



PT | SOLUTIONS™
PHYSICAL THERAPY

Practice Support Center
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PT SOLUTIONS

RESIDENCY PROGRAMS

ABOUT US

PT SOLUTIONS PHYSICAL THERAPY

PT Solutions is a therapist owned private practice serving more than 250 communities throughout 19 states. Founded in 2003, we continue to grow through one focus: skilled, evidence-based delivery of care. While outpatient physical therapy is our main focus, we also offer speech-language pathology, occupational therapy, and sports medicine in inpatient and outpatient settings. We strive to exceed expectations in all aspects of our practice.



Serving
250 COMMUNITIES

We have clinics in 19 states including metro areas Atlanta, Austin, Chicago, Kansas City, New Orleans, Tampa, and Washington D.C.



Elevating the
INDUSTRY

From patient service coordinators, to athletic trainers, to physical therapists, we provide training and mentoring to develop our people and elevate the industry.



Focused on
RESEARCH

We practice utilizing treatment grounded in evidence-based research to provide the most effective, progressive care for patients.



Community
PARTNERSHIPS

We partner with professional teams, high schools, community and youth programs to keep athletes safe and healthy, on and off the field.



Practice
HONORS

We were voted by the PTS Fam as being a Top Workplace for the fifth year in a row, and are proud to be an Inc. 5000 Fastest Growing Private Company.



We are here for our
PATIENTS

Our therapists work in partnership with their patients and are committed to keeping them in motion throughout all phases of injury and healing.

ABOUT OUR

RESIDENCY PROGRAMS

IT'S WHAT FUELS OUR PASSION

PT Solutions Residency Program's mission is to mentor, develop, and mold therapists into leaders of our practice and the physical therapy profession. The program is composed of didactic lecture, clinical mentorship, and a clinical research model, which is based on current evidence and clinical practice relevant to today.

Our faculty consists of clinical experts who possess superior technical skills within their specialty. Our diverse faculty includes therapists who have developed and managed private practices, hospitals, and professional sports medicine programs. PT Solutions Residency program instructors include: Board Certified Specialists, Residency and Fellowship graduates, and business owners who enhance the overall impact of life-long learning and skill development.



PARTICIPATING LOCATIONS



The PT Solutions Orthopaedic Residency originated in Atlanta, GA and has expanded to include programs represented in Florida, Illinois, Louisiana, North Carolina, Texas, and Virginia. The PT Solutions Neurologic Residency is based out of Atlanta, GA.



PROGRAM COST



There are no direct costs of the program, rather, students are expected to provide a service time requirement. Residency students are paid a full salary & benefits, including participation in our financial incentive programs.



LENGTH OF TIME



This is an 11 month program beginning each year in September. There is a rolling admissions process that begins each October. Applications are accepted throughout the year: <http://rfptcas.liaisoncas.com>

PROGRAM

STRUCTURE

The **clinical didactic** segment of our residency program is 200 hours of classroom instruction plus 100 additional hours through CEUs, journal clubs, directed learning activities, in-clinic research, on-field events, and exposure to therapy settings across the continuum of care. The classroom portion of the program is comprised of lecture, in-class discussions, patient examples, and much more. Following each classroom session, residents participate in a lab session to review hands-on techniques that are immediately applicable in the clinic. The assessment portion of the program includes both oral and live patient practical examinations, as well as written examinations. To enhance teaching skills and mentoring communication, residents continually present and demonstrate material to their clinical colleagues.

The **mentorship portion** of the residency program consists of 150 hours of 1 on 1 clinical mentoring, where the mentor provides feedback to enhance resident's clinical reasoning, clinical problem solving, and practice management. Clinical practice is utilized to demonstrate immediate adaptive response of manual and clinical skills on different patient populations.

Research is a large portion of our program. Throughout the program, residents will become effective consumers of the literature, as well as contributors to the scholarly body of knowledge. Every residency class receives the latest evidence to help facilitate discussion in the classroom and guide clinical decision making. Each resident will complete a research project with the expectation of submitting to national conferences and peer-reviewed journals.



PROGRAM SPECIFICS

NEURO & ORTHO

PT Solutions Residency Programs encourage the integration of neurologic and orthopaedic principles in the outpatient setting. Both residency cohorts will collaborate throughout the year to bridge the knowledge gap among outpatient therapists.

