

MVP Physical Therapy Sports Residency

Sports Residency Program Overview:

MVP Physical Therapy Sports Residency is a 12-month residency program, accredited by the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE), designed to assist the participant in the preparation for the Sports Certified Specialist (SCS) examination following program completion. The intention of the program is to improve a clinician's examination and treatment proficiency within the speciality field of sports physical therapy including the competency areas of rehabilitation / return to sport, management of acute injury / illness, medical / surgical considerations, injury prevention, sports performance enhancement and professional roles / responsibilities as it relates to all athletic individuals throughout the lifespan. The residency program will utilize a minimum of 2,500 hours through clinical practice, direct SCS mentorship, independent study reading, online courses, faculty-produced webinars, faculty-directed didactic / lab classes, journal club, professional activity projects and sports-venue coverage.

Participant Goals

The resident will serve as a/an:

- **clinical decision maker** who systematically collects quantitative and qualitative information relevant to patient/client's health problems and needs.
- **diagnostician** who utilizes skillful interview and examination, problem-solving, differential diagnosis and prognostic reasoning to screen for conditions outside scope of practice using evidence-based strategies and ensures referral to the appropriate healthcare provider.
- **communicator** who displays verbal and non-verbal communication skills for not only accurate screening, diagnosis and selection of effective intervention strategies but also to build effective partnerships and establish rapport with physical therapy patients/clients, caregivers and healthcare professionals.
- **educator** of physical therapists at the professional level as well as educating patient/clients, the public and other healthcare providers.
- **collaborator** who builds sustainable and equitable relationships with patient/clients and multidisciplinary teams to facilitate the attainment of meaningful outcomes.
- **health advocate** who understands the importance of developing policies and initiatives to promote wellness and prevent health dysfunction at the community level.
- **scholar** who engages in pursuit of professional expertise, recognizes the need of continuous learning and to facilitate the education to his/her patient/clients/students and colleagues.
- **autonomous professional** who serves a societal role as a professional with a distinct body of knowledge, skills and attributes dedicated to improving the health and well-being of others.
- **healthcare leader** across a spectrum of professional settings within the healthcare arena by seeking board certification within sports physical therapy through the American Board of Physical Therapy Specialists.

Duration:

The residency program is 12 months in duration beginning January 1st and concluding December 31st.

Clinic Location(s)

To support the minimum requirement of 40% sport case load throughout the duration of the program, MVP Physical Therapy - Tukwila ("Starfire") will be the only clinic utilized.



Program Hours

2,500 Total Program Hours

2,000 - Clinical Practice Hours

1,850 Clinical Practice Hours with SCS Mentor(s) Available for Consult

150 Clinical Practice Hours with Direct SCS Mentorship

300 - Educational Hours

92 Independent Study Reading Hours

44 Online Class Hours

19 Faculty-Produced Webinar Hours

72 Faculty-Directed Didactic / Lab Instruction Hours

48 Journal Club Hours

5 Clinic Inservice Project Hours

5 Community Presentation Project Hours

15 Webinar Production Project Hours

Weekly Schedule:

Residency participants are full-time employees that typically perform 40 hours per week of clinical practice (or as otherwise specified within their employment contract). Assuming a 40 hours per work week, 36 hours per week is performed in clinical practice with SCS mentor(s) available for consult and 4 hours per week of clinical practice with direct SCS mentorship.

In addition to clinical practice hours, program participants must complete 300 hours of didactic instruction throughout the duration of the program. Participants are encouraged to complete approximately 6 hours per week of didactic instruction which can be performed all at once or throughout the week. Sundays and major holidays are excluded from the curriculum schedule.

Clinical Mentoring:

150 hours of one-to-one clinical mentoring with a SCS faculty member will be provided throughout the 12-month duration of the residency program. Mentor(s) may be located at the resident's clinic location or will travel to the resident in order to perform weekly mentoring. SCS mentors are assigned to the resident by the program director. All clinical mentors utilized within the residency program have been trained in residency and fellowship mentoring through an online course from the American Physical Therapy Association and manuals published by the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE).

Sports Venue Coverage:

Sport residents will primarily be involved with the Seattle Sounders FC Second Team and Academy with occasional / intermittent opportunities with the First Team, Sounders U23, Women Sounders and Tacoma Stars.

Requirements for Program Completion:

- Complete 2,000 hours of clinical practice including 150 hours of SCS mentorship
- Complete 300 hours of educational instruction including 92 hours of independent study reading, 44 hours of online classes, 19 hours of faculty-produced webinars, 72 hours of faculty-directed in-person classes, 48 hours of journal club participation, 5 hours for a clinic inservice project, 5 hours for a community presentation project and 15 hours for a residency webinar production project.
- Complete a minimum of 200 sport venue coverage hours
- Obtain >210 percentage points on three live patient examination - patient management subsection.
- Obtain "yes" checkmarks on all items within the communication and collaboration subsections of three live patient examinations
- Obtain an average score of >80% on three therapeutic alliance evaluations
- Score >80% on all module quizzes
- Score >80% on two written examinations
- Score >4/5 on all items within the clinic inservice presentation evaluation form
- Score >4/5 on all items within the community presentation evaluation form
- Score >4/5 on all items within the residency webinar presentation evaluation form

- Submit 12 end of month reports
- Complete 1 mid-year and 1 final-year mentor evaluation
- Complete 1 mid-year and 1 final-year program evaluation

Program Tuition & Salary:

The tuition for the residency program is \$9,550. Full-time physical therapists are provided \$1,500 for continuing education which will be applied towards the tuition of the residency program. The resident’s financial responsibility is \$8,050. The following re-payment options are available for the resident to choose from:

