

Post-professional Education, Specialization and Advanced Proficiency Pathways

OPTA Student SIG Webinar

January 21st, 2025





THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER



Cleveland Clinic



University of
CINCINNATI



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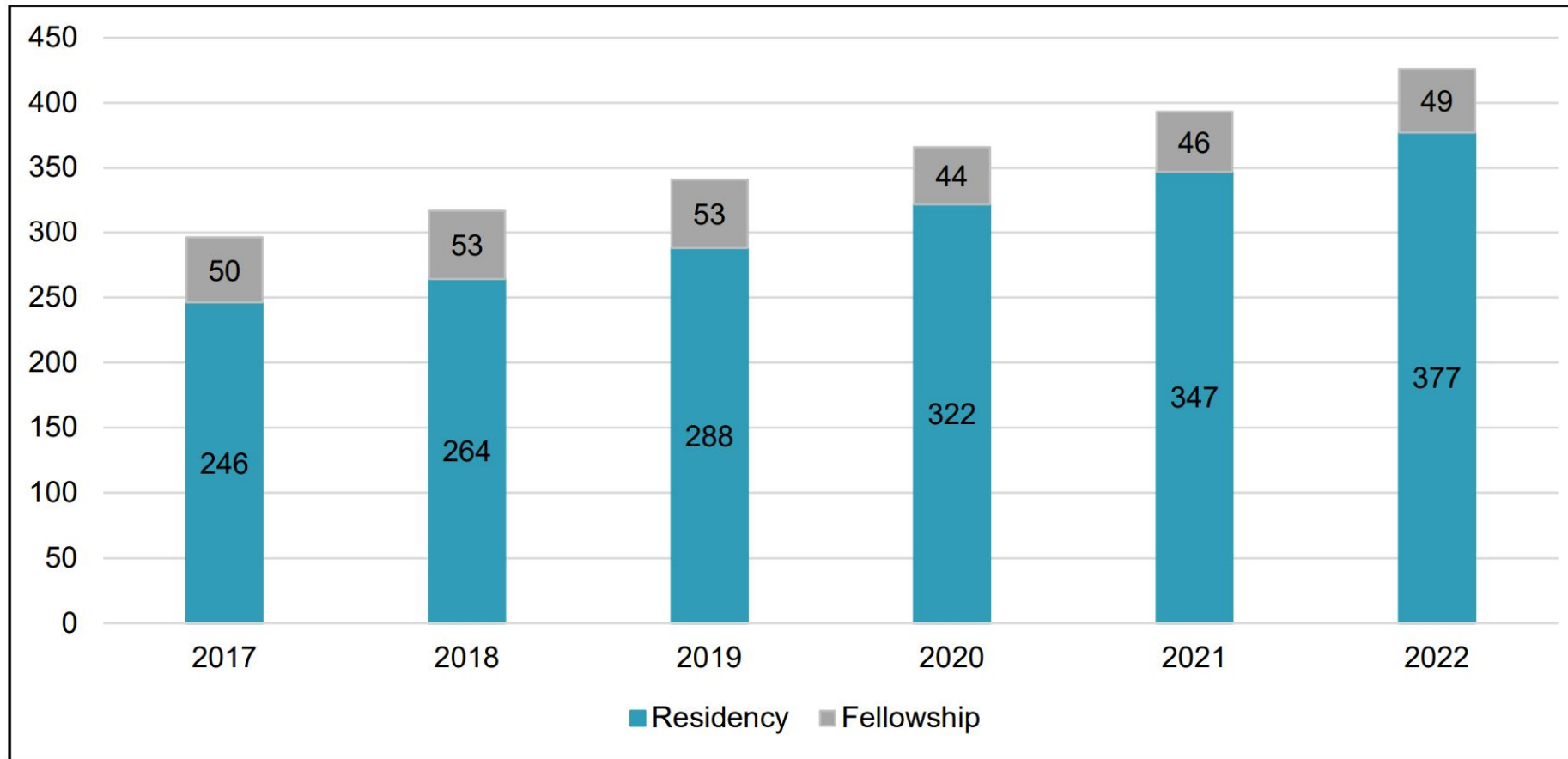


