

PRISMA
HEALTH®

Physical Therapy
Orthopedic
Residency Program



A comprehensive program for physical therapists ready to advance

Prisma Health's Physical Therapy Orthopedic Residency Program cultivates excellence in residents by imparting advanced clinical skills and training in the field of orthopedics, thereby providing patients with superior care and outcomes.

A clinical residency

As defined by the American Physical Therapy Association (APTA), 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, which is designed to significantly advance the physical therapist's knowledge, skills and abilities in a specific area of clinical practice. The residency training prepares the physical therapist to pass the American Board of Physical Therapy Specialties (ABPTS) certification examination following graduation.

It combines opportunities for ongoing clinical mentoring with a theoretical basis for advanced practice and scientific inquiry.





About the residency program

This residency is offered through Prisma Health Physical Therapy Specialists and consists of multiple structured lectures and labs, self-paced learning materials, written exams, live patient exams, participation in journal clubs, teaching DPT students at the University of South Carolina and a case study that will be presented at either a local APTA conference or CSM (Combined Sections Meeting).

Residents will participate in mentorship under an APTA board-certified orthopedic clinical specialist (OCS) in addition to fellowship-trained clinicians of the American Academy of Orthopedic Manual Physical Therapy. The residency program meets all the elements of the APTA's Description of Specialty Practice (DSP).

Why choose Prisma Health's residency program

Our 12-month structured program allows residents to work while taking classes, participating in labs and receiving one-on-one mentorship from an orthopedic specialist who is a board-certified fellow and/or orthopedic clinical specialist. Our program offers many specialists who provide expert clinical and didactic instruction.

Program curriculum

The program consists of 10 learning modules with integrated lab/mentoring/didactic curriculum to promote mastery of each area: evidence-based practice, pain science, cervicothoracic, lumbar, hip, knee, shoulder, wellness/performance, ankle/foot, elbow/wrist/hand. These modules are meant to immerse the resident in each body region/concept area to improve clinical reasoning, content knowledge and psychomotor application of orthopedic physical therapy with the help of the following distinctives:

- Clinical practice and mentoring hours are tailored according to each module.
- Diverse curriculum sources such as Online Medbridge educational courses, APTA monographs of current concepts in Orthopedic Physical Therapy and Post-Operative Management of Orthopedic Surgeries.
- Review of research articles with discussion at conclusion of each module.
- Weekly labs with mentor facilitation of key practice concepts.
- Presentation of critically appraised topics (CAT) throughout curriculum to further critique clinical practice.
- Performance module with access to state-of-the-art testing and assessment for athletic return to play and strength training including blood flow restriction training, weight-lifting progressions in rehabilitation and energy systems training.

Program evaluation tools

The Prisma Health Orthopedic Physical Therapy Residency uses the ABPTRFE Orthopedic DSP as a guide to determine content areas in which the resident is competent. This instrument is applied after 50, 100 and 150 hours of mentoring is completed during the program. Other evaluative tools include:

- Two teaching evaluations assessing teaching ability with DPT students or peers/colleagues
- A written midterm and final exam based on course work taught in the residency
- Two live patient exams to evaluate clinical reasoning and orthopedic evaluation skills
- Completed case series and abstract write-up for publication

Admission requirements

- Licensed physical therapist for the state of South Carolina
- APTA membership
- Three letters of reference
- Updated CV or résumé

Residency requirements

Didactic learning

- 120 instructional hours (includes lectures and labs)
- 260 independent study hours
- Written and live patient exams (midterm and final)
- Participation in monthly journal clubs
- Case report or poster presentation submission

Mentored learning

- 150 hours of clinical mentorship
- 37.5 hours of discussion/review of caseload
- One-on-one mentor hours with board-certified orthopedic clinical specialist and/or fellow of American Academy of Orthopedic Manual Physical Therapy.
- 1,500 hours of clinical practice

Our team

Prisma Health's highly trained team evaluates, diagnoses and manages treatment plans, customizing them for each individual patient's needs. Our team includes:

- Four certified orthopedic clinical specialists
- Three certified geriatric clinical specialists
- Four fellows of the American Academy of Orthopedic Manual Physical Therapy
- One certified mechanical diagnosis and therapy specialist
- Two certified hand therapists

Program outcomes

- 100% program graduation rate
- 100% OCS exam first-time pass rate

Please email Forest Dutton, PT, DPT, OCS, at Forest.Dutton@PrismaHealth.org with any questions or to request an application.

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