

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

Residency Foundational Content

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| • IHL Orientation | 8 hours |
| • Clinical Reasoning | 4 hours |
| • Case Reports/Clinical Research | 2 hours |
| • Pain Science | 7 hours |
| • Cardiopulmonary | 3 hours |
| • Scholarly Integration I, II, III | 8 hours |
| • Patient Centered Communication | 4 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: 76 hours

Women's Health Foundational Content

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

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| • Pelvic Health Physical Therapy Level 2 | 20 hours |
| ○ Management of Defecatory Disorders | |
| ○ Management of Female Pelvic Pain | |
| • Pelvic Health Physical Therapy Level 3 | 23 hours |
| ○ Management of Special and Complex Populations including the Pediatric, Neurological, and Male Pelvic Health Patients | |
| • Obstetrics in Physical Therapy Levels 1 & 2 | 31 hours |
| ○ Management of Pregnancy and Post-Partum related Musculoskeletal Dysfunctions | |
| • The Female Athlete | 16 hours |
| ○ Musculoskeletal Anatomy and Physiology of the Female Athlete across the Lifespan | |
| ○ Musculoskeletal Considerations and Injuries in the Female | |

Athlete including RED-S, ACL injury

- Osteoporosis **4 hours**
 - Pathophysiology and Diagnosis of Osteoporosis
 - Medical, Dietary and Physical Therapy Management
- Oncology Rehabilitation **14 hours**
- Breast Cancer Rehabilitation **12 hours**
 - Pathophysiology of Breast Cancer
 - Medical and Physical Therapy Management, Common Treatment Side Effects
 - Breast Reconstruction, Shoulder Dysfunction Treatment
- Lymphedema **12 hours**
 - Overview of the Pathophysiology of Lymphedema
 - Assessment of Lymphedema and Review of Complete Decongestive Therapy including Manual Lymphatic Drainage, Compression Wrapping, Exercise, and Garment Fitting

Total: 132 hours

Musculoskeletal Foundational Content

- Advanced Orthopedic Practice **99 hours**
 - Orthopedic Examination and Patient Framing
 - Connective Tissue
 - Therapeutic Exercise Dosing
 - Understanding Pain: Assessment & Conservative Treatment Strategies
 - Clinical Integration of Gait Analysis
 - Thinking on Your Feet
 - Soft Tissue Mobilization
- Advanced Orthopedic Manual Physical Therapy Management of the UE, LE, and Spine **24 hours**

Total: 123 hours

Direct Learning Hours/Activities

Scholarly Hours

- 2 Written Case Studies **40 hours**
- 2 Oral Case Presentations **20 hours**
- 1 Presentation at Brooks Scholarly Symposium **10 hours**
- Research Participation **15 hours**

Observation Hours

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| • Urogynecology Clinic/Urodynamics | 4 hours |
| • Urogynecology Surgery Observation | 8 hours |
| • Labor and Delivery Observation (if available) | 4 hours |
| • Chronic Pain Clinic/Behavioral Medicine | 4 hours |
| • Lymphedema/Breast Cancer Treatment Observation | 8 hours |
| • Athletic Screenings or Sports Clinic Observation | 4 hours |
| • Residency Faculty and/or Previous Resident | 4 hours |
| • Peer Resident (Same Program) | 4 hours |
| • Peer Resident (Different Residency Program) | 4 hours |

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 (with prep time) | 10 hours |
| • In-services to Brooks Staff (2 per resident, with prep time) | 8 hours |
| • Serve as TA/Lab Assistant for 1 Brooks CEU Course | 16 hours |
| • Pelvic Physiotherapy Distance Journal Club Presentation | 3 hours |
| • Brooks Pelvic Health Program Journal Club Presentation | 3 hours |

Total: 177 hours

Total Educational Hours: 508 hours

Patient Care Hours, including the following: 1900 hours

- Direct 1:1 mentoring – 150 hours
- Serve as Clinical Instructor for a DPT Student – 320 hours

Total Program Hours: 2408 hours