

# Sports Physical Therapy Clinical Residency

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## PROGRAM DESCRIPTION

The Hospital for Special Surgery Sports Clinical Residency is a clinically-based training program for physical therapists seeking to specialize in sports physical therapy. The mission of the program is to provide the therapist with a comprehensive, structured program of clinical and didactic experiences for the development of advanced critical reasoning and clinical skills in sports injury management and rehabilitation.

The Sports Clinical Residency is a full-time position, one year in duration. The resident is expected to work 40-45 hours /week. Approximately 40% of their time in educational experiences and 60% providing supervised patient care. A salary and benefits package is provided.

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## CURRICULUM

The educational component of the Sports Physical Therapy Clinical Residency includes a comprehensive series of weekly lectures, labs, case reviews, on-field/court coverage of athletic events, participation in Sports Section journal club and in-service programming, Sports Medicine Service Fellows and CORE conferences, surgical and physician office observation, participation in annual professional education conference and research project involvement. In addition, the resident will observe, co-treat and receive one-on-one mentoring sessions from an experienced staff of sports physical therapists, athletic trainers and exercise physiologists.

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## PROGRAM GOALS

- To provide a learning environment and an opportunity to develop advanced clinical skills for evaluating and treating sports related injury
- To provide didactic and laboratory sessions so as to learn the theory and rationale for the current rehabilitation guidelines of multiple sports related diagnoses
- To provide on-field / court experience to better the understanding of sport injury management
- To provide the resident with the opportunity to observe leading sports medicine physician's perform surgery so as to recognize the most current approaches to the surgical management of sport injury.
- To participate in a multi-disciplined team approach of managing sport injury
- To provide the opportunity to participate in outcome studies and related sports physical therapy research

## Admission Requirements

Preferred applicants are physical therapists with one or more years of sports physical therapy experience OR one (1) year of experience as a certified athletic trainer (ATC) in a full-time setting. New graduates will be considered.

Applicants must also possess:

- Current or eligible physical therapy licensure in New York State
- One of the following: a current ATC designation, a current license as an EMT, or certification as an Emergency Responder
- Malpractice Insurance

## **ABOUT THE HSS SPORTS REHABILITATION AND PERFORMANCE CENTER**

The HSS Sports Rehabilitation and Performance Center, founded in 1983, provides services to include: outpatient physical therapy, performance enhancement programs, sports injury and prevention research, athletic training coverage, in-house physician education, and community and professional education programming. The Center occupies a 15,000 square foot, state-of-the-art facility adjacent to the main hospital on East 71<sup>st</sup> Street. The staff of physical therapists, certified athletic trainers and strength and conditioning specialists have been carefully selected and specially trained in treating sports medicine problems. The staff is locally and nationally recognized, have lectured and presented at national conferences, and published articles and chapters in professional journals and textbooks. The staff works closely with the surgeons and physicians of the HSS Sports Medicine and Shoulder Service to provide a comprehensive approach to treatment.

**To learn more or obtain an application,  
please contact:**

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**Residency Dates**

January 9, 2012 – January 4, 2013

**Application Deadline**

November 15, 2011  
non-refundable application fee of \$50

**Location**

Hospital for Special Surgery  
Rehabilitation Department  
Sports Rehabilitation and Performance Center  
535 East 70<sup>th</sup> Street  
New York, NY 10021

HOSPITAL  
FOR  
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Hospital for Special Surgery Rehabilitation Department  
Sports Rehabilitation and Performance Center

# Sports Physical Therapy Clinical Residency Program

*Hospital for Special Surgery is an affiliate of New York-Presbyterian Healthcare Systems and the Weill Medical College of Cornell University*