

# Belmont University School of Physical Therapy - Tennessee Orthopaedic Alliance Sports Clinical Residency

Belmont University School of Physical Therapy in partnership with Tennessee Orthopedic Alliance (TOA) offers a 13-month Sports Physical Therapy clinical residency that is designed to provide each participant with a unique experience that will enhance their ability to become advanced practitioners in the specialty area of sports physical therapy.

Within the Sports Physical Therapy Clinical Residency, the resident will split time between the classroom, clinic, and training room. The residents will work closely with therapists who have expertise in a wide variety of sports specialty areas across the continuum of care from acute injury recognition and management through rehabilitation and return to play. In addition, the sports resident will begin and end their residency time working in the Tennessee Titans Football summer camp. At Belmont, the resident extends the clinical work to the classroom by teaching and providing lab instruction to doctoral students in the orthopedic content area.

Tennessee Orthopaedic Alliance (TOA) was established in 1926 and continues to set the standard for orthopedic care in Tennessee. TOA's physicians include nationally and internationally renowned surgeons who provide specialized expertise in sports medicine, joint replacement, spine, hand, wrist and elbow, foot and ankle, shoulder, physical medicine and rehabilitation, and interventional pain management. TOA has always been driven by the desire to find new ways to ensure the highest level of conscientious, quality patient care. TOA continues to shape the future of orthopedics through our thought leaders.

The physicians of TOA concentrate on the diagnosis and treatment of disorders and injuries of the musculoskeletal system. TOA strives to provide the full spectrum of care from initial diagnosis of all musculoskeletal disorders, through treatment, rehabilitation, and education to prevent future injury. Our goal is to restore each individual to an active and functional life. TOA also has a Sports Performance Center with specialized sports performance training for teams and individuals. TOA is proud to support the greater Nashville and Tennessee community by covering more high school, college, and professional sporting teams than any other group in the state.



## Mission

The mission of the Sports Clinical Residency at Belmont University & Tennessee Orthopedic Alliance is to prepare the physical therapy resident to be an evidenced based advanced practitioner in sports physical therapy by working collaboratively in an interdisciplinary environment. The residents will demonstrate excellence through evidence based clinical decision making across the full spectrum of care from initial diagnosis through treatment, rehabilitation, and education to prevent future injury. In addition, the resident will serve as an educator, clinical researcher, and professional role model for others.

**Program completion rate: 100%**  
**Resident ABPTS Board pass rate: 100%**

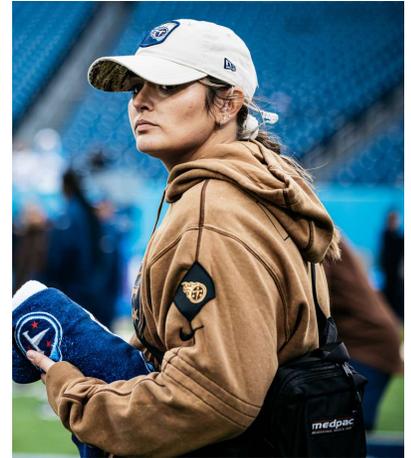


## Goals & Objectives

- **Prepare the resident to become an advanced sports physical therapy practitioner.**

The program will:

- provide the resident with an opportunity to develop advanced clinical competencies in the specific area of practice that encompasses sports physical therapy.
- provide training in all areas described in the Sports Physical Therapy Description of Specialty Practice.
- develop the clinician's theoretical rationale, evaluation and treatment skills, and clinical reasoning process in order to promote the prevention, treatment, and rehabilitation of injuries in an active patient population that are consistent with the sports description of specialty practice.
- provide the resident with clinical experience under the mentorship of clinical faculty who are board certified in the area of Sports Physical Therapy (SCS) and Orthopedic Physical Therapy (OCS) and through their involvement with the academic staff of Belmont University School of Physical Therapy. The resident will interact as a member of the sports medicine team and will gain exposure and experience with other health care professionals that include physicians, athletic trainers, physician assistants, and registered nurses.
- provide training in advanced clinical decision making based on evidence.
- provide experience with on-the-field injury assessment and specific injury management procedures in the sports setting with carry-over applications into clinical practice.
- facilitate the opportunity for the resident to obtain ABPTS board certification as a clinical specialist in Sports Physical Therapy.