1. Review professional roadmap in physical therapy.
2. Evaluate the return on investment for residency and fellowship training.
3. Discuss the process for specialization and proficiency pathways for PTs and PTAs

*Residency and/or fellowship
training is most impactful
opportunity to jump start your
career.*



Figure 1. Number of Accredited Programs





● 30 Residency Programs

● 3 Fellowship Programs

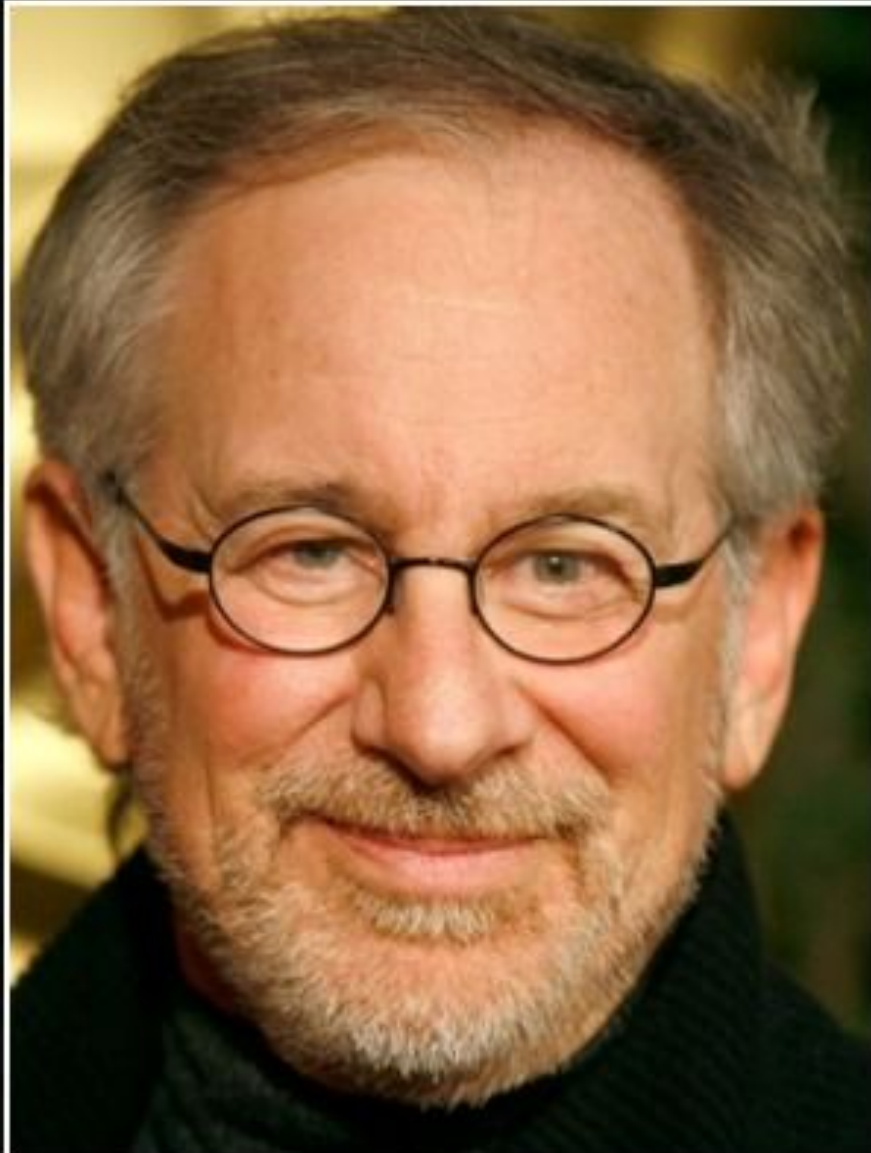
OHIO

COUNTY OUTLINE MAP

“What is residency and fellowship training?”

