Series Description

The Department of Physical Therapy at UT Southwestern’s School of Health Professions provides a one-year residency-based education program that begins in February of each year. This program is modeled in the spirit of the APTA’s Vision 2020 of providing post-professional training. A residency is defined as a planned program of post entry-level clinical and didactic education that will significantly advance a clinician’s skill and knowledge in the delivery of orthopedic physical therapy. The resident spends the year providing patient care in the faculty practice while working with a designated mentor and participating in six weekend intensive educational programs. The curriculum is taught by clinical experts with advanced credentials and residency experience.

This residency format is based on a structured, comprehensive approach to examination and treatment of orthopedic dysfunction of the spine and extremities. The content is based upon the APTA’s description of advanced clinical practice and includes didactic, laboratory, and clinical practice components under the supervision of accomplished clinical instructors.

The series of weekend courses and collaborative clinical care time provides the participant the opportunity to develop a framework for use in the evaluation and treatment of patients, as well as to review and reinforce the material learned at the weekend educational programs. The aim of the program is to allow follow-up on the content presented in a clinical setting to enhance the development of clinical skills and facilitate and refine the clinical thought process.

Program Location:

UT Southwestern Medical Center
School of Health Professions
Department of Physical Therapy
Faculty Practice
Dallas, TX

For more information on the UT Southwestern Orthopedic Physical Therapy Residency please visit our web site at www.utsouthwestern.edu/education/school-of-health-professions/programs/residency-programs/orthopedic-physical-therapy/index.html

Course Highlights

The goal of the residency program is to provide the resident with a comprehensive learning experience. The residency will provide the resident with tools to improve their examination, assessment and treatment of the orthopedic patient. Upon completion of the program, the Resident will be fully prepared to sit for their OCS specialty examination (required expectation) and/or continue their training with a fellowship in a specific area of orthopedic practice.

Program Objectives

At the conclusion of the clinical residency program, the participant will be able to:

- Explain the clinical reasoning skills necessary to help prioritize examination, assessment and treatment techniques. These same skills will help the resident develop the ability to monitor their own clinical skill level.
- Conduct an effective and comprehensive subjective examination which will enable development of a working clinical hypothesis as to the primary problem, prior to performing an objective examination.
- List hypothesis categories for each patient seen, and identify the relative information associated with each treatment classification focus.
- Perform an integrated physical examination, including differential diagnosis, for the craniofacial, cervicothoracic spine, lumbo pelvic girdle, upper extremity, and lower extremity regions.
- Perform passive joint mobilization and manipulation techniques utilizing the grades of movement for all areas noted in the previous objective and integrate these techniques into the treatment plan as indicated.
- Perform specific soft tissue assessment and treatment techniques for and integrate these techniques into the treatment plan as indicated.
- Create appropriate specific clinical and home therapeutic exercise program prescriptions and integrate these techniques into the treatment plan as indicated.
- Critically analyze current scientific literature and conduct clinical research projects.

Accreditation

The program consist of 145 hours of educational content (approximately 35 of which will be through independent learning and 16 hours of testing for residents), a minimum of 200 hours of direct collaborative learning with the supervising mentor, and at least 1200 hours of patient care. The program is approved by the American Board of Physical Therapy Board’s Committee on Residency and Fellowship Program Credentialing through August of 2015.

Education Program CCU Approval

The Residency program educational provider is approved by the Texas Board of Physical Therapy for all weekend continuing education programs.

Program Faculty

Ed Mulligan, PT, DPT, OCS, ATC
Residency Program Director
Dr. Mulligan is an Assistant Professor in the Physical Therapy and Orthopedic Surgery Departments at UT Southwestern. His undergraduate degree is from the University of Nebraska and he received his PT training at UTMB. He completed the post-professional master’s degree program at Texas Woman’s University in 1995 and his DPT at Regis University in 2008. He was recognized as a clinical specialist in sports physical therapy by the APTA in 1988 and orthopedic physical therapy in 2009.

Beth Deschenes, PT, MS, OCS
Ms. Deschenes is a Clinical Assistant Professor at UT Southwestern and she received her MS degree in Physical Therapy from the University of Kansas Medical Center in 1996. Prior to becoming a physical therapist, she worked in healthcare marketing and health/fitness management. Ms. Deschenes also holds a MS degree in Health/fitness Management from The American University. She was board certified in orthopedics in 2003 and her clinical interests include orthopedic manual therapy, physical activity, and wellness.

