



# Sports Residency

The Memorial Hermann Sports Residency Program is designed to provide each resident with a unique experience that enhances their ability to become advanced practitioners, both in the clinic and on the field. Our graduates will be equipped to exemplify the core attributes of an advanced practitioner, become innovators and intentional leaders in evidence-based practice, contribute to clinical research and contribute to the advancement of the sports physical therapy profession.

The Memorial Hermann Sports Residency Program operates across five different clinical sites specifically designed to foster professional growth. Each resident will also be affiliated with a local high school and university. 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

- Emergency Medical Response
- Clinical Reasoning
- Direct Access

### 2 Fall

- Body Region Modules: Lumbar, Hip, Knee, Ankle/Foot
- Sports Specific Content: Fall Sports
- Return to Sport for the Lower Extremity
- Musculoskeletal Imaging
- Research for the Resident

## SPORTS Clinical Site Locations

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

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

[Memorial Hermann | Rockets Sports Medicine Institute - Shepherd Square](#)

[Memorial Hermann | Rockets Sports Medicine Institute - The Woodlands](#)

[Memorial Hermann | Rockets Sports Medicine Institute - Katy](#)

## Affiliated Universities



### 3 Spring

- Body Region Modules: Thoracic, Cervical, Shoulder, Elbow, Wrist/Hand, TMJ
- Sports Specific Content: Spring Sports
- 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
- Strength & Conditioning
- Facilitated Research Writing

### 5 Clinical Practice

- One-on-one Mentoring, 3 hours/week
- Non-mentored practice, 25 hours/week
- Training Room/Venue Coverage, 8-15 hours/week

## Advanced Practice

Being a part of a large hospital system located 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 Health System, including the Knee Program, Concussion Program and Foot/Ankle Program.

Residents have access to over 50 advanced clinical specialists who are board certified in orthopedics and sports and/or manual therapy fellowship-trained mentors. 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 differential diagnosis, patient management and return to sport. Our orthopedic and sports residents work closely together and have the opportunity to collaborate and network with other Texas-area programs as well.

## Teaching

All residents will 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 will partner up and be 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. Current and past resident research can be found [HERE](#).

## Leadership

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

### Memorial Hermann Sports Residency Program Outcomes

**100%** of our residents passed the SCS exam.  
**97%** of our residents graduated from the sports residency program.

Many have gone on to complete fellowship training, become affiliated with professional and collegiate sports teams, develop and or teach in both residency and fellowship programs across the country.

### 2019 Examination Cycle Pass Rates

| Specialty Area<br>(number of Option B applicants) | Option A Direct Patient Care | Option B Residency Graduate |
|---|------------------------------|-----------------------------|
| <b>Sports (76)</b>                                | <b>74%</b>                   | <b>92%</b>                  |

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