

LMH Sports PT Residency FAQ's

When does your residency run?

Expect the residency to run from July to July, give or take, based on orientation dates offered by LMH.

Should new graduates apply?

Yes, they certainly can. There are many different theories about the “best” time for a residency – should you practice a bit and get some experience and develop some clinical questions, or just roll right into a residency right after graduation? There are positives and negatives to both scenarios. It is truly an individual decision based on life circumstances and individual experiences.

Do I have to come on-site for an interview?

If you are selected for an interview, we understand the financial hardship that travel expenses can cause for prospective residents. Therefore, we offer on-site as well as Zoom interviews. It is the prospective resident's choice. While we prefer meeting on-site, it will NOT disqualify you from being accepted. We acknowledge everyone has different circumstances.

How many residents are accepted into the program?

Currently, we are taking one resident at this time.

What does a typical week look like?

The resident schedule changes roughly every quarter. For the most part, your day is patient care in our clinic, training room rounding a few afternoons a week at the high school, didactic learning/required readings, and surgical observation and/or clinical rounding with physicians. In the 2nd semester, you'll be in the high school less and begin work in the KU athletics training room.

Do I get to work with KU football?

No, currently you do not, but you'll work with all other sports at KU. You will get football experience in the high school and at Baker University.

Do I need my ATC license?

No you don't, but you need the Emergency Medical Response (EMR) course then.

What's your facility like?

We have a spacious, nearly 16,000 sq. ft facility with 25 yards of turf field, a small basketball half court, isokinetic and force plate testing, an aquatic pool, and a pressure-mapping treadmill as highlights of our space. We have two squat racks as well as a full dumbbell rack along with a host of other strength training and cardio machines.

What's the mentorship like?

You will rotate mentors every 3-4 months and you will have weekly mentorship with the mentor for a full morning/afternoon.

What percent of the caseload is seeing athletes in the clinic?

You need to have at least 40% of your overall caseload be athletes. This will be a combination of clinic and training room coverage at Baker University and the University of Kansas.

How are patients scheduled in the clinic?

Patients are seen every 45 minutes. Same with new evaluations.

Are there opportunities for sideline coverage?

Yes. You will work at one of our high schools during football season for on-field coverage. You will also have the opportunity to work football at Baker University home games. We will also have many opportunities throughout the year for coverage at other events, like rugby or wrestling invitationals.

Does the resident get to choose what sports they provide sideline coverage for?

Not really, no. You'll get exposed to many sports (and you should!).

What other opportunities are there?

In addition to mentorship, clinical practice, training room, and sideline/event coverage, we have many opportunities to foster your professional growth. Some of this is determined by your interests and future plans. There are overhead athlete, running, research, and teaching opportunities that are included.

Are there opportunities for research?

The resident will be required to be involved with at least a portion on ongoing research at the facility. This may include but is not limited to assisting with IRB proposal, data collection, data analysis, contributing to poster/platform presentations, or contributing to a manuscript.

Are there opportunities for teaching?

The resident will have the opportunity to teach clinical modules to current DPT students that are rotating through the clinic. The resident will present in at least 4 journal clubs throughout the year. In addition, the resident will present at the LMH Sports Med Symposium.

Is there surgery observation?

Yes, you will rotate among 3-4 different orthopedic surgeons in the OR and in the clinic, as well as 2 primary care sports medicine physicians.

What is the pay for it?

You are paid for 30 hours/week of work and salary is commensurate with experience.

Do you get benefits?

Yes, you get benefits like other LMH employees. Human Resources can provide more detail or answer questions should you have any.

Do you pay for continuing education?

You will get Medbridge paid for as part of being a staff physical therapist. You will attend and present at our annual sports medicine symposium. We will assist in paying for up to 500\$ for CEU's. We will also assist in the costs of the SCS examination or CSM registration.

If I get offered and accept the residency, is there relocation assistance?

No, there is not any financial relocation assistance, but we do have a document that acts as a "Welcome" to the Lawrence area so you have some familiarity with housing, dining, and quality of life needs.

What qualities do you look for in a prospective resident?

There are a number of qualities a prospective resident should have. In a recent article in *Physical Therapy Journal*, resident "elements of excellence" include: 1) a

disposition towards lifelong learning, 2) a strong professional identity and engagement in the profession, 3) high expectations for themselves and the residency experience, 4) curiosity, 5) open to feedback and new ideas, 6) an internal motivation to learn, and 6) ability to recognize professional responsibilities beyond individual patients and organizations where they practice. We expect residents to have a willingness to take full advantage of the opportunities provided to them in their time with us (i.e. provide coverage alongside ATC's for high school wrestling meets). We expect prospective residents to be adaptable, have strong communication skills, show initiative and take action to learn and seek/create new opportunities, and willingness to work and collaborate with a number of health care professionals. Finally, we expect residents to demonstrate and have a desire to integrate research into clinical practice.