

Sports Physical Therapy Clinical Residency at Tennessee Orthopaedic Alliance

Belmont University School of Physical Therapy in partnership with Tennessee Orthopaedic Alliance (TOA) offers a 13-month Sports Physical Therapy clinical residency that is designed to provide each participant a unique experience that will enhance their ability to become advanced practitioners in the specialty area of sports physical therapy. The mission of the Sports Clinical Residency at Belmont University & Tennessee Orthopaedic Alliance is to prepare the physical therapy resident to be an evidenced based advanced practitioner in sports physical therapy by working collaboratively in an interdisciplinary environment. The resident will demonstrate excellence through evidence based clinical decision making across the full spectrum of care from initial diagnosis through treatment, rehabilitation, and education to prevent future injury. In addition, the resident will serve as an educator, clinical researcher, and professional role model for others.

Tennessee Orthopaedic Alliance (TOA) was established in 1926 and continues to set the standard for orthopedic care in Tennessee. TOA's physicians include nationally and internationally renowned surgeons who provide specialized expertise in sports medicine, joint replacement, spine, hand, wrist and elbow, foot and ankle, shoulder, physical medicine and rehabilitation, and interventional pain management. TOA has always been driven by the desire to find new ways to ensure the highest level of conscientious, quality patient care. TOA continues to shape the future of orthopedics through our thought leaders.

The physicians of TOA concentrate on the diagnosis and treatment of disorders and injuries of the musculoskeletal system. TOA strives to provide the full spectrum of care from initial diagnosis of all musculoskeletal disorders, through treatment, rehabilitation, and education to prevent future injury. Our goal is to restore each individual to an active and functional life. TOA also has a Sports Performance Center with specialized sports performance training for teams and individuals. TOA is proud to support the greater Nashville and Tennessee community by covering more high school, college, and professional sporting teams than any other group in the state.

Goals/objectives

The goals of the program are to:

1. Prepare the resident to become an advanced sports physical therapy practitioner.

The program will:

- a. provide the resident with an opportunity to develop advanced clinical competencies in the specific area of practice that encompasses sports physical therapy.
- b. provide training in all areas described in the Sports Physical Therapy Description of Specialty Practice.
- c. develop the clinician's theoretical rationale, evaluation and treatment skills, and clinical reasoning process in order to promote the prevention, treatment, and rehabilitation of injuries in an active patient population that are consistent with the sports description of specialty practice.
- d. provide the resident with clinical experience under the mentorship of clinical faculty who are board certified in the area of Sports Physical Therapy (SCS) and Orthopedic Physical Therapy (OCS) and through their involvement with the academic staff of Belmont University School of Physical Therapy. The resident will interact as a member of the sports medicine team and will gain exposure and experience with other health care professionals that include physicians, athletic trainers, physician assistants, and registered nurses.
- e. provide training in advanced clinical decision making based on evidence.
- f. provide experience with on-the-field injury assessment and specific injury management procedures in the sports setting with carry-over applications into clinical practice.
- g. facilitate the opportunity for the resident to obtain ABPTS board certification as a clinical specialist in Sports Physical Therapy.

2. Develop residents who have the highest professional standards.

The program will:

- a. prepare the resident to communicate effectively orally and written.
- b. prepare the resident to effectively work in an interdisciplinary team including identification of the strengths of each member who contribute to the patient's care or a given project.
- c. promote the persistence of learning and independent pursuing of knowledge as a life-long skill.
- d. encourage active participation in the profession.
- e. facilitate the opportunity for active involvement in the community, advancing the profession.
- f. promote exemplary professional behavior in all interactions.

3. Train residents to advance the evidence-based practice of physical therapy.

The program will:

- a. provide the opportunity for the resident to assist in the background, design, proposal submission, data collection, data analysis, presentation of a clinical research project or prepare a case report for submission to a peer reviewed journal.
- b. prepare the resident to use evidence-based decision making to guide clinical practice and will provide the opportunity to share that knowledge.

4. Engage the resident in education.

The program will:

- a. provide the opportunity to educate peers through in-service(s) for interdisciplinary team.
- b. provide the opportunity to assist in teaching entry level DPT student's lecture/lab.
- c. provide the opportunity to provide community education.
- d. provide the opportunity to become a certified clinical instructor (APTA).

Within the Sports Physical Therapy clinical residency, the resident will split time between the classroom, clinic, and training room. The resident will work closely with therapists who have expertise in a wide variety of sports specialty areas across the continuum of care from acute injury recognition and management through rehabilitation and return to play. In addition, the sports resident will begin and end their residency time working in the Tennessee Titans Football summer camp. At Belmont, the resident extends the clinical work to the classroom by teaching and providing lab instruction to doctoral students in the orthopedic content area.

Residency and fellowship programs provide postprofessional education through one-to-one mentoring, structured curricular experiences, and guided learning designed to increase the quality of patient care and practitioner knowledge in specialty and subspecialty areas through best practices.

A residency program is a postprofessional planned learning experience comprised of a curriculum encompassing the essential knowledge, skills, and responsibilities of an advanced physical therapist within a defined area of practice. When board certification exists through the American Board of Physical Therapist Specialties for that specialty, the residency program prepares the physical therapist with the requisite knowledge and skill set needed to pass the certification examination following graduation.