

Brooks/UNF Orthopaedic Manual Physical Therapy Fellowship Overview & Infrastructure

Curriculum Overview:

- Our program is 2 years in length with a cohort of 1st year and 2nd year Fellows-in-Training (FiTs) interacting throughout the program.
- Class will meet on most Wednesdays from 8:00am-5:00pm and several weekend days 8:00am-5:00pm for continuing education courses that are integrated into the curriculum.
- Fellows in Training (FiT) will receive 150 hours of 1:1 mentoring from an AAOMPT Fellow while treating their own caseload.
- Curriculum within the classroom component is divided into two types of learning:
 - Theoretical/Cognitive classwork (402.5 hours)
 - OMPT Psychomotor Training (265 hours assessment and intervention techniques)
 - 149 spine and 78 extremity dedicated hours
 - 38 hours related to practical assessments.
- The different aspects of learning (i.e. Theoretical/Cognitive & Psychomotor) will be integrated within each component of the curriculum as well as within the clinical mentoring.
- Each FiT will participate in Directed Learning Activities (DLAs) within the areas of clinical practice, education, scholarly activities, professionalism, and practice management. This includes providing 1:1 clinical mentoring for Orthopaedic Residents.
- FiTs will practice full time, typically 40 hours per week (Four-10 hour days), and will be given 120 hours of “banked time” to use each year to complete OMPT Fellowship program requirements.
 - 20 of those hours to be used towards an elective DLA track of the FiT’s choice in the 2nd year.
- Each body region will be covered in 5 classes over the course of the 2 years. (Upper Extremity, Head and Neck, Thoracic Spine, Lumbar Spine, Pelvis, Lower Extremity). There are two general types of classes, Didactic Presentations and Combined Theoretical/Cognitive & Psychomotor Lab classes
 - Didactic Presentation Classes include presentations developed and presented by the FiTs
 - The presentations range from 2-4 hours in length
 - Theoretical/Cognitive & Psychomotor Labs
 - Each FiT will present >/1 patient case with Clinical Reasoning Discussion
 - Practical work related to the patient cases to follow (FiT and/or Coordinator led)
 - Each FiT will serve as the leader for designated psychomotor lab components
 - Fellowship Coordinator leads psychomotor lab components for advanced manual techniques including HVLA thrust manipulation and other skills as indicated
 - Fellowship Coordinator integrates educational strategies as indicated to advance the FiTs’ ability to synthesize and evaluate data for best patient management in an evidence informed manner

- Typical Class Schedule per Body Region
 - 1st Year
 - Didactic Presentation day
 - Theoretical/Cognitive & Psychomotor Lab day with only FiTs 1 present
 - Theoretical/Cognitive & Psychomotor Lab day with both FiTs 1 and 2 present
 - 2nd Year
 - Theoretical/Cognitive & Psychomotor Lab day with only FiTs 2 present
 - Theoretical/Cognitive & Psychomotor Lab day with both FiTs 1 and 2 present
- Each FiT will serve as the leader for psychomotor practice sessions as assigned (to occur outside of designated Wednesday or Weekend class times). These sessions will be scheduled and coordinated by the FiTs. The Faculty may or may not be present for these sessions.
 - 4 hours per joint/region for a total of 44 hours
- Each FiT will undergo formative assessment throughout the program.

Program Overview:

Psychomotor Training	265 Hours
Theoretical/Cognitive	402.5 Hours (239 hours from in-person class & 163.5 hours from DLAs)
1:1 Clinical Mentoring	150 Hours
Additional DLAs	446.5 Hours

Total Educational Hours	1264+ Hours (as some DLAs are not assigned hours)
Total Patient Care Hours	2760-3600 Hours
Total Program Hours	4024-4864 Hours

Revised 09/2022