- ✓ **Voluntary accredited training program (10-20 months)**
- ✓ **Guided mentoring in specialty or subspecialty practice**
- ✓ **Exposure to non-clinical practice learning (teaching, research, professional education etc.)**
- ✓ **Access to professional peers and networking**





The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.

— *Steven Spielberg* —

AZ QUOTES



Clinical
Practice



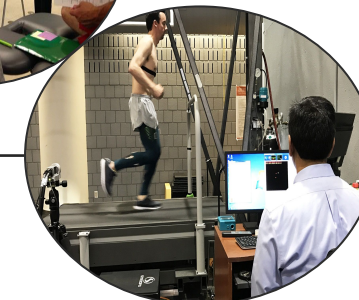
Mentoring



Didactic
Instruction



Teaching



Research

Use the ABPTRFE directory to review

ABPTRFE
American Board of Physical Therapy
Residency & Fellowship Education

Online Directory of Programs

RESIDENCIES

FELLOWSHIPS

Filter: **Accredited** Candidate Developing [Show Advanced Search](#)

Search returned 433 results.

Acute Care (16)
[Baylor Scott and White Institute for Rehabilitation Acute Care Residency](#) 
Accredited
Address
3500 Gaston Avenue  
Dallas, TX 75246
UNITED STATES
[Show Details](#)

[Emory University Acute Care Residency](#) 
Accredited

<https://accreditation.abptrfe.org/#/directory?f-accredited=true&f-candidate=false&f-developing=false&f-fellowship=false&f-residency=true>

Motivations to Pursue Physical Therapy Residency Training: A Q-Methodology Study of Stakeholder Perspectives

Raine Osborne, Chris Janson, Lisa Black, Gail M. Jensen

Background. Residency training is recognized as a valuable form of professional development and pathway to specialization. Currently residency is voluntary for physical therapists, with less than 12% of DPT students choosing to apply upon graduation. Motivations that drive the decision to pursue residency are currently unknown as is the extent of similarity and difference in perspective among various stakeholders.

Objective. The purpose of this study was to identify the dominant perspectives on motivations to pursue residency held by various stakeholders.

Design. This study was conducted using Q Methodology, which incorporates aspects of quantitative and qualitative techniques into the examination of human subjectivity.

Methods. Program directors, faculty, and current residents from all accredited physical therapy residency programs were invited to complete a forced-choice sorting activity where potential motivations for residency were sorted by perceived level of importance. Principal component analysis was used to identify dominant perspectives, which were interpreted based on emergent themes in the cluster of motivations identified as most important.

Results. Four dominant perspectives were identified: (1) desire to provide better patient care, (2) preparation for specialty practice, (3) fast track to expert practice, and (4) career advancement. These perspectives provided context and utility to 2 broad meta-motivations: improved clinical reasoning and receiving mentoring. Both within- and between-group differences among stakeholders were identified. However, subsets from each role-group population were found to share similar perspectives.

Limitations. Results from this study may not apply to potential residents in all specialty areas, and the implications of having a particular perspective are unknown.

Conclusions. Identification of the dominant perspective on motivations for pursuing residency may aid in promoting participation, program development, matching residents to programs and mentors, and future research.

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Post a comment for this article at: <https://academic.oup.com/ptj>

4 primary reason for pursuing residency training



Desire to provide better patient care



Preparation for specialty practice



Fast track to expert practice

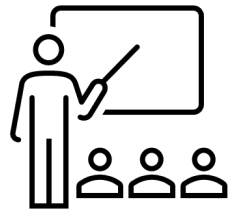


Career advancement

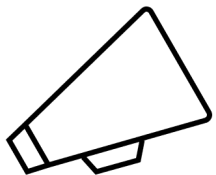
Residency Return on Investment



Higher perceived clinical competence (Briggs et al 2023; Briggs et al 2019; Whitman et al 2020; Smith et al. 1999)



Diversity in work duties (Briggs et al 2023; Whitman 2020; Smith et al 1999)



More engagement (Weber et al. CSM 2020; Jones et al 2008; Whitman et al 2020; Smith et al 1999)

