



## RRMC Physical Therapy Sports Residency Curriculum

DATE	Didactic Topics	Sports/Events	Exams/Labs
WEEK 1			<p>**1) Riverside System-wide Orientation</p> <p>**2)Dept Orientation</p> <p>**3)iCare training</p> <p>4)Resident Orientation Checklist</p> <p>** (new employees only)</p>
		NNPS and WBJCC	Initial Core Competencies
	FMS/SFMA	York County	
August	Protective Equipment		

DATE	Didactic Topics	Sports/Events	Exams/Labs
	Emergency	York County	Concussion Lab
	Environmental	NNPS/WBJCC	
September	Functional Testing		
	Concussion		
	FMS/SFMA		

DATE	Didactic Topics	Sports/Events	Exams/Labs
	Strength/Conditioning	NNPS/WBJCC	
	BFR	York County	
October	Spine in Sport		

--	--	--	--

DATE	Didactic Topics	Sports/Events	Exams/Labs
	Comprehensive Shoulder	NNPS/WBJCC	Written Examination: 1
	Overhead athlete	York County	OH Athlete Lab
November			

DATE	Didactic Topics	Sports/Events	Exams/Labs
	Comprehensive Elbow	Flat Out Events	
	Comprehensive Wrist	York County	Live patient Exam: 1
December	Comprehensive Hand/splint	NNPS/WBJCC	

DATE	Didactic Topics	Sports/Events	Exams/Labs
	Comprehensive Hip	York County	Orthotics Lab
	Comprehensive Knee	NNPS/WBJCC	Midterm Core Competency Assessment
January	Comprehensive Foot/Ankle		

DATE	Didactic Topics	Sports/Events	Exams/Labs
		York County	Written Exam: 2
	Nutrition	NNPS/WBJCC	Running Lab
February	Female Athlete		

	Running Athlete		

DATE	Didactic Topics	Sports/Events	Exams/Labs
		NNPS/WBJCC	
	Aging Athlete	York County	
March	Pediatric Athlete		
	Golf Athlete		

DATE	Didactic Topics	Sports/Events	Exams/Labs
		NNPS/WBJCC	
	Pre-Participation Exam	York County	Dry Needling Lab
April			
	Dry Needling		

DATE	Didactic Topics	Sports/Events	Exams/Labs
		NNPS/WBJCC	Written Exam: 3
	BBP	Flat Out Events	
May	Psychology of sport	York County	
	Pharmacology	Lionsbridge	
		Physicals	

DATE	Didactic Topics	Sports/Events	Exams/Labs
		Lionsbridge	Live Patient Exam: 2
	Medical Conditions	Physicals	Return to Sport UE and LE
June	Imaging		
	Dermatology		


<b>DATE</b>	<b>Didactic Topics</b>	<b>Sports/Events</b>	<b>Exams/Labs</b>
	Research	Lionsbridge	Written Exam: 4
		Physicals	
July	Case Report Submission		Final Core Competency Assessment