



PHYSICAL THERAPY FIRST  
ORTHOPAEDIC  
RESIDENCY



## Physical Therapy First Orthopaedic Residency

At Physical Therapy First, we offer an orthopaedic physical therapy residency focused on all aspects of orthopaedic physical therapy practice. We strive to help create the next generation of orthopaedic experts.

### What is a clinical residency?

As defined by the American Physical Therapy Association, a clinical residency program in physical therapy is a post-professional planned learning experience in a focused area of clinical practice. Similar to the medical model, a clinical residency program is a structured educational experience (both didactic and clinical) for physical therapists following entry-level education and licensure that is designed to significantly advance the physical therapist's knowledge, skills, and abilities in a specific area of clinical practice. It combines opportunities for ongoing clinical mentoring with a theoretical basis for advanced practice and scientific inquiry. The residency training prepares the physical therapist to pass the American Board of Physical Therapy Specialties (ABPTS) certification examination following graduation.

### About PTF's clinical residency

In 2010 Physical Therapy First (PTF) and North American Institute of Orthopaedic Manual Therapy (NAIOMT) developed Maryland's first APTA accredited orthopaedic physical therapy residency program. The Residency program consists of 5 structured didactic / laboratory learning course, self-paced learning material, written exams, treatment technique exams and live patient exams. Residents will also participate in mentorship under

an APTA board-certified orthopaedic clinical specialist (OCS) and treat patients under the direct and indirect supervision of a clinical mentor. The PTF's residency program meets all the elements of the APTA's Description of Residency Practice (DRP).

### Admission Requirements

- Hold a current license to practice physical therapy in the state of Maryland
- One page letter of intent for application to the residency program
- Curriculum Vitae
- Complete a Program application form
- Residency candidates will undergo an interview process by phone or in person
- Applicant must meet the Program's Initial Competency requirements
- New Graduate applicants (within first year of licensure)
  - Submit completed CPI from last clinical affiliation. The CPI score must be at least "Beyond Entry-Level Performance" on section Professional Practice: Safety and Professional Behavior and at least "entry-level" on all other performance criteria.

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- Submit a letter of recommendation from an Outpatient Clinical Instructor commenting specifically on applicant's professional practice regarding the applicant's safety and professional behavior.
- Applicants with greater than 1 year of clinical experience
- Submit a letter of recommendation from senior physical therapist commenting specifically on applicant's professional practice regarding the applicant's safety and professional behavior.

## Why choose PTF's Orthopaedic Physical Therapy Residency Program?

PTF's Orthopaedic Residency is a 12-36 month structured program that allows residents to work while taking classes, with laboratory course done over 5 weekends. In addition, the Program provides a mentorship with an orthopaedic specialist who are either fellow-or residency-trained physical therapists, or APTA board-certified specialists who provide intense, hands-on learning and real-world experience.

Our didactic courses are led by content experts through NAIOMT, providing residents with opportunities to interact with world-renowned physical therapists.

## Residency Requirements

### DIDACTIC LEARNING

- 200 didactic hours (Laboratory Hours – Saturday Sunday, and course reading/study)
- 170 hours – Independent Study Modules from the APTA Ortho Section
- Written exams
- Live Patient exams

### MENTORED LEARNING

- 150 hours clinical mentorship
  - o 100 hours 1:1 clinical mentoring/instruction from physical therapist clinical faculty while program participant is treating patients
  - o 50 hours 1:1 patient/client related planning/discussion/review of participant's caseload and/or physical therapist mentor demonstrating treatment techniques on patients
- 1:1 mentoring with board-certified orthopaedic specialists
- 1,100 + hours independent practice in the orthopaedics

## Our staff

PTF's highly trained staff evaluate, diagnose and manage treatment plans, customizing them for each individual patient's needs. They include:

- 4 Orthopaedic Clinical Specialists
- 4 Fellows of the American Academy of Orthopedic Manual Physical Therapy
- 1 Certified Strength and Conditioning Specialists

## Cost

\$7500 which includes all courses and materials

## Contact us

Email Maureen Ambrose PT, DPT, OCS at [maureen@physicaltherapyfirst.com](mailto:maureen@physicaltherapyfirst.com) to request an application

Visit [physicaltherapyfirst.com/residency/](http://physicaltherapyfirst.com/residency/)