Residency Return on Investment

RESEARCH REPORT

Factors Contributing to Physical Therapists' Job and Career Satisfaction in the United States: Results From a National Survey

Matthew S. Briggs, PT, DPT, PhD, AT, Mark D. Weber, PT, PhD, AT, Becky J. Olson-Kellogg, PT, DPT, John J. DeWitt, PT, DPT, AT, Craig P. Hensley, PT, DPT, Kendra L. Harrington, PT, DPT, MS, Melissa S. Kidder, PT, DPT, Joseph P. Farrell, PT, MAppSci, DPT, FAPTA, and Carol Jo Tichenor, PT, MA, FAPTA

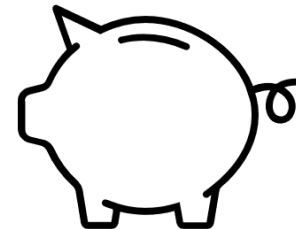
RESEARCH PAPER

A Comparison of Professional Development and Leadership Activities Between Graduates and Non-graduates of Physical Therapist Clinical Residency Programs

Stephanie Jones, PT, DPT, OCS, NCS, Chuck Bellah, PT, NCS, OCS, FAAOMPT, Joseph J. Godges, PT, DPT, MA, OCS

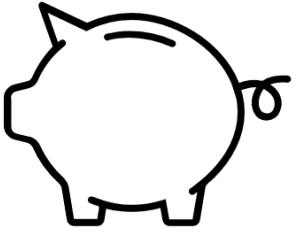


Higher job/career satisfaction (Briggs, 2022)



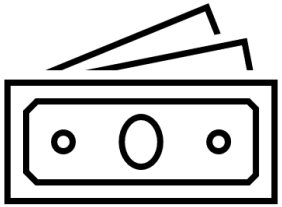
Higher wage potential (Jones, 2008)

Residency: The Cost of Education



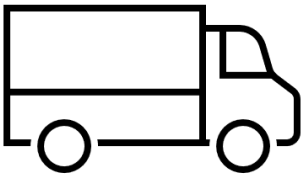
Reduced Salary in Training

(ABPTRFE Website, abptrfe.org)



Program Cost (i.e. tuition)

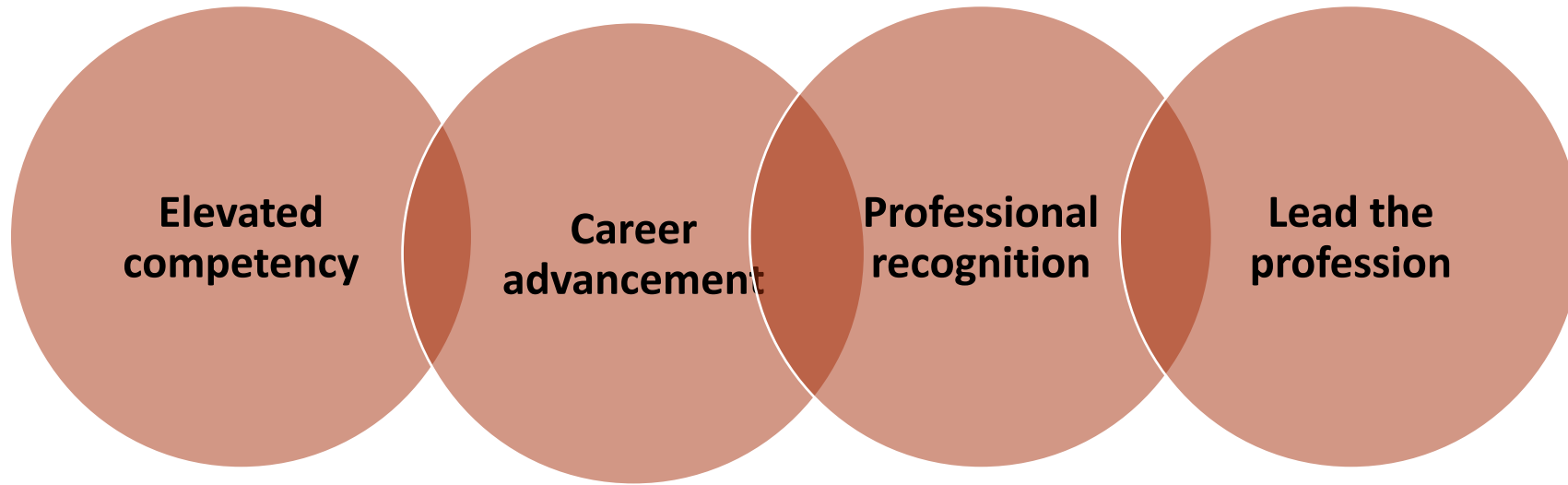
(ABPTRFE Website, abptrfe.org)



