



AT THE FOREFRONT
UChicago
Medicine



ACOMPTE
Accredited Program

University of Chicago Medicine

Orthopaedic Manual Physical Therapy Fellowship Overview

Mission of Fellowship Program:

The mission of University of Chicago Medicine Orthopaedic Manual Physical Therapy (OMPT) fellowship program is to provide a professional development opportunity to prepare physical therapists to become a board certified clinical specialist in the area of orthopedic or pediatric physical therapy through didactic education, participation in research, professionally mentored patient care experiences and independent patient care. The programs will emphasize the development of advanced psychomotor skills, theoretical rationales, evidence based techniques, and complex clinical reasoning to enhance the fellow's ability to evaluate and treat pediatric or orthopedic patient populations. The program graduate will be a physical therapist clinical specialist who will be an ongoing resource for the University of Chicago Medical Center and the physical therapy and medical community by promoting rehabilitation, health, and wellness, for the persons they serve.

The Goals of the OMPT Fellowship Program at UChicago Medicine are:

To provide a post professional, specialty defined (orthopaedic) educational experience to physical therapists who will be better able to:

1. Utilize current evidence- based Physical Therapy information to make accurate Physical Therapy diagnoses/ prognosis and determine the appropriate plan of Physical Therapy care
2. Apply advanced OMPT physical therapy interventions for a physical therapy episode of care of pediatric or orthopedic conditions
3. Demonstrate the communication/collaboration skills with the members of the multidisciplinary team and the patient, needed to care for a person with disorders of body structure or function, activity limitations or participation restrictions
4. Provide health and wellness or injury prevention programs and/or educational presentations for persons in the community as it relates to physical fitness, movement, development, and other related Physical Therapy topics

5. Participate in the development of new or innovative Physical Therapy techniques and the collection of evidence to support the effectiveness of those techniques to enhance the practice of orthopedic or pediatric Physical Therapy
6. Contribute to the Physical Therapy profession through, teaching, research, publication and presentations

Curriculum:

Schedule for education curriculum

- 52 weeks/ fellowship year:
 - 2 weeks orientation
 - 2 weeks exam time
 - 48 weeks for didactic courses

Breakdown of teaching hours during the 48 weeks of didactic courses:

Approximately: 7 hours education, 33 hours treating per week

- **Clinical Practice:** 33 hours per week = 1650 hours
- **Course work Didactic learning and Lab:** 3 hours a week x 48 weeks (lectures and labs) = 144 hours
- **Mentoring:** 3-4 hours a week x 46 weeks (one on one with FAAOMPT faculty) = 150 hours minimum
- **Clinical Investigations:** 2 hours a week x 48 weeks (research, journal clubs, grand rounds) = 96 hours
- **Specialty Practice Observation:** 12 hours with Pain Psychologist, Orthopedic Surgeon, MSK Radiology
- **Clinical Observation:** 10 hours with OMPT specialist/Course-specific specialist
- **Caseload Discussion, Planning, Clinical Problem Solving:** 40 hours (one-on-one with mentor/faculty)

Total hours for program: 2,096 scheduled

Outline of OMPT Fellowship Program Educational Courses:

- OMPT: Scientific Foundation: *1 week*
- OMPT: Theory and Practice: *1 week*
- Clinical Reasoning and Medical Screening: *1 week*
- Research: *3 weeks*
- Cervical Spine: *5 weeks*
- Vestibular rehab: *1 week*
- TMJ: *1 week*
- Thoracic spine: *3 weeks*
- Lumbar spine and SI joint: *6 weeks*
- Rheumatology: *1 week*
- Pharmacology: *1 week*
- Shoulder: *3 weeks*
- Elbow: *2 weeks*
- Wrist and hand: *2 weeks*

- UE technique lab review: *1 week*
- Cardiopulmonary/Exercise physiology/Wellness: *1 week*
- Hip: *3 weeks*
- Knee: *3 weeks*
- Foot and ankle: *3 weeks*
- LE technique review: *1 week*
- Nutrition: *1 week*
- Psychology of Pain: *1 week*
- Edema control in the orthopaedic patient: *1 week*
- Lab technique review: *1 week*

Hours:

The majority of on site fellowship program activities occur Monday through Friday between the hours of 7AM and 6:30 PM. Fellows-in-training are considered to be exempt employees who are salaried. Their work schedule will be flexible and allow for patient care, training, mentoring, and study time and preparation. Schedules are coordinated by the fellowship program coordinator and shall not exceed expectation of more than 50 hours /week of direct program participation. There will be additional personal study time required.

Weekend Coverage:

None

Professional Liability Insurance:

As an employee of UChicago Medicine, a fellow-in-training is covered by the organization's professional liability policy. This coverage extends only to those activities that are required by their participation in the program. All fellows-in-training are encouraged to carry their own personal professional liability coverage.

Salary

As a fellow in the program, your salary for the year of the fellowship program is set according to the cost of maintaining the program. Currently the salary is \$62,000 (as of 2022 class).

Other than the \$300 continuing education benefit from the institution (available after probationary period), there are no additional monies allocated for outside continuing education, tuition reimbursement, travel or parking fees to any observations/ outside facilities, living expenses, licensure fees, or professional dues. Supplemental work opportunities, covering inpatient weekends are available with additional pay for any fellow whose fellowship expectations are being met. This opportunity is voluntary.

