



## RRMC Physical Therapy Sports Residency Curriculum

| DATE   | Didactic Topics      | Sports/Events  | Exams/Labs   |
|--------|----------------------|----------------|--|
| WEEK 1 |                      |                | <b>**1) Riverside System-wide Orientation</b><br><br><b>**2)Dept Orientation</b><br><br><b>**3)iCare training</b><br><br><b>4)Resident Orientation Checklist</b><br><b>** (new employees only)</b> |
|        |                      | 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        |               |            |
|         |                       |               |            |
|         |                       |               |            |

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| 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 |               |                                    |
|         |                          |               |                                    |
|         |                          |               |                                    |

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|----------|-----------------|---------------|-----------------|
|          |                 | York County   | Written Exam: 2 |
|          | Nutrition       | NNPS/WBJCC    | Running Lab     |
| February | Female Athlete  |               |                 |

|  |                 |  |  |
|--|-----------------|--|--|
|  | Running Athlete |  |  |
|  |                 |  |  |

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|-------|-------------------|---------------|------------|
|       |                   | NNPS/WBJCC    |            |
|       | Aging Athlete     | York County   |            |
| March | Pediatric Athlete |               |            |
|       | Golf Athlete      |               |            |
|       |                   |               |            |
|       |                   |               |            |

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|-------|------------------------|---------------|------------------|
|       |                        | NNPS/WBJCC    |                  |
|       | Pre-Participation Exam | York County   | Dry Needling Lab |
| April |                        |               |                  |
|       | Dry Needling           |               |                  |
|       |                        |               |                  |
|       |                        |               |                  |

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|------|---------------------|-----------------|-----------------|
|      |                     | NNPS/WBJCC      | Written Exam: 3 |
|      | BBP                 | Flat Out Events |                 |
| May  | Psychology of sport | York County     |                 |
|      | Pharmacology        | Lionsbridge     |                 |
|      |                     | Physicals       |                 |
|      |                     |                 |                 |

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|------|--------------------|---------------|---------------------------|
|      |                    | Lionsbridge   | Live Patient Exam: 2      |
|      | Medical Conditions | Physicals     | Return to Sport UE and LE |
| June | Imaging            |               |                           |
|      | Dermatology        |               |                           |

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