Relocation

(ABPTRFE Website, abptrfe.org)

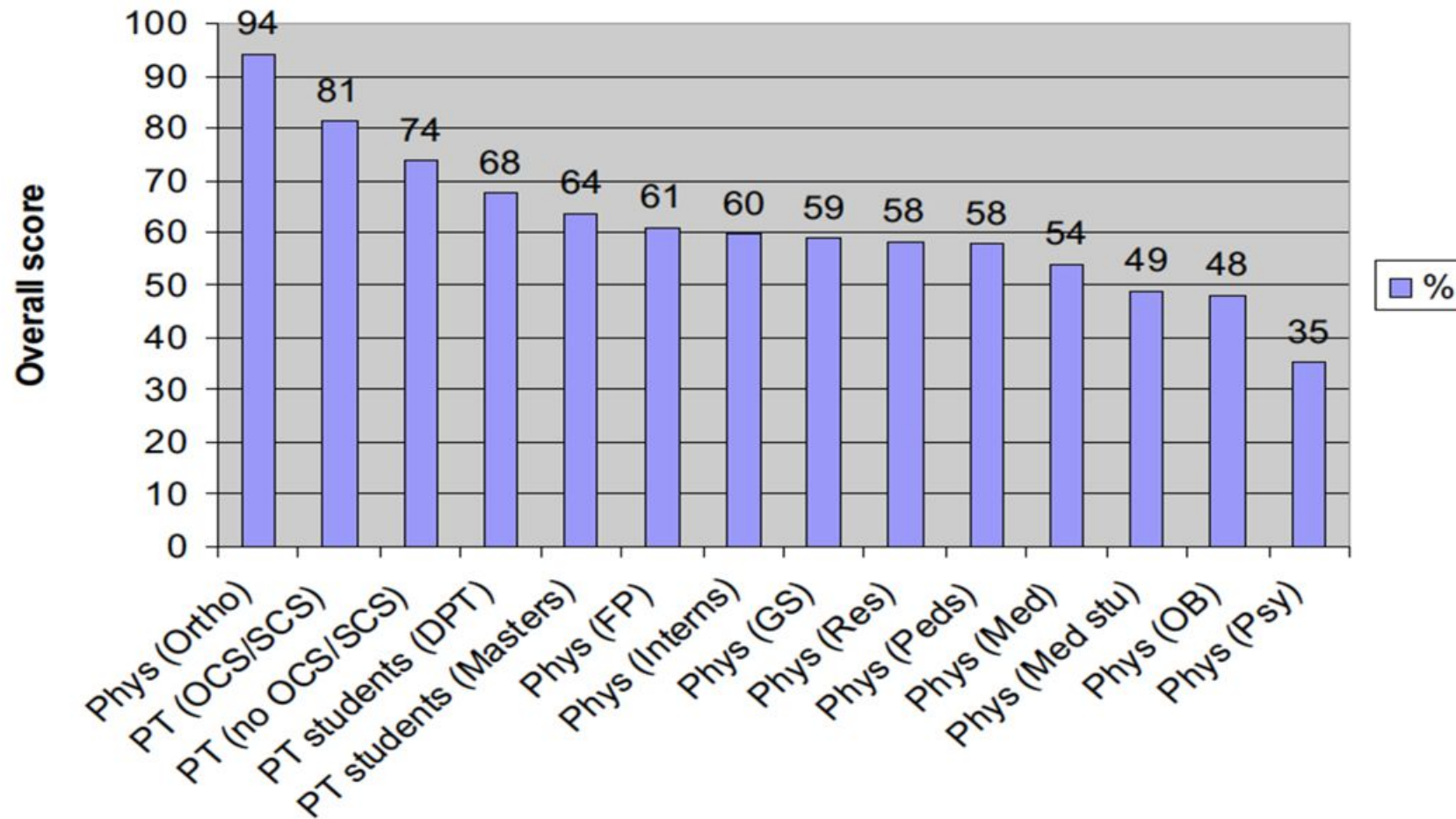
Board Specialization in Physical Therapy