Julie DeVahl, PT, MS, OCS
Ms. DeVahl is an Assistant Professor and the Director of Clinical Education at UT Southwestern. She received her B.S. in Physical Therapy from the University of North Dakota in 1979 and her Master of Science degree from the University of Minnesota in 1984. She joined the faculty of UT Southwestern department of physical therapy as the Director of Clinical Education in 2002. She has been teaching continuing education courses on electrotherapy topics throughout her career.

Ross Querry, PT, Ph.D.
Dr. Querry is an Associate Professor at UT Southwestern. He received his Master of Science degree in Physical Therapy from Texas Woman's University in 2001 and his Ph.D. in Biomedical Science/Integrative Physiology from the University of North Texas Health Science Center in 1999. Dr. Querry's research interests include therapeutic exercise interventions and the neurological control of blood pressure regulation during exercise.

Leslie Nelson, PT, MPT, OCS
Ms. Nelson received her B.S. from Texas A&M University and her Masters in Physical Therapy from UT Southwestern. Currently practicing in the School of Health Professions PT Clinic, she has previously practiced at Texas Scottish Rite Hospital. Her areas of expertise are in pediatric orthopedics, neuromuscular disease, and manual therapy.

For more information on the UT Southwestern Orthopedic Physical Therapy Residency please visit our web site at www.utsouthwestern.edu/
**General Information**

The residency program runs over a 12-month employment period. The resident sees patients in the faculty practice and works under the supervision of a mentor and the faculty members who see patients in the orthopedic clinic. The Resident maintains a patient load of 28 hours/week with an additional four hours reserved for collaborative care with their mentor. The remaining eight hours per week are devoted to additional learning opportunities at the discretion of the mentor but minimally include journal club participation, academic teaching in the undergraduate DPT program, in-service presentation, research development, physician rounds and conferences, poster/platform presentation at a state or national meeting, and attendance at six two-day local weekend courses. The resident will be expected to develop a case report suitable for publication and/or conduct a research project that culminates in a poster and/or platform presentation at a national or state meeting. It is also expected that the resident will sit for the American Board of Physical Therapy Specialty’s orthopedic clinical specialist (OCS) certification exam within 13 months of the residency program’s completion.

**Application**

Clinicians interested in residency participation should complete an application which are available on our web site. Applications are due by August 31st each year. Requests received after this date will not be considered for the following year unless there are residency sites that have not been filled. Applicants approved for participation will be notified via a faxed or e-mailed confirmation letter of their residency status by October 15th each year.

**Selection Criteria for Residency Assignments**

Enrollment is limited to up to two participants. Selection for participation is based on the information and justification comments provided by the applicant and a personal interview. An established residency committee evaluates all applications to ensure that each application is given appropriate consideration. The applications are evaluated based on the following criteria:

- Pre-professional academic and post-professional clinical education preparation
- Clinical experience in orthopedic physical therapy
- Previous mentoring, education, and research experience
- Community service
- Letters of recommendation

**Program Calendar**

The start date for the residency each year is on or about February 28th. The exact start date for each resident will be on a mutually agreeable date between the Resident, the Residency Director, and the Clinical Director of the UT Southwestern School of Health Professions faculty practice clinic. The 6-weekend courses are held off campus and take place approximately every 6 weeks between the months of March and October.

**Residency Topical Content**

Course 1: Principles of Orthopedic Manual Therapy and Medical Screening

Course 2: Management of Temporomandibular, Cervico-thoracic, and Rib Dysfunction

Course 3: Management of Shoulder, Elbow, Wrist, and Hand Dysfunction

Course 4: Management of Lumbopelvic Dysfunction

Course 5: Management of Knee Dysfunction and Therapeutic Exercise Intervention

Course 6: Lower Quarter Biomechanical Management and Gait Dysfunction

Additional content areas include pharmacology, radiology, joint pathomechanics, physical agents/electrotherapeutic modalities, critical inquiry and research design, and outcome measures.

**Financial Information**

The Residents are full time employees of the University for a period of one year. The salary for this position is commensurate with the resident’s qualifications and experience. Standard benefits for the job description apply and includes things such as continuing education, full medical and liability insurance coverage, and accrued paid time off. Other costs such as textbooks and journal subscriptions will be the responsibility of the resident. Continued employment beyond the residency program year cannot be guaranteed.