NEUROLOGIC PROGRAM

The PT Solutions Neurologic Residency Program offers a diversity of clinical exposure across the continuum of care to provide a variety of clinical education. Neuro residents will receive dry needling and LSVT BIG certifications in addition to program curriculum.

Each of the didactic areas place an emphasis on relevant clinical neuroanatomy, principles of neuroplasticity, pain science, and strength and conditioning considerations for each condition.

Curriculum Topics include:

- Vestibular rehabilitation
- Concussion
- Traumatic Brain Injury
- Stroke
- Parkinson's Disease
- Spinal Cord Injury
- Neurodegenerative conditions
- Pediatrics
- Cerebellar Disorders
- Regenerative Medicine
- Clinical Electrophysiology

ORTHOPAEDIC PROGRAM

The PT Solution's Orthopaedic Residency Program offers expert guidance to advance manual therapy skills and higher level interventions. Ortho Residents will also gain exposure to on-field experiences alongside PT Solutions' Sports Medicine experts. Residents will receive dry needling certification in addition to program curriculum.

Each of the didactic areas place an emphasis on relevant musculoskeletal and neuroanatomy, principles of neuroplasticity, pain science, and strength and conditioning considerations.

Curriculum Topics include:

- Spine
- Women's Health
- Exercise Physiology
- Pain Science
- Cranio-facial
- Headaches
- Vestibular
- Concussion
- Shoulder, Elbow, Wrist & Hand
- Overhead Athlete
- Hip, Knee, Foot & Ankle
- Return to Sport
- Nutrition
- Running

OUR GOALS

WHAT TO EXPECT IN RESIDENCY

Our program provides a variety of learning experiences to develop skills in treatment, communication, self-development, managing people, and research.



ADVANCEMENT OF SKILLS

Develop leaders of the profession who are driven and possess specialty skills in the areas of orthopaedic and neurologic physical therapy



RESEARCH FOCUS

Cultivate therapists who are both consumers of scholarly literature and contributors to the overall body of knowledge within the physical therapy profession



INDUSTRY ADVANCEMENT

Encourage the advancement of physical therapy by developing practitioners who, through superior knowledge and professional behaviors, advocate for patients and the profession



COMMUNITY INVOLVEMENT

Promote involvement within the communities we serve through education, service, and leadership



PRACTICE STANDARDS

Ensure practice standards in the areas of evaluation, treatment, and assessment of outcomes



ABPTS PREPARATION

Produce therapists prepared to take and successfully pass their respective American Board of Physical Therapy Specialty exam



GRADUATION REQUIREMENTS

- 1 Passing grade on all oral, practical, and written examinations
- 2 Successfully present a formal case study or series
- 3 Successfully complete a research project to submit for publication and conference presentation
- 4 Successfully complete all coursework and research submissions prior to graduation
- 5 Strict attendance and participation

REPORT CARD

PTS ORTHOPAEDIC RESIDENCY GRADUATE FACT SHEET

Contributions to the scholarly body of knowledge:

TOTAL PUBLICATIONS	7
PLATFORM PRESENTATIONS at APTA CSM	2
POSTER PRESENTATIONS at APTA CSM	52
NATIONAL CONFERENCE SESSIONS	7
STATE CONFERENCE SESSIONS	6

Other notable contributions:

TOTAL PROGRAM GRADUATES	143
PROGRAM GRADUATES WHO ASSUME LEADERSHIP ROLES IN THE PRACTICE	86%
OCS PASS RATE	OVER 77%

TESTIMONIALS

FROM FORMER STUDENTS



LY TRAN
Tampa, FL

The PT Solutions Orthopaedic Residency program has been instrumental in my professional growth. I now have access to mentors that will help excel my career long past my completion of the program. As a new graduate, residency was incredibly valuable as the mentorship allowed me to be my best self. During the program, ***I was pushed out of my comfort zone which allowed me to highlight my strengths and build upon my weaknesses.*** A few of years ago, I wouldn't have considered a leadership role, however I am happy to say that I feel confident in my clinic director role thanks to the constructive and sincere guidance I received during my residency. I feel empowered to continue to seek new opportunities to be the best clinical I can be.