- **Develop residents who have the highest professional standards.**

The program will:

- prepare the resident to communicate effectively orally and written.
- prepare the resident to effectively work in an interdisciplinary team including
- identification of the strengths of each member who contribute to the patient's care or a given project.
- promote the persistence of learning and independent pursuing of knowledge as a life-long skill.
- encourage active participation in the profession.
- facilitate the opportunity for active involvement in the community, advancing the profession.
- promote exemplary professional behavior in all interactions.

- **Train residents to advance the evidence-based practice of physical therapy.**

The program will:

- provide the opportunity for the resident to assist in the background, design, proposal submission, data collection, data analysis, presentation of a clinical research project or prepare a case report for submission to a peer reviewed journal.
- prepare the resident to use evidence-based decision making to guide clinical practice and will provide the opportunity to share that knowledge.



- **Engage the resident in education.**

The program will:

- provide the opportunity to educate peers through in-service(s) for interdisciplinary team.
- provide the opportunity to assist in teaching entry level DPT student's lecture/lab.
- provide the opportunity to provide community education.
- provide the opportunity to become a certified clinical instructor (APTA).

## Requirements and Application Process

- Licensure: Physical therapy licensure in the state of Tennessee is required prior to residency start date
  - Must have passed NPTE Board Examination by May 15th
  - Must be eligible for licensure NO LATER than August 15th
- Professional Commitment: Demonstrated interest in advanced clinical practice in orthopedics and pursuit of ABPTS Sports Clinical Specialist (SCS) certification
- Clinical Competence: Strong academic record and evidence of excellence in clinical performance
- Communication & Professionalism: Demonstrated ability to work collaboratively, communicate effectively, and uphold ethical standards in patient care

## Minimum Requirements for Consideration

NOTE: For the following requirements, applicants MUST provide proof of completion (or proof of registration at the time of submission with proof of completion submitted by February 15)

- Successful completion of Acute Management of Injury and Illness Certification Course (American Red Cross Emergency Medical Responder Certification can substitute).
- Successful completion of Functional Movement Systems - SFMA certification course.
- Successful completion of Dry Needling Level Certification (Must be approved in the State of Tennessee).
- Successful completion of ITPT (Impact Trained Physical Therapist) certification.
- Successful completion of POCUS Fundamental Certification (POCUS.org).

## Application Process & Additional Information

- Completed application via RF-PTCAS
- Applications accepted October through December
- Interviews to be scheduled in January
- Notification of acceptance on Common Acceptance Date in March
- The Residency Program will begin with Tennessee Titans training camp mid-July



Preferred qualifications include prior clinical experience in orthopedic settings, participation in research, professional service, and evidence of leadership in the field of physical therapy. New graduates and students in their least year of PT school are encouraged to apply.

Residency and fellowship programs provide post-professional education through one-to-one mentoring, structured curricular experiences, and guided learning designed to increase the quality of patient care and practitioner knowledge in specialty and subspecialty areas through best practices.

A residency program is a post-professional planned learning experience comprised of a curriculum encompassing the essential knowledge, skills, and responsibilities of an advanced physical therapist within a defined area of practice. When board certification exists through the American Board of Physical Therapist Specialties for that specialty, the residency program prepares the physical therapist with the requisite knowledge and skill set needed to pass the certification examination following graduation.

To begin the application process, please fill out the form: <https://forms.gle/oW5WQgfR9syih3Me9>

## Match Process

This Sports Physical Therapy Residency program is participating in the Sports Physical Therapy MATCH for the current application cycle. If you receive and accept an offer to interview with our program, all MATCH communication will come through the Sports Specialization Committee and Exxat, an education management software. Please reach out to [specialization@aspt.org](mailto:specialization@aspt.org) if you have specific questions about the MATCH.



