



Orthopedic Residency

The Memorial Hermann Orthopedic Residency Program offers advanced clinical training and professional development in the field of orthopedic physical therapy with the goal of enhancing patient care. Our graduates will be equipped to exemplify core attributes of an advanced practitioner, become innovators and intentional leaders in evidence-based practice and contribute to the profession through teaching, mentoring and research.

The Memorial Hermann Orthopedic Residency Program operates across eight different clinical sites specifically designed to foster professional growth. Residents will be placed at two clinical sites across the Greater Houston Area, switching halfway through the year to provide a more robust mentor and patient exposure experience. At each clinical site, the resident will have at least two primary mentors, with access to over 50 specialists throughout the Memorial Hermann Health System, including OCS, SCS and fellowship-trained mentors. Residents will also be mentored within their cohort on advanced practice, teaching, research and leadership.

Curriculum

The goal of our curriculum is not only to prepare you to pass your specialty exam, but to develop you in advanced practice, leadership, teaching and mentoring.

This coursework is divided into four sections (listed below) and is delivered in person with supplemental virtual learning opportunities that include case presentations, surgical presentations, and monthly journal clubs.

1 Introduction

- Primary Care
- Clinical Reasoning
- Direct Access

2 Fall

- Body Region Modules: Lumbar, Hip, Knee, Ankle/Foot
- Advanced Manual Therapy and Differential Diagnosis per Body Region
- Return to Sport for the Lower Extremity
- Musculoskeletal Imaging
- Research for the Resident

ORTHO Clinical Site Locations

[Memorial Hermann Sports Medicine & Rehabilitation Bellaire](#)

[Memorial Hermann Sports Medicine & Rehabilitation Cypress](#)

[Memorial Hermann Sports Medicine & Rehabilitation Katy](#)

[Memorial Hermann Sports Medicine & Rehabilitation Pearland West \(Silverlake Village\)](#)

[Memorial Hermann Sports Medicine & Rehabilitation The Woodlands](#)

[Memorial Hermann IRONMAN Sports Medicine Institute - Memorial City](#)

[Memorial Hermann IRONMAN Sports Medicine Institute - Sugar Land](#)

[Memorial Hermann IRONMAN Sports Medicine Institute - Texas Medical Center](#)

3 Spring

- Body Region Modules: Thoracic, Cervical, Shoulder, Elbow, Wrist/Hand, TMJ
- Advanced Manual Therapy and Differential Diagnosis per Body Region
- Return to Sport for the Upper Extremity
- Human Performance Modules - Nutrition, Strength & Conditioning Principles, Plyometrics
- Facilitated Research Study

4 Summer

- Clinical Instructor for PT Student
- Leadership Development
- Facilitated Research Writing

Advanced Practice

Residents have access to over 50 advanced clinical specialists who are board certified in orthopedics as well as sports and/or manual therapy fellowship-trained mentors. Our orthopedic residents will receive 3-4 hours per week of one-on-one mentoring for a total of over 150 hours of mentorship throughout the program, with focus on in-depth, differential diagnosis and patient management. Our orthopedic and sports residents work closely together and have the opportunity to collaborate and network with other Texas-area programs as well.

Clinical Practice

- One-on-one Mentoring, 3 hours/week
- Non-mentored Practice 32 hours/week
- Physician Rounding/Collaboration, 3-6 hours/week

Being a part of a large hospital system in the largest medical center in the world along with strong external collaborations allows for a greater opportunity for exposure to vast experiences, including return-to-sport programming with Athlete Training & Health, surgical observation and surgery skills labs with UT Physicians Orthopedic Surgeon Fellows and working with body region specialty programs within the Memorial Hermann System, including the Spine Program, Hip Preservation Program, Knee Program, Concussion Program and Foot/Ankle Program. Built-in time for physician collaboration, including mentorship on relationship development, increases employment opportunities for our residents and equips them for future interprofessional interactions.

Teaching

Residents have teaching opportunities across the Greater Houston area, including leading clinically relevant teaching experiences at local DPT and PTA programs, as well as various specialty lectures at undergraduate universities and in the community.

All our residents serve as clinical instructor at the end of the program and receive mentorship on their clinical education skills. Additionally, formal and informal presentations throughout the year along with monthly journal clubs give the resident the opportunity to expand their network while sharpening their presentation skills.

Research

Residents have a separate research curriculum and are mentored through the creation and implementation of a clinically relevant question with the goal of presenting at a national conference and/or publication in a peer reviewed journal. Throughout the residency year the resident will present and receive feedback on numerous topics to improve public speaking and engagement skills.

Leadership

Residents participate in our leadership curriculum to establish and hone their professional development plan in order to prepare for future aspirations upon completing residency. Residents will have the opportunity to interact with leaders and influencers from within the system and across the profession. The leadership curriculum includes skills such as networking, the business of physical therapy and personal development.

Memorial Hermann Orthopedic Residency Program Outcomes

100% of our residents passed the OCS exam, and the orthopedic residency program.

Many of our residents have gone on to complete fellowship training, become affiliated with professional sports teams, teach in both residency and entry level programs across the country or even open their own private practice.

2019 Examination Cycle Pass Rates

Specialty Area (number of Option B applicants)	Option A Direct Patient Care	Option B Residency Graduate
Orthopedics (431)	79%	87%

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