BRANDI DOTSON
Atlanta, GA

Residency was great professional decision for me because it significantly improved my clinical confidence and offered me a new perspective on treating not only orthopaedic conditions but neurological conditions as well. Residency encouraged me to employ critical thinking when assessing patients, and develop treatment plans that don't just treat what is obvious on the surface, but can analyze what underlying pathology may be contributing to or causing impairments. Through the program, ***I learned just how important staying current with research and evidence is to ensure I am providing the best possible treatment, and thus, best possible outcomes to my patients.*** The residency program not only enhanced my clinical practice skills but also my communication skills, marketing skills, and physician interaction skills.



MILLIE PAREKH
Atlanta, GA

I feel a residency program was important for me to participate in to help bridge the gap between graduation and becoming a physical therapist. Residency helped me gain confidence in my ability to treat and lead. Overall, ***the program improved my ability to communicate with my co-workers, patients, community, and other healthcare providers the value of what we as physical therapists do*** and how we can benefit each of them. The PT Solutions Residency Program also summarized everything we learned in school into valuable skills and helped me compile my "tool box" to be able to treat anyone who walks in the door!



ZACK PETERSON
Tampa, FL

I am thankful to have completed the PT Solutions Residency Program and strongly believe that the clinical experience, evidence-based skills, and professional development I achieved in one year have significantly accelerated my career and provided me opportunities that would have undeniably been unavailable without program completion. ***I am passionate about sharing this experience with others and would recommend the residency to anyone interested in taking their orthopaedic knowledge to the next level*** while enhancing their ability to build strong relationships and understand the most pivotal aspects of becoming a successful clinician.

TESTIMONIALS

FROM PAST RESIDENTS NOW FACULTY



LUIS HERNANDEZ

*Vice President of
Operations*

The PT Solutions Residency Program prepared me for my career as a physical therapist both clinically and professionally. During my time in the program I gained a new appreciation for evidence-based study and research as it allowed me to better serve my patients and their unique impairments. After graduating from the program, I passed my OCS exam and I truly believe the practicals, assessments, and lectures set me up for success. The program also helped me grow into a more confident leader. I now feel equipped to manage my clinics, administrative tasks and my employees more effectively and efficiently. This program has allowed me to be the best clinician, leader and mentor I can be.



ZACH WALSTON

*Director of Quality &
Research*

The PT Solutions Residency Program facilitated both personal and professional growth. The program did more than simply educate ways to treat patients. It taught me how to continue developing after graduation. The skills I learned in communication, self-improvement, and managing people have been invaluable as my career has progressed. I was challenged in the program and learned lessons I never considered when in PT School. School prepared me to be a generalist while the residency program has put me on the path to becoming an expert. Completing this program opened my eyes to the possibilities of the profession and the true impact we can have on people's lives.



MICHAEL HEMBY

*Vice President of
Operations*

The PT Solutions Orthopaedic Residency Program helped to shape the trajectory of my career. It expedited the learning curve and for me, it changed the way I treated and interacted with patients and physicians. It helped me focus on individual growth to better my patients, PT Solutions and the profession of physical therapy. After completing residency I couldn't believe the change I saw in myself and my classmates. It took me from feeling like a new graduate staff therapist to an excellent clinician and eventually a leader within the practice. There is no way I would be half the clinician or leader I am today if it wasn't for the residency program.



LAURABETH BROWN

*Director of Performance
Solutions*

The residency program is designed to challenge therapists to grow them in ways that benefit the individuals, their peers, the practice as a whole, and the physical therapy world at large. Not only do participants graduate with the tools needed to provide the highest level of evidence-based orthopedic care, but they are also exposed to curriculum designed to enhance leadership abilities and communication skills. Clinicians in the residency are challenged to personally grow in their knowledge and application of evidence-based care, and help raise the standard of care by effectively disseminating and modeling practices that define excellence in rehabilitation and wellness.

HOW TO APPLY



WHERE TO APPLY

The PT Solutions Residency Program application is through the RF-PTCAS website.

>> <http://rfptcas.liasoncas.com>

Selection criteria include: academic rigor, clinical education preparation, interest in private practice physical therapy, letters of recommendation, and pursuit in community service. Therapists must maintain high levels of customer service and clinical skill development, along with a thirst for knowledge.

Therapists must be licensed to practice physical therapy in the state they are working in – Florida, Georgia, Illinois, Louisiana, North Carolina, Texas or Virginia

CONTACT US:

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