

# Sanford Orthopedic Physical Therapy Residency Program Fargo



**SANFORD**  
ORTHOPEDICS  
SPORTS MEDICINE



## Sanford Orthopedic Physical Therapy Residency Program - Fargo

### Mission

The mission of the Sanford Orthopedic Physical Therapy Residency Program - Fargo is to prepare physical therapists who use best available evidence, conduct clinical research, and demonstrate and practice advanced clinical skills in the area of orthopedic physical therapy to optimally facilitate the health and healing of the patients we serve.

### Vision

The Sanford Orthopedic Physical Therapy Residency Program - Fargo will be an American Physical Therapy Association (APTA) accredited program regionally and nationally recognized for providing exceptional orthopedic physical therapy and education.

### Program Goals

1. Train licensed physical therapists to become specialists in the area of orthopedic physical therapy
2. Provide the best possible evidence based physical therapy services to the patients we serve taking into account the importance of clinical experience and patient values
3. Facilitate optimal clinical outcomes to physical therapy interventions
4. Contribute to the body of knowledge in the area of orthopedic physical therapy
5. Uphold the ethical standards and demonstrate professionalism as outlined in the *APTA's Code of Ethics for the Physical Therapist*

### General Information

**Credentialing:** Sanford Orthopedic Physical Therapy Residency Program-Fargo is an APTA credentialed orthopedic residency program.

**Credentialing Conferred:** Upon successful completion, the resident will receive a certificate of completion of post professional residency in orthopedic physical therapy.

**Length of Study:** 12 months

**Entrance Date:** August 12, 2019

**Tuition:** none

**Salary:** Resident will be a paid employee of Sanford Health. Pay will reflect time spent with mentors, for didactic course work, research, presentations, projects, and mentoring time.

**Benefits:** Residents will receive full time benefits through Sanford Health including but not limited to: health and dental insurance, short/long term disability, paid time off, life insurance, and employee retirement plan.

**Location:** Sanford Clinic Southpointe Physical Therapy  
2400 32nd Ave. S., Fargo, ND

**Overview:** This program will provide residents with accelerated study in the area of orthopedic physical therapy to prepare for advanced clinical practice and successful completion of the American Board of Physical Therapy Specialties Orthopedic Specialist Certification Exam. The program includes one on one clinical mentoring, didactic education, as well as preparation to participate in research and presentations. Sanford Orthopedic Physical Therapy Residency Program-Fargo partners with the University of North Dakota Department of Physical Therapy for portions of the didactic educational experience.

## Faculty

### Core Faculty:

Jennifer Iverson PT, MPT, OCS  
Janet Rasmussen, PT, MPT, OCS  
Mary Jo Wagar PT, DPT, OCS  
Jeremy Koepplin, PT, DPT, OCS

### UND Faculty/Advisors:

Dave Relling PT, PhD  
  
Mark Romanick PT, PhD, ATC  
UND Department of Physical Therapy Faculty

### Adjunct Faculty:

Sanford Physical Therapists

### Residency Advisory Board:

Mary Jo Wagar PT, DPT, OCS; program coordinator  
Keith Leikas PT, MTC  
Scott Brown PT, DPT, OCS  
Mark Romanick PT, PhD, ATC  
Jennifer Iverson PT, MPT, OCS  
Dave Relling PT, PhD  
Kate Steinke RN, BSN, MS  
Jeremy Koepplin, PT, DPT, OCS  
Janet Rasmussen PT, MPT, OCS

## Admission Requirements

### Residents must:

- Be graduates of a Commission on Accreditation in Physical Therapy Education (CAPTE) accredited physical therapy program by the start of the residency year.
- Hold a current physical therapy license for the state of North Dakota effective by the start of the residency year.
- Be a member of the American Physical Therapy Association (APTA) and orthopedic section.
- Complete at least one student affiliation in the area of outpatient orthopedics or 6 months of clinical experience in outpatient orthopedics.
- Meet qualification requirements to perform high velocity, low amplitude thrust manual therapy as outlined in the North Dakota Physical Therapy Practice Act.

### Residents will be selected by the Admissions Committee who:

- Exhibit high standards of professional behaviors, leadership potential and desire.
- Demonstrate strong potential for exceptional clinical reasoning in the application of examination and treatment related to orthopedic practice.
- Demonstrate strong communication skills.
- Present favorable letters of reference.
- Are committed to the physical therapy profession and orthopedic specialization.



## Application Process

**To apply go to:** [careers.sanfordhealth.org](http://careers.sanfordhealth.org)

**Fargo region:** Click on Sanford Orthopedic Physical Therapy Residency Program - Fargo

Only completed applications will be accepted, and must include:

1. Two professional reference request forms
2. Personal statement (limit two pages)
3. Current resume

**Please contact Mary Jo Wagar by phone at 701-234-7902, or by email at [maryjo.wagar@sanfordhealth.org](mailto:maryjo.wagar@sanfordhealth.org) with any questions.**

1. All completed applications will be reviewed within 60 days of the published deadline. Selected applicants for interview will be contacted by phone, in person, or electronically.
2. Acceptance into the program is pending that candidate meets all conditions of employment of Sanford Health System. Applicants will be notified of their status in the program in writing within 60 days of the published deadlines.
3. Dates:
  - a. Accepting applications January 2 - February 28, 2019
  - b. Interview date: March 22, 2019
  - c. Program dates: August 12, 2019 – August 7, 2020

## Further Information

For additional information regarding the program contact: [maryjo.wagar@sanfordhealth.org](mailto:maryjo.wagar@sanfordhealth.org)

It is the policy of the Sanford Orthopedic Physical Therapy Residency Program – Fargo to recruit, admit, and retain participants on a nondiscriminatory basis. The program does not discriminate on the basis of race, creed, gender, age, national or ethnic origin, sexual orientation, disability, or health status.

## Didactic Curriculum

Residents receive didactic training in orthopedic physical therapy related topics. At the completion of this program, residents will demonstrate competence in all areas as described in the current American Board of Physical Therapy Specialist's (ABPTS) description of advanced specialty practice in orthopedic physical therapy.

A variety of learning experiences are used including: self directed study, lecture, presentations, teaching experience, and interactive learning. Some content is taught by faculty of the University of North Dakota Department of Physical Therapy.

### Learning topics include:

1. Basic Statistics for Understanding the Physical Therapy Literature
2. Frontiers in Orthopedic Science
  - a. Telehealth and Virtual Reality in Musculoskeletal Practice
  - b. The Science Interfacing Engineering Technology and Rehabilitation
  - c. The Science of Neuromuscular Healing
  - d. The Science of Regenerative Rehabilitation
3. Post-operative management of Orthopedic Surgeries
4. Diagnostic Imaging
5. Current Concepts of Orthopedic Physical Therapy
  - a. Clinical Reasoning and Evidence Based Practice
  - b. Shoulder
  - c. Elbow
  - d. Wrist and Hand
  - e. TMJ
  - f. Cervical Spine
  - g. Thoracic Spine and Ribs
  - h. Lumbar Spine
  - i. Pelvis and SI joint
  - j. Hip
  - k. Knee
  - l. Foot and Ankle