1 YEAR EMPLOYMENT AGREEMENT	2 YEAR EMPLOYMENT AGREEMENT
\$1,500 provided per year for continuing education	\$1,500 provided per year for continuing education. With a 2 year employment agreement, total continuing education that can be applied to the residency program is \$3,000.
<ul style="list-style-type: none"> • Option 1.1: \$8,050 paid through a \$309.62 paycheck deduction while performing 2,000 patient care hours over 50 work weeks (1 year) 	<ul style="list-style-type: none"> • Option 2.1: \$6,550 paid through a \$125.96 paycheck deduction while performing 4,000 patient care hours over 100 work weeks (2 years)
<ul style="list-style-type: none"> • Option 1.2: \$4,850 paid through a \$186.54 paycheck deduction while performing 2,080 patient care hours over 50 work weeks (1 year) 	<ul style="list-style-type: none"> • Option 2.2: \$3,350 paid through a \$64.42 paycheck deduction while performing 4,080 patient care hours over 100 work weeks (2 years)
<ul style="list-style-type: none"> • Option 1.3: \$1,650 paid through a \$63.46 paycheck deduction while performing 2,160 patient care hours over 50 work weeks (1 year) 	<ul style="list-style-type: none"> • Option 2.3: \$150 paid through a 1 time paycheck deduction but performs performing 4,160 patient care hours over 100 work weeks (2 years)
	<p><i>Following completion of the residency program, the graduate may remain at the Starfire clinic if there is clinic availability. Otherwise clinical practice during the 2nd year of the agreement may take place at another MVP PT clinic</i></p>

Minimum Eligibility Requirements:

- Obtain state physical therapy licensure by program start date
- Receive “entry-level” marks on the Physical Therapy Resident Core Competency Evaluation that is completed by an immediate supervisor or recent clinical instructor.
- Active APTA orthopaedic and sport section membership
- ATC, EMT, or EMR certification -OR- completion of the Emergency Response for the Athlete course

Application Process:

1. RF-PTCAS Online Application Submission

- All applications will be received through the Residency/Fellowship Physical Therapy Centralized Application System (RF-PTCAS) website. Following submission of the online application, the program director will review the submitted career statement, curriculum vitae / resume and online evaluations / letters of recommendation from three references.

2. Additional Information Collected From Selected Reference

- The program director will email the applicant to request which reference the program should contact for additional information. The chosen reference should be a recent clinical instructor or immediate supervisor in order to provide information regarding the applicant’s status on 36 core competencies for a physical therapy resident. It is a mandatory requirement that selected participants are “entry-level” prior to starting the program.

3. Residency Program Interview

- The 1st interview will be in regards to the residency program. Interview will be conducted in-person for applicants within the region and over the phone for distant applicants. Decision (approval or denial) regarding the residency program will be based on the RF-PTCAS application, additional information received by the selected reference and the residency program interview. Applicants approved for the residency program will be forwarded to the Department of Human Resources who will determine available clinic(s).

4. MVP Physical Therapy Employment Interview

- The 2nd interview will be for employment within MVP Physical Therapy. The interview will be conducted by the clinic manager of the Tukwila/Starfire clinic. Clinic availability is variable from year to year and is dependent on what is open at time of application. Decision (approval or denial) regarding employment will be determined after the second interview.

Application Deadlines:

Applicants can submit their RF-PTCAS application at any time during the year. Once received, the application will be immediately processed. In order to ensure that all accepted applicants are licensed within the state of Washington and the insurance credentialing process has begun prior to the residency program start date, we will require applications to be submitted at least 3 months prior to program start date. Applications received after the deadline will be considered for the following cohort.

START DATE

1st Monday of January

APPLICATION DEADLINE

August 31st

Frequently Asked Questions:

• *“What do you look for in an applicant?”*

- The primary purpose of this sports residency program is to assist a clinician towards board-certification in the specialty area of sports physical therapy. A SCS clinician is an individual who not only practices exceptionally well but also goes beyond clinical practice and performs other professional activities. We are looking for individuals who not only want to be great clinicians but also those who want to improve the specialty field through professional activities. Our program consists of faculty members who are dedicating time and energy to help others improve their knowledge and skill in this profession. We would love to see participants have the same attitude and desire to help colleagues, physical therapy students, and those interested in entering the profession. Through the application, references and interview we are looking at what you have already participated within, what you are currently doing and what you dream to strive for in the future.

• *“How many graduates have passed the SCS exam?”*

- Since the sport residency began in 2014 we have had four graduates. Three have passed the SCS exam and one is scheduled to take the exam in 2019.

• *“How many sport residents do you accept each year?”*

- 1-2 each year depending on availability within the clinic.

• *“Can I work within the company before the residency start date?”*

- Yes. We accept and process applications throughout the year but have 1 program start date (January 1st). Depending on time of application and clinic availability, we can have a resident begin employment within any of our MVP clinic locations and then transfer to Starfire clinic at the program start date.

- *“Do you accept Emergency Response for the Athlete (ERA)? ”*
 - Yes

- *“Do I need to have Emergency Medical Responder (EMR) certification or complete the Emergency Response for the Athlete (ERA) course when I apply to the residency program?”*
 - It is not mandatory at time of application but will be by the program start date. Evidence of EMR certification or course certificate from the Emergency Response for the Athlete (ERA) will strengthen the application.

- *“Do I need to be a Certified Strength and Conditioning Specialist (CSCS) to apply to the program?”*
 - CSCS is not an eligibility requirement but will strengthen the application.

**To ask additional questions, please contact the program director:
Michael Huffington at mhuffington@mvppt.com**