- Eligibility Criteria: 2,000 hrs direct practice or completing of ABPTRFE-accredited clinical residency
- 10-year certification with MOSC requirement
- 3-year portfolio review

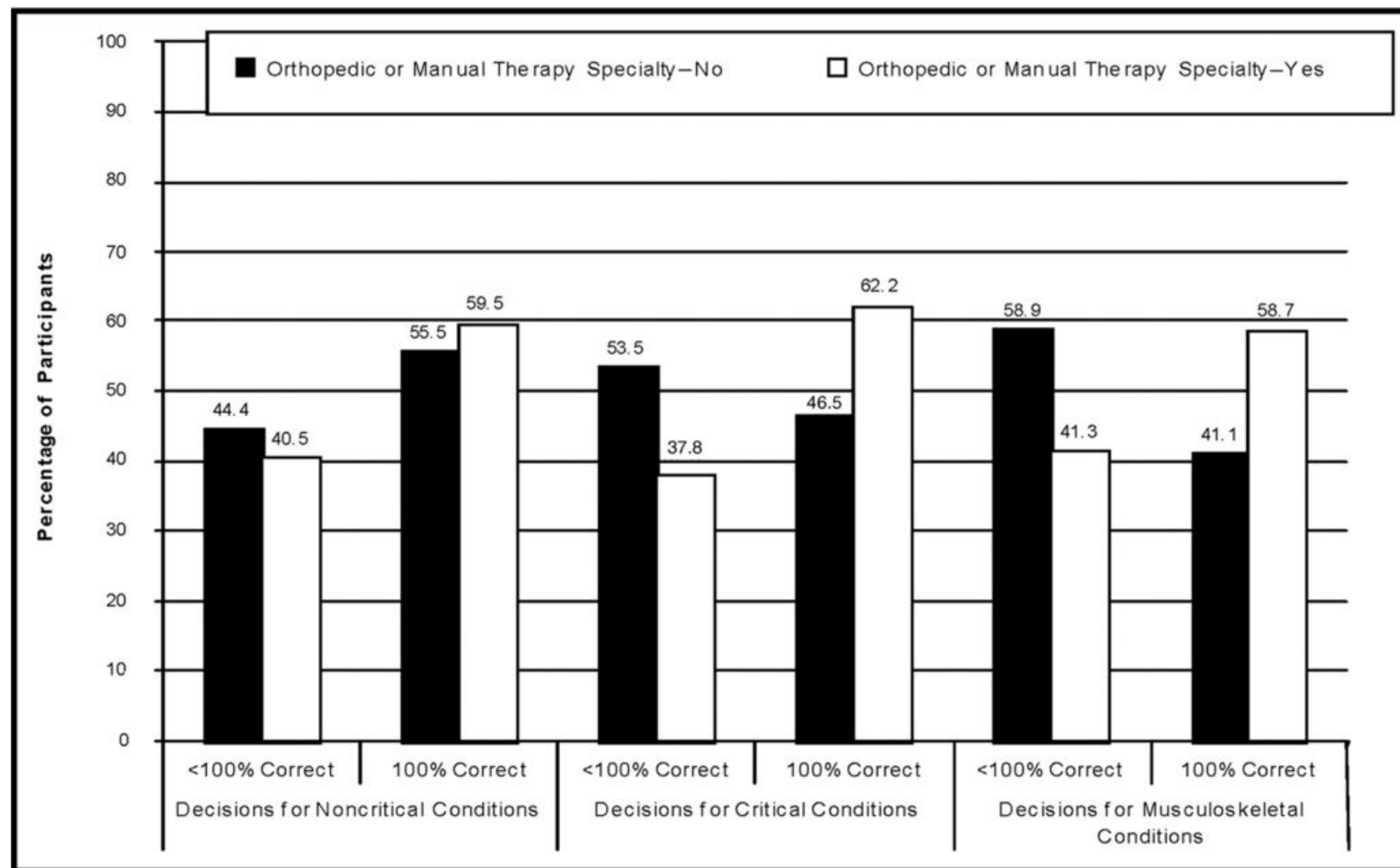
ABPTS
American Board
of Physical Therapy
Specialties