UChicago Medicine OMPT Fellowship Program

Paid Time Off (PTO) Guidelines

OMPT fellows-in-training are full time employees of University of Chicago Medicine. They will be allowed to take 10 days of time off during the fellowship year (5 days if full time fellow status), with the approval of the fellowship program coordinator and the assistant director. This does not include the 7 organizational holidays; New Year's Day, Martin Luther King Day, Memorial Day, 4th of July, Labor Day, Thanksgiving Day, and Christmas Day. Because of the extensive education and curriculum pieces of the fellowship positions, it is very challenging to provide the fellows-in-training with extended time off throughout their program.

Paid Time Off:

- Time off will be scheduled with the approval of the fellow-in-training's manager and the OMPT Fellowship Program Coordinator.
- Any time off (beyond the 10 days/5 days if fellow-in-training has full time fellow status) will be granted only for an approved emergency leave, by the Therapy Services Director.
- All time off must be taken within the time frame of the fellowship program commitment.
- Time off from the fellowship program may be allowed if:
 - Staffing allows adequate patient care coverage
 - Time is requested a minimum of 4 weeks ahead of scheduled day off
 - The fellows-in-training may need to work additional hours before and after a scheduled day off to assure that all educational pieces and patient care obligations are achieved.

Sick Days:

- All employees are asked to not put patients and co-workers at risk by attending work if they are ill.
- If a fellow-in-training is sick, they need to call the department 773-702-6891 and leave a voicemail message on the main number prior to 7AM of their scheduled day of work. If possible, therapists are also asked to provide information to assist re-scheduling their patients.

How to Apply

Eligibility:

Physical Therapists licensed or eligible for licensure, in the state of Illinois, are encouraged to apply. **Only physical therapists licensed in the state of Illinois will be hired.**

All interested applicants must:

- Possess at least one of the following qualifications:
 - 1) ABPTS specialist certification in Orthopedic or Sports Physical Therapy**
 - 2) Completion of an APTA accredited residency in orthopedic or sports physical therapy**
- Show documented experience in the application of OMPT techniques in previous employment
- Display professional behaviors and a strong interest in Orthopaedic Manual Physical Therapy

Note: Use of transfer credits from other academic programs or post-graduate training is not applicable.

The application must include a letter of intent, curriculum vitae, 2 letters of recommendation, and an online UChicago Medicine application.

- The letter of intent must include the following: 1) goals/objectives for the fellowship program, 2) a summary of prior clinical and educational experience and 3) short and long term goals for an orthopedic subspecialty.
- Please include a current curriculum vitae or resume.
- The 2 letters of recommendation **must include two of the following:**
 - 1) Current or former supervisor, (if a recent graduate; from a current or former clinical instructor)
 - 2) Instructor/faculty member from an accredited physical therapy program
 - 3) A physician with whom the physical therapist has worked in the past year (not required, an option).

How to Apply:

We are a part of the centralized application process with the APTA RFPTCAS. Please complete the application on the following website:

<http://www.abptrfe.org/RFPTCAS/ApplicantWebsite/>

Interviews:

Top candidates will be interviewed initially via phone; and second interviews will be completed on the University of Chicago Medical Campus in May of the application year. All interviews will include behavioral and clinical questions. Please be prepared to discuss research ideas and to demonstrate patient interactions and treatment plans.

The completed application should be forwarded no later than **March 31st of the corresponding year**. Please contact the program director for any other questions/concerns.

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Frequently Asked Questions:

1. As a full time employee at the hospital, how is the fellow-in-training (fit) compensated? Is there a separate fellow-in-training rate during program hours? Or is the fellow-in-training on a "normal" salary with additional years of commitment after the fellowship ends? Is there tuition involved or is it waived by being a full time employee?

The fellow-in-training position is a full time salaried position. The level of compensation is less than a full time treating therapist and the difference in pay is what it costs UChicago Medicine to educate the fellow-in-training. There are not additional years of commitment from the fellow-in-training or the organization upon completion of the program.

2. How many people are usually accepted into the program each year?

2 fellows-in-training

3. Are the 3 hours of didactic coursework each week in a classroom format? If so, is that during the working week or on the weekend?

This is generally presented during the work week, occasionally on a weekend if faculty schedule requires.

4. Who are the faculty of this program and who are the mentors?

Faculty and mentors are the same – most are employees of UChicago Medicine. During each section the faculty who is teaching is also mentoring the fellow-in training for at least 3 hours/week.

5. As far as the letters of recommendation, are they to be sent to you directly by the writers or should it come with the rest of my application in the same packet?

Either way is acceptable as long as they are sealed and signed on the back by the writer.

6. Do fellows-in-training work weekends?

No.

7. Does the University of Chicago affiliate with a Physical Therapy School and require teaching in the University setting?

The University of Chicago does not have a PT program which it is affiliated with for teaching. We do have a medical school at the University of Chicago but no teaching is required.

OMPT Fellowship Program Outcomes

- 9 out of 9 fellows-in-training graduated since the program started in 2017
- 9 out of the 9 graduates have been recognized as **Fellows of the American Academy of Orthopaedic Manual Physical Therapists**
- 6 out of the 9 graduates are currently working as staff physical therapists in the UChicago Medicine Outpatient Therapy Services Department. All 6 are also faculty members of the Orthopedic PT Residency and OMPT Fellowship Programs
- Initial accreditation received from the American Board of Physical Therapy Residency and Fellowship Education in April of 2018
- At least 90% positive response from past graduates per Graduate Survey feedback
- **Program is accredited through September of 2023**