

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

Foundational Courses (*all residency programs*)

IHL Orientation	8 hours
Clinical Reasoning	4 hours
Case Presentations	3 hours
Pain	3 hours
Scholarly Integration I, II, III	9 hours
Therapeutic Alliance	2 hours
Implementation Science	3 hours
Motor Control Collaboration	8 hours
Motion Analysis Center	3 hours
IHL Pillar Discussions	10 hours
APTA CI Credentialing Course	16 hours

Total: 69 hours

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 34 hours
 - Management of Defecatory Disorders
 - Management of Female Pelvic Pain
 - Pelvic Health Physical Therapy Level 3 30 hours
 - 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 47 hours
 - Management of Pregnancy and Post-partum Musculoskeletal Dysfunctions
 - High Risk Pregnancy
 - Birth-related Injuries
- The Female Athlete 16 hours
 - Female Musculoskeletal anatomy and physiology of the female athlete across the lifespan
 - Musculoskeletal considerations and injuries in the female athlete
 - Female Athlete Triad

<ul style="list-style-type: none"> ○ Understand proper nutrition practices ○ ACL injuries ○ Physical therapy management of the female athlete 	4 hours
<ul style="list-style-type: none"> ✓ Osteoporosis <ul style="list-style-type: none"> ○ Pathophysiology and Diagnosis ○ Medical and Dietary Management ○ Physical Therapy Management and interventions with musculoskeletal dysfunctions with osteoporosis 	14 hours
<ul style="list-style-type: none"> ✓ Oncology Rehabilitation: Applying the Current Evidence 	14 hours
<ul style="list-style-type: none"> ✓ Breast Cancer Rehabilitation <ul style="list-style-type: none"> ○ 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 	18 hours
<ul style="list-style-type: none"> ✓ Lymphedema <ul style="list-style-type: none"> ○ 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 	18 hours
Total: 177 hours	

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.

<ul style="list-style-type: none"> ✓ Advanced Orthopedic Practice Review <ul style="list-style-type: none"> ○ Connective Tissue ○ Soft Tissue Mobilization ○ Therapeutic Exercise Dosing ○ Understanding Pain 	60 hours
<ul style="list-style-type: none"> ✓ Advanced Orthopedic Manual Physical Therapy Management of the UE, LE, and Spine for the Older Adult Patient 	21 hour
Total: 81 hours	

Directed Learning Hours/Activities

<ul style="list-style-type: none"> ✓ Supervised Clinical Practice 	850 DLH
<ul style="list-style-type: none"> ✓ 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)

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

Observation Hours (OH)

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

Practice Management:

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| ✓ Referral Development Marketing/PR Visits | 4 hours |
| ✓ Community Service Project | 4 hours |

Educational Experiences:

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| ✓ Classroom Teaching (including prep time) | 10 hours |
| ✓ Supervision of Professional PT Student | 80 hours |
| ✓ Inservices to Brooks Staff (2/resident- including prep time) | 8 hours |
| ✓ Serve as a Faculty/Lab Assistant for 1 Brooks CEU Course | 16 hours |
| ✓ 1 Pelvic Physiotherapy Journal Club Presentation (including prep time) | 5 hours |

Total: 1,227 DLH

Total Residency Program Hours: 1,554 Hours