Physical Therapy Orthopedic Residency Fact Sheet

The University of Nebraska Medical Center (UNMC) Orthopedic Physical Therapy Residency is a 13-month, post-professional training program that includes clinical practice, clinical mentoring, observation with orthopedic surgeons, teaching in the area of orthopedics, and opportunities for research and scholarly activity.

The mission of the Orthopedic Physical Therapy Residency at the University of Nebraska Medical Center is to prepare orthopedic clinical specialists who will:

- deliver evidence-based, patient-centered care
- participate in clinical, academic, and professional teaching
- interact with other healthcare professionals to develop effective interprofessional teams
- provide professional service including outreach to under-served populations
- participate in scholarly activities to contribute to the physical therapy profession.

Residency is a 13-month program, starting the first of August.

The UNMC Orthopedic Physical Therapy Residency Program is housed at an Academic Health Science Center giving the resident a wide array of experiences.

- Faculty and mentors with clinical expertise and board certification
- Teaching opportunities in an entry-level DPT program
- Training to become a Clinical Instructor
- Observation experiences with multidisciplinary health care providers including orthopedic physicians
- Service opportunities including serving as a faculty mentor at UNMC’s pro-bono clinics
- Curriculum focused on the development of clinical reasoning skill

unmc.edu/alliedhealth/education/pt/residency
Orthopedic Specialty Examination first-time pass rates in 2019:

- 87% of residency graduates
- 79% of non-residency graduates

Sample Week for PT Residency:
Residents will complete patient care in an outpatient clinic for 30 hours per week. The resident will also have mentored clinical work and didactic learning activities each week. Given the scope of residency learning opportunities, residents should expect to spend 50-60 hours per week preparing for and completing program activities. The schedule below provides an idea of a typical week; however, the exact schedule of non-clinic time will vary to align with mentor and class schedules. Note, some required activities are not reflected (see ‘Other Activities’ below).

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<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Morning</td>
<td>Patient care</td>
<td>Patient Care</td>
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<td>Other Activities*</td>
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<td>Afternoon</td>
<td>Patient care</td>
<td>Didactic Time**</td>
<td>Mentored Time*</td>
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*Mentored Time:* This is clinical learning time in which a mentor and resident are seeing patients together. The resident is usually leading the patient care with guidance from the mentor and includes pre/post-care discussions. 150 Mentoring hours (~3-4 hrs/week) required.

**Didactic Time:** This is academic learning time completed by the resident, which includes self-study modules (reading and evidence analysis), mentor/resident discussions, psychomotor learning activities. This time also includes activities such as shadowing medical professionals or serving as an instructor in the DPT program.

*Examples of Other Activities:*
- Teaching in the classroom and lab at UNMC
- Quality Improvement (QI) Projects
- Research/Scholarly Activity
- Lead journal clubs or grand rounds
- Follow patient through entire course of care: from MD visit → surgery → inpatient → outpatient
- Onboarding/orientation for new residents

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