

Orthopaedic Clinical Residency

at Arcadia University

Global Perspectives...Personal Attention...Real-World Integrative Learning Experiences

Faculty

Coordinator

Brian Eckenrode, PT, D.P.T., OCS,
Assistant Professor of Physical Therapy

Faculty

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Professor and Chair of the Department
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[Philip McClure](#), PT, Ph.D., FAPTA,
Professor of Physical Therapy.
Transitional D.P.T. Coordinator

Scott Stackhouse, PT, Ph.D., Associate
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Angela Tate, PT, Ph.D., MDT, Adjunct
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Laurita M. Hack, PT, D.P.T., M.B.A., Ph.D.,
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Department of Physical Therapy,
Temple University; Vice Speaker and
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Physical Therapy Association

Elliot Greenberg, PT, D.P.T., OCS, CSCS,
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Steve Kareha, PT, D.P.T., ATC, OCS,
Gettysburg Orthopedic and Sports PT

Martin Kelley, PT, D.P.T., OCS, Adjunct
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Partners

Won Sung, PT, D.P.T., Adjunct Professor,
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Sean Loughlin, PT, M.S.P.T., OCS, Adjunct
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Nicholas Taweel, PT, D.P.M., D.P.T.,
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Associated Faculty

David Logerstedt, PT, Ph.D., SCS,
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Michele Horowski, PT, D.P.T., Good
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Graduate Certificate

Musculoskeletal Physical Therapy Certificate

About Arcadia's Orthopaedic Clinical Residency

- One year in length and consists of six 2-credit courses.
- Didactic curriculum utilizes a hybrid model of online learning and manual skills laboratory sessions.
- Clinical mentoring occurs at the resident's current clinical practice site.
- Applications for admission are accepted on a rolling basis.
- Residents will graduate with a Musculoskeletal Physical Therapy Certificate from Arcadia and be prepared to sit for the orthopaedic clinical specialization examination offered by the American Physical Therapy Association's Board of Physical Therapy Specialties.
- The program is affordable and competitively priced.
- Residents network and connect with nationally recognized faculty and peers.

The mission of the Orthopaedic Clinical Residency Program at Arcadia University is to develop and produce expert physical therapists who provide best practice using evidence in the examination, evaluation, diagnosis, prognosis, intervention, and outcome of musculoskeletal conditions. Graduates of the residency will demonstrate orthopaedic competency in compliance with the Description of Specialty Practice as described by the American Board of Physical Therapy Specialties (ABPTS). This planned program of post-professional clinical and didactic education is structured to advance the knowledge and skills of the physical therapist in musculoskeletal content. This program is designed to provide sufficient content,

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knowledge and skills to prepare students to sit for the orthopaedic clinical specialization examination offered by the American Physical Therapy Association's Board of Physical Therapy Specialties.

The didactic component of the program consists of six 2-credit courses. Two courses deal with general concepts relevant to the management of all musculoskeletal conditions. The remaining four courses are specific to certain regions of the body, and each includes relevant anatomy, biomechanics, imaging, medical screening as well as current best evidence related to examination and intervention with emphasis on the most prevalent conditions for each region. The regional course content includes a laboratory component for development of manual skills.

Laboratory Sessions: The courses in the program utilize a hybrid model of online learning with integrated manual skills laboratory sessions. The manual skills laboratory sessions will occur between 2 to 4 weekends per year. The program is highly interactive and capitalizes on the wealth of knowledge clinicians bring with them.

In addition, a mentoring component is required, which will be completed at the resident's place of employment under the guidance of a board-certified orthopaedic clinical specialist. The residency will culminate in the completion of a final capstone project.

Benefits to the resident include enhancing professional development, advancing knowledge and skill acquisition, and learning via direct mentoring. Opportunities exist to teach in the entry-level D.P.T. curriculum and to serve as mentors and lecturers for the residency curriculum upon completion of the residency.