Musculoskeletal Knowledge and PTs



Childs et al. A description of physical therapists' knowledge in managing musculoskeletal conditions. BMC. 2005;6:32

Percentage of participants making correct management decisions for 100% of cases within each group of scenarios.



CLINICAL DECISION MAKING OF THE PHYSICAL THERAPIST

TABLE 2. Percent agreement between clinical diagnosis (CD) and magnetic resonance imaging (MRI) by specialty.

Providers	CD/MRI Agree- ment	Total MRI	Agree- ment
Physical therapists	108	145	74.5%
Orthopaedic surgeons	139	172	80.8%
Nonorthopaedic providers (all)	86	243	35.4%
Family practice physicians	38	89	42.7%
Internal medicine physicians	21	69	30.4%
Pediatric physicians	1	3	33.3%
Emergency physicians	7	17	41.2%
Podiatrist	4	4	100.0%
Physician assistants	9	31	29.1%
Clinical nurse practitioners	6	30	10.1%

TABLE 3. Percent agreement between clinical diagnosis (CD) and magnetic resonance imaging (MRI) by physical therapists at Keller Army Community Hospital based on years of experience and board certification.

Physical Therapists	Number	Years of Experience	CD Agreement
Board certified	3	11.5	86% (85/99)
Non-board certified	2	10.5	50% (23/46)

Moore et al. Clinical diagnostic accuracy and magnetic resonance imaging of patients referred to physical therapists, orthopaedic surgeons and nonorthopaedic providers. J Orthop Sport Phys Ther. 2005;67-71.

APTA PTA Advanced Proficiency Pathways

- Acute Care (29)
- Cardiovascular and Pulmonary (4)
- Geriatrics (65)
- Neurology (24)
- Oncology (5)
- Orthopedics (119)
- Pediatrics (22)
- Wound Management (3)



Current APPs in Ohio

Mark Adkins
Debra Benjamin
Lynne Delmonico
Kayla Diebert
Chris Dunaway
Justin Gasser
Jennifer Haas
Zachary Hampshire
Sanaz Holcomb



Cathy Hoyt
Meghan Hubbell
Kelly Jagodzinski
Heidi Kempert
Laura Livingston
Gina Merlene
Cortney Michalski
Crystal Morgan
Alyssa Nino

Deborah Rohloff
Sydney Schmidt
Bryan Schnipke
Matthew Schultz
Shannon Simpson
Sarah Ullery
Kathy Williamson
Gabe Wittmann
Daniel York

Program Enrollment Requirements

Prerequisite courses in the APTA Learning Center:

- Information on APTA's Revised Code of Ethics for the Physical Therapist and Standards of Ethical Conduct for the Physical Therapist Assistant
- Leading the Team: A Practical Guide to Working with PTAs
- Professionalism Module 1: Introduction to Professionalism

Supervising Physical Therapist Selection

- Agrees to assist the applicant
- Provide:
 - Clinical mentoring (relief time)
 - Selected clinical experiences
 - Professional and/or personal support
 - Opportunities for advocacy, leadership, and mentoring
- Demonstrate professional behaviors
- Promote enhanced PT-PTA collaboration
- Sign off on the applicant's submitted total work hours

Clinical Mentor Selection

- Provides instruction and feedback
- The clinical mentor is a PT who:
 - Demonstrates competency in the content area
 - Accepts responsibility for teaching and guiding the PTA through the clinical education component

The clinical mentor and supervising physical therapist can be the same person, providing that the supervising physical therapist has the required skills to serve as a clinical mentor.

