

ACHIEVE ORTHOPAEDIC REHABILITATION INSTITUTE ORTHOPAEDIC PHYSICAL THERAPY RESIDENCY

Achieve Orthopaedic Rehabilitation Institute is proud to offer a residency program designed to provide physical therapists with advanced knowledge and skill in a concentrated clinical environment.

The curriculum of this residency program is designed to provide physical therapists with advanced training in examination, clinical decision-making and treatment skills. This program utilizes a broad-based, eclectic curriculum. The small group classroom and lab training sessions allow the clinical faculty to focus their instruction toward the individual needs of each resident. The curriculum of this residency is also designed to prepare physical therapists for the Orthopaedic Physical Therapy Specialty Certification Examination.

The residency begins in August of each year and runs for 50 consecutive weeks. A maximum of six residents are accepted to participate in the program each year. The residents may be employed and provide patient care at Achieve Orthopaedic clinics (Program A) or have the opportunity to remain employed at their current employer (Program B), pending mentor availability.

Program A:

- Residents who are employed by Achieve Orthopaedic Rehabilitation Institute will be paid for the hours that they provide unsupervised patient care at the PT Resident rate (in September of 2006, this rate will be \$20.00 / hour) for the first 1000 hours.
- If the resident is hired to work any hours above and beyond the initial 1000 hours that are included in the residency program, Achieve Orthopaedic Rehabilitation Institute will compensate the therapist based on experience and based on each individual applicant’s abilities.

Program B:

- Resident’s who are not full/part time employees with Achieve Orthopaedic Rehabilitation Institute, that have the proper mentoring approved by Achieve Orthopaedic Rehabilitation Institute Residency Program Director, will be charged \$6,500.00 per resident year.
- Resident’s in Program B will not be offered benefits.

CURRICULUM OUTLINE

<p>The residency experience includes:</p> <ul style="list-style-type: none"> ▪ 260 hours of classroom lecture/lab instruction and discussion ▪ 160 hours of direct 1:1 clinical supervision while treating patients ▪ 1000 hours of clinical practice ▪ 36 hours of evidence based literature review presentation & discussion ▪ 100 hours (total) of observation & interaction in five different MD clinics ▪ Development/implementation of two community based presentations <p>The content of the classroom, lab and clinical training in this residency encompass the following areas:</p> <ul style="list-style-type: none"> • Clinical Reasoning • Interviewing and Communication Skills • Evidence Based Discussion <ul style="list-style-type: none"> • SCIENTIFIC BASIS OF ORTHOPEDIC MANUAL PHYSICAL THERAPY • LUMBAR SPINE • HIP/PELVIS • FOOT/ANKLE • KNEE/PATELLOFEMORAL • THORACIC SPINE • CERVICAL SPINE • UPPER CERVICAL SPINE • SHOULDER GIRDLE • ELBOW-FOREARM / WRIST-HAND • TMJ <p>Program Director: Robert Johnson PT, MS, OCS</p>	<p>Within each course module the following topics will be covered:</p> <ul style="list-style-type: none"> • Functional anatomy • Pathomechanics and Pathology (general) • Examination: <ul style="list-style-type: none"> – Palpation of relevant surface/clinical anatomy – Selective tissue tension exam – Passive movement testing (accessory and physiological motion) – Neurological/Neurodynamic examination – Special tests •Treatment: <ul style="list-style-type: none"> - Soft tissue mobilization technique - Muscle stretching (specific) - Neurodynamic mobilizations - Passive treatment techniques - Therapeutic Exercise - Case study <p style="text-align: center;">CLINICAL FACULTY</p> <p>Robert Johnson PT, MS, OCS Ashraf Abdelhamid PT, MS, OCS Julie DeWerd PT, MS, OCS Kirstin Moisio PT, PhD Victoria Brander MD</p> <p>To obtain more information about the residency, please contact: Robert Johnson PT, MS, OCS Phone: (312) 642 3963 Email: www.achieveortho.com</p>
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ACHIEVE Application and Selection Process

To apply for admission to the residency program, please submit your completed application to:

Kristina Kikut
Residency Coordinator
Achieve Orthopaedic Rehab Institute
100 E. Walton, Suite 700
Chicago, IL 60611

- a) Please include the following items (a – e) in one complete application package: 1) What you wish to gain through participation in this clinical residency? 2) What areas of expertise you possess that you feel would contribute to the growth in clinical skills of your fellow residents? and 3) What are your future plans in the area of orthopaedic physical therapy?
- b) Curriculum vitae.
- c) Two letters of recommendation.
(If you are a recent graduate, include a recommendation from one of your clinical instructors)
- d) Description of clinical experiences.
Note: Clinical experience descriptions should include the following information for each organization in which you have performed direct patient care.
- 1) Name, address and phone number of the facility.
 - 2) Name of your clinical supervisor (if any), or supervisor.
 - 3) Type of facility.
 - 4) Job description.
 - 5) Date employed (or dates of internship).
 - 6) Description of patient load.
 - 7) Description of any clinical supervision or mentoring.
 - 8) Time period (in hours) involved in direct patient care.
Total hours = (number of hours per week) x (number of weeks per year) x (number of full time years).

The applications will be evaluated based on the following criteria:

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| a) Academic education. | c) Clinical experience in orthopaedic physical therapy |
| b) Clinical education and mentoring experiences. | d) Research experience. |
| | e) Community Service |

Achieve Orthopedic Rehabilitation Institute is an equal opportunity employer and does not discriminate on the basis of race, creed, color, gender, age, national or ethnic origin, sexual orientation, and disability or health status.

Minimal eligibility requirements for acceptance into the program include:

1. Licensure as a Physical Therapist by the Physical Therapy Board of Illinois.
2. Comply with all Achieve Orthopedic Rehabilitation Institute requirements.

Desirable applicants include those who

1. Completed an extended internship or externship under the direct clinical supervision of a Clinical Specialist in Orthopaedic Physical Therapy.
2. Possess superior verbal and written communication skills.
3. Have experience in data collection, analysis, and publication.
4. Possess strong fundamentals in the principles of clinical reasoning and the application of manual examination and treatment procedures.

The application deadline is June 15th of each year.

Superior candidates will be selected for an interview and evaluation of basic clinical competencies with members of the selection committee. Notification of applicants who gain admission to the program will be made by August 1st of each year.