

Brooks Institute of Higher Learning Women's Health Residency Program Curriculum

Foundational Courses (*all residency programs*)

✓ Orientation & Introduction to Residency	8 CH
✓ Exercise Dosing	16 CH
✓ Evidence Based Practice	4 CH
✓ Clinical Problem Solving	4 CH
✓ Clinical Research & Case Reports	8 CH
✓ Foundations: Lifespan	4 CH
✓ Foundations: Musculoskeletal	4 CH
✓ Foundations: Neurologic	4 CH
✓ Foundations: Male & Female Pelvic Health	4 CH
✓ Foundations: Cardiopulmonary	4 CH
✓ Chronic Pain Management	4 CH
✓ Clinical Gait Analysis	8 CH
✓ Motor Control & Learning	8 CH
✓ APTA Clinical Instructor Credentialing Course	16 CH

Total: 96 CH

Women's Health Foundational Content

Advanced Women's Health Practice includes material specific to any clinician working with the women's health and pelvic health population.

✓ Pelvic Health Physical Therapy Level 2	42 CH
○ Management of Defecatory Disorders	
○ Management of Pelvic Pain	
✓ Pelvic Health Physical Therapy Level 3	34 CH
○ Management of Special Populations and Complex Disorders including the Pediatric, Neurologic and Male Pelvic Floor Patient	
○ Male Pelvic Floor Anatomy	
○ Management of Male Urinary Incontinence	
○ Complex Pelvic Pain of the Male and Female Patient	
○ Urogynecological Cancers	
✓ Obstetrics in Physical Therapy Level 1 and 2	52 CH
○ Management of Pregnancy and Post-partum Musculoskeletal Dysfunctions	
○ High Risk Pregnancy	
○ Birth-related Injuries	
✓ The Female Athlete	16 CH
○ Female Musculoskeletal anatomy and physiology of the female athlete across the lifespan	
○ Musculoskeletal considerations and injuries in the female athlete	
○ Female Athlete Triad	

- Understand proper nutrition practices
- ACL injuries
- Physical therapy management of the female athlete
- ✓ Osteoporosis 4 CH
 - Pathophysiology and Diagnosis
 - Medical and Dietary Management
 - Physical Therapy Management and interventions with musculoskeletal dysfunctions with osteoporosis
- ✓ Oncology Rehabilitation: Applying the Current Evidence 12 CH
- ✓ Breast Cancer Rehabilitation 14 CH
 - Pathology of Breast Cancer
 - Review of models of care for the breast cancer population, pre-habilitation interventions, clinical interventions and common treatment side effects
 - Medical Management and Breast Cancer reconstruction
 - Shoulder dysfunction and treatment
- ✓ Lymphedema 18 CH
 - Overview of the pathophysiology of lymphedema, differential diagnosis of the condition and considerations for therapeutic interventions
 - Assessment of Lymphedema
 - Review of Complete Decongestive Therapy including manual lymph drainage, compression wrapping, exercise and garment fitting

Total: 192 CH

Advanced Women’s Health Physical Therapy Management

This content has been developed within the context of the Women’s Health, Geriatric, Orthopedic or Neurologic Physical Therapy Residency, and is deemed relevant for the Women’s Health Physical Therapy Resident.

- ✓ Advanced Orthopedic Practice Review 40 CH
 - Connective Tissue
 - Physical Therapy Examination & Introduction to Manual Therapy
 - Therapeutic Dosing
 - Chronic Pain
- ✓ Advanced Orthopedic Manual Physical Therapy Management of the UE, LE, and Spine for the Older Adult Patient 28 CH

Total: 68 CH

Directed Learning Hours/Activities

- ✓ Supervised Clinical Practice 850 DLH
- ✓ Direct 1:1 Mentoring or Clinical Practice 150 DLH

- Each Resident will perform 1000 hours of clinical practice hours with the specific population of women's health patients (this is a combination of the 1:1 clinical mentoring hours and the clinically supervised hours).

Scholarly Hours (SH)

- 2 Written Case Studies (including prep time) 30 CH
- 2 Oral Case Presentations 20 CH
- 1 Presentation (TBD) at Brooks Scholarly Symposium (including prep time) 10 CH

Observation Hours (OH)

- Urogynecology Clinic/Urodynamics 4 CH
- Urogynecology Surgery Observation 4 CH
- OB/ Midwife Clinic 4 CH
- Labor and Delivery Observation 8 CH
- Brooks Inpatient UI program 2 CH
- Chronic Pain Clinic (Thursdays only) 4 CH
- Lymphedema Treatment Observation 8 CH
- Breast Cancer Clinic 4 CH
- Athletic Screenings or Clinic Observation 4 CH
- Residency Faculty &/or Previous Resident 4 CH
- Peer Residents (4 hours with each classmate) 4 CH
- Other Resident (4 hours with one resident from other Brooks residency program) 4 CH

Practice Management:

- Referral Development Marketing/PR Visits 4 CH
- Community Service Project 20 CH

Educational Experiences:

- Classroom Teaching (including prep time) 30 CH
- Supervision of Professional PT Student 80 CH
- Inservices to Brooks Staff (2/resident- including prep time) 8 CH
- Serve as a Faculty/Lab Assistant for 1 Brooks CEU Course 16 CH
- 1 Pelvic Physiotherapy Journal Club Presentation (including prep time) 5 CH

Total: 1,277 DLH

Total Residency Program Hours: 1,633 Hours