Enrollment Checklist

- Submission and verification of your current contact information and PTA licensure.
- Name and contact information of supervising physical therapist
- Name and contact information of clinical mentor
- Completion of the three prerequisite courses
- Submission of a \$135 enrollment application fee.
(Additional \$135 portfolio review fee). **\$270 Total**

Enrollment Schedule

- **August 31:** Enrollment reviews conducted September 1-15
- **November 30:** Enrollment reviews conducted December 1-15
- **February 28:** Enrollment reviews conducted March 1-15
- **May 31:** Enrollment reviews conducted June 1-15

Post-Enrollment Program Requirements

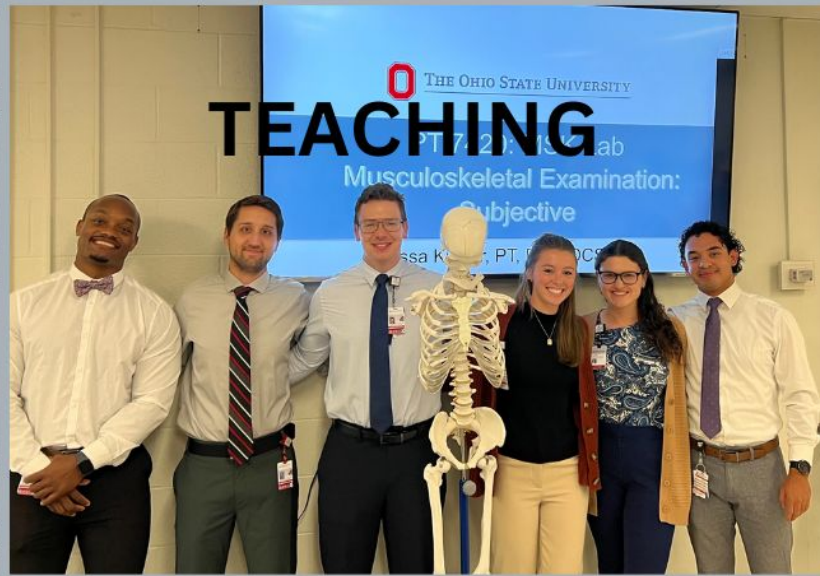
- Five years to complete
- Using the online submission portal:
 - Continuing education - 60 hours
 - Final completed assessment document uploaded by clinical mentor
 - Clinical hours - 2,000
- Portfolio Review Fee \$135 (in addition to the initial \$135 application fee). **\$270 Total**

Benefits

- **Specialized training:** Gain advanced, hands-on knowledge and skills tailored to your chosen field.
- **Expert mentorship:** Learn from experienced mentors who will guide you every step of the way.
- **Professional recognition:** Stand out in your profession through this advanced program recognition that's valid for 10 years.



MENTORSHIP



DIDACTIC



Join the
Buckeye
Family!

Orthopaedic PT Residency @ The Ohio State Wexner Medical Center

Apply at rfptcas.liaisoncas.com

Why Us?

- 2-3 hrs. per week of 1:1 Mentorship
- Expert faculty
- Teaching experience in OSU DPT Program
- CSM attendance and travel covered
- Research Opportunities
- No residency tuition
- 100% OCS Exam pass rate
- 100% Graduation Rate
- All the benefits of a full time OSUWMC employee: hr.osu.edu/benefits

Eligibility

- Eligible for PT licensure in Ohio by program start date
- Eligible for full time employment within OSUWMC
- Completed application by deadline



Visit our [website](#) to learn more!!

NEW Application Deadline

2/7/2025

While our official application deadline is 2/7/2025, we will continue to review applications on a rolling basis after that date until the position is filled.

<https://hrs.osu.edu/academics/graduate-programs/clinical-doctorate-in-physical-therapy/residencies-and-fellowships/orthopaedic>

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Thank You!