## FAQs

### Q: How do I apply?

**A:** All applications must be submitted through the ABPTRFE Residency and Fellowship Physical Therapist Centralized Application Service (RF-PTCAS) portal. Please visit the ABPTRFE website for application instructions, deadlines, and additional details.

<https://abptrfe.apta.org/about-abptrfe>

Selected applicants will be invited to interview.

**Match Process:** This Sports Physical Therapy Residency program is participating in the Sports Physical Therapy MATCH for the current application cycle. If you receive and accept an offer to interview with our program, all MATCH communication will come through the Sports Specialization Committee and Exxat, an education management software. Please reach out to [specialization@aspt.org](mailto:specialization@aspt.org) if you have specific questions about the MATCH.

### Q: Is a PT License required to apply?

**A:** A valid Tennessee Physical Therapy License is required by the August start date for the program. You may apply to the program prior to obtaining this license.

### Q: How long is the residency?

**A:** The residency is approximately 13 months in length, beginning in August each year.

### Q: How many residents are accepted each year?

**A:** 1

### Q: Are new graduates allowed to apply for this program?

**A:** Yes

### Q: How much is tuition?

**A:** There is no tuition for this program, only an application fee noted on the ABPTRFE, RF-PTCAS Applicant Website. Please see our financial fact sheet for more information.

### Q: What does a typical week look like?

**A:** The first month of the residency is spent working full-time in the Tennessee Titans pre-season training camp. At the conclusion of the training camp, the resident will settle into a typical weekly schedule that includes both in-clinic (approximately 20-24 hours) and training room time (approximately 25-30 hours that included weekend game coverage). At the conclusion of the NFL season, time will be spent equally between the clinic and training room. During this time, residents will receive weekly 1:1 mentorship from board-certified specialists, athletic training staff, and fellows of the American Academy of Orthopedic Manual Physical Therapy.

In addition to the clinical time, residents will spend an average of 10 hours per week teaching within Belmont University's Doctor of Physical Therapy program, assisting in musculoskeletal physical therapy labs and lectures.

Residents will have dedicated time each week for didactic learning, professional development, and mentorship activities. These experiences may include live lectures, journal clubs, grand rounds, and case/chart reviews.



## FAQs

### **Q: What research opportunities are available?**

**A:** Residents are required to participate in clinical and academic research in collaboration with faculty and students from Belmont University. Each resident is required to complete a scholarly project as an integral component of the program. This may involve conducting original research, developing a clinical case study, or participating in ongoing studies. This may include the assistance with data collection and analysis, and contribution to manuscripts, case reports, or presentations at regional and national conferences.

### **Q: What does mentorship look like?**

**A:** Residents will have a minimum of 150 hours of individual clinical mentoring during the year from residency faculty and board-certified clinicians within TOA. Additional mentoring includes regular meetings with the program director, coordinators, training room staff, and clinical mentors to discuss clinical questions, practice orthopedic assessment and treatment techniques, and for professional development.

### **Q: What other learning opportunities are provided?**

**A:** Additional residency opportunities include observing surgeries and procedures, observing physicians, instruction in musculoskeletal diagnostic ultrasound, dry needling certification, and participating in continuing education courses to support advanced clinical skill development.

In addition to the didactic education program, residents will also complete a teaching certification through Belmont University to help prepare them for instruction in higher education. Residents will also complete a certification in Leadership through Belmonts Office for Leadership Development.

### **Q: What compensation and benefits are provided?**

**A:** Residents are full-time employees of TOA and receive a competitive salary and benefits package. Additionally, an education stipend will be provided for pre-approved continuing education expenses. Please see the financial fact sheet for more details



**Good luck - we are looking forward to reviewing your application!**

For more information, please contact our Program Coordinator

Dr. Ashley Campbell

CampbellAM@TOA.com

**ABPTRFE**

Accredited  
Program

  
**BELMONT**  
UNIVERSITY

**TOA**  
TENNESSEE ORTHOPAEDIC ALLIANCE