Admission Requirements

Admission to the Orthopaedic Clinical Residency

The following program-specific requirements must be met:

- Proof of graduation (transcript) from a physical therapist degree program accredited by an agency approved by the U.S. Department of Education

(currently CAPTE) with a GPA of 2.75 or higher

- Current state professional license
- Brief essay articulating your goals for orthopaedic residency study
- Two written recommendations (professional or academic)
- Basic computer skills including Internet and e-mail.
- Computer system requirements that can be found at <http://www.arcadia.edu/academic/arcardia-online-student-computer-requirements>.

Tuition and Fees

2012-13 Tuition: \$788 per credit

2012-13 Residency administration one time fee: \$2000 (discount available)

Orthopaedic Clinical Residency Requirements

(12 credits)

The didactic curriculum for the Orthopaedic Clinical Residency program consists of six 2-credit courses. There is no required course sequence. A minimum of 12 credits is required.

1. The following initial courses are required.

PT 656	Neuromuscular Tissues and Motor Control (2 credits)
PT 680	Evidence Based Practice and Clinical Reasoning (2 credits)
PT 681	Cervical-Thoracic Spine and Temporomandibular Joint (2 credits)
PT 682	Upper Extremity: Shoulder, Elbow, Wrist & Hand (2 credits)
PT 683	Lumbar Spine and Sacroiliac Joint (2 credits)
PT 684	Lower Extremity: Hip, Knee, Ankle, & Gait (2 credits)

Physical Therapy Courses

PT 656

Neuromuscular Tissues and Motor Control
(2 credits)

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This course reviews the basic structure and function of various tissues within the neuromusculoskeletal system. These will include muscle, nerve and various connective tissues such as tendon, ligament, cartilage and bone. Using the Physical Stress Theory as a guiding model, the effects of altered patterns of use, common pathologies, and common interventions will be discussed for each tissue. The neural control of multi-joint limb movement will be discussed using current literature on motor control, cognition and motor learning including discussion of the relevance of the research on clinical practice. Traditional and contemporary theories will be contrasted to assist in developing direct intervention strategies using skill acquisition theories. Emphasis will be placed on reading and applying current basic science literature to justify and guide the practice of physical therapy.

PT 680

Evidence Based Practice and Clinical Reasoning (2 credits)

This course will provide the physical therapist with a systematic method for critically analyzing and evaluating current research for integration into clinical practice. Clinical decision-making will be guided by relevant literature reviews to minimize practice variation, minimize health care costs, and identify potential or actual harm to patients.

PT 681

Cervical-Thoracic Spine and Tempromandibular Joint (2 credits)

This course provides a comprehensive background of the anatomy and biomechanics of the cervical-thoracic spine and tempromandibular joint. Content will also address musculoskeletal imaging, functional anatomy, assessment, and outcome tools relevant to this body region. Common conditions in addition to appropriate medical screening will be discussed. Emphasis will be placed on best practice and current evidence to support examination and intervention techniques of cervical-thoracic spine and tempromandibular joint.

PT 682

Upper Extremity: Shoulder, Elbow, Wrist & Hand (2 credits)

This course provides a comprehensive background of the anatomy and biomechanics of the shoulder, elbow, wrist, and hand. Content will also address musculoskeletal imaging, functional

anatomy, assessment, and outcome tools relevant to this body region. Common conditions in addition to appropriate medical screening will be discussed. Emphasis will be placed on best practice and current evidence to support examination and intervention techniques of upper extremity.

PT 683

Lumbar Spine and Sacroiliac Joint (2 credits)

This course provides a comprehensive background of the anatomy and biomechanics of the lumbar spine and sacroiliac joint. Content will also address musculoskeletal imaging, functional anatomy, assessment, and outcome tools relevant to this body region. Common conditions in addition to appropriate medical screening will be discussed. Emphasis will be placed on best practice and current evidence to support examination and intervention techniques of lumbar spine and sacroiliac joint.

PT 684

Lower Extremity: Hip, Knee, Ankle & Gait (2 credits)

This course provides a comprehensive background of the anatomy and biomechanics of the hip, knee, ankle, and foot. Content will also address musculoskeletal imaging, functional anatomy, assessment, and outcome tools relevant to this body region. Common conditions in addition to appropriate medical screening will be discussed. Emphasis will be placed on best practice and current evidence to support examination and intervention techniques of the lower extremity.