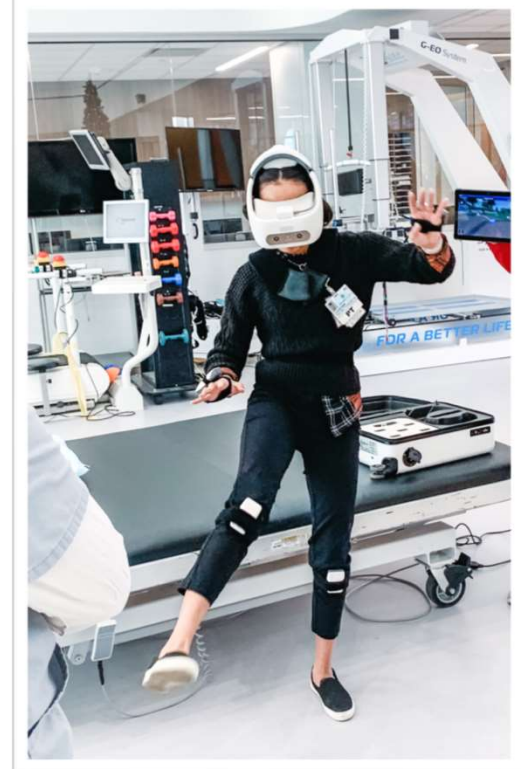
Community Outings/Home Assessments

TBI and SCI Patient Education Series

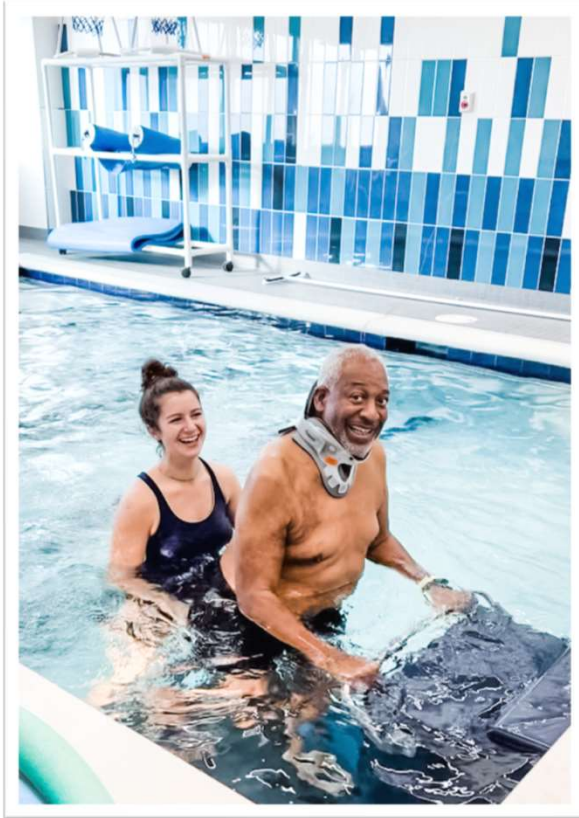
Disorders of Consciousness

Adaptive Sports and Adventures Program

Aquatics



Enrichment Opportunities Outpatient



Aquatics

Community Support Groups: TBI/CVA/Amputee/SCI

Prosthetics training

Orthotics evaluations

ALS, MD, and Post-Polio clinics

Driving evaluations

Computerized dynamic posturography

Neuropsychology

Outpatient SCI (L.I.F.E) day programs

Brain Injury Community Wellness Program

Vision evaluations

Past Resident Feedback

"Even after 6 years of practice, this residency has enabled me to grow tremendously as a neurologic physical therapist and has given me the confidence and preparation needed to take the NCS." - *AH 2017 Cohort*

"The experiences and connections I made during this residency have infinitely improved the quality of care I can now provide to my patients, especially the most challenging patients. Having the opportunity to spend a year focusing on perfecting my skills, diving into the research, and learning from so many experts was worth every minute of stress along the way." – *KS 2017 Cohort*

"This year has given me the clinical experience necessary to feel comfortable to walk into any physical therapy department, in any setting, and feel comfortable being able to treat any patient with a neurologic diagnosis." - *SB 2017 Cohort*

Past Resident Feedback

“I have been challenged to clinically reason at a higher level and have been exposed to not only a wide variety, but increased complexity of patient presentations. I have grown as a clinician and felt so supported by the amazing mentorship of experts in the field across the care continuum. I feel more comfortable and confident in organizing care for patients with neurological diagnosis and advocating for patient needs with members of the multi-disciplinary team. This has been a year of growth and I would absolutely do it again! – *JH 2018*”

“This residency program has challenged me in ways that have greatly improved my professional and personal development. During my time I was exposed to a wide variety of patients throughout the continuum of care in a dynamic, but supportive environment. I feel like I have condensed at least 5 years of growth into just one year.” – *CC 2018*”

"This is a very excellent program, filled with excellent mentors and faculty. I feel that this program is attached to an excellent hospital system. I couldn't imagine the past year without the individuals I met here at Atrium." – *EP 2024*

**100% First
Time Pass Rate
of the Specialty
Board
Certification
Examination
Since the start
of the program
in 2017.**



**Need More
Information?
Reach out to
Program
Director
Katie Sewell**
Katie.Sewell@atriumhealth.org

