

# **Carolinas Rehabilitation**

## **Orthopaedic Physical Therapy Residency Program**

### **Frequently Asked Questions**

**1.) How many geographical locations do you have?**

Starting in 2025, we will host 2 geographical locations: Carolinas Rehabilitation in Charlotte, NC And Atrium Health Floyd in Rome, GA.

**2.) What is Carolinas Rehabilitation (CR) versus Atrium Health Floyd?**

Carolinas Rehabilitation (CR) and Atrium Health Floyd are part of a greater healthcare organization known as Atrium Health (AH). Both include multiple inpatient rehabilitation hospitals and outpatient therapy clinics.

**3.) When does the program begin?**

Our year-long program begins on the first workday of the calendar year and continues through mid-December. Lecture/lab classes will typically begin on the first Tuesday in January. The mentoring sessions will usually begin in February. The unofficial end date for the program is when you make your final case study presentation, which is typically the second or third Friday of December.

**4.) How do lectures/lab work with two geographic locations?**

The residents in the Charlotte region will attend classes at one location in Charlotte, while the Rome residents will attend classes at one location in Rome. Classes are co-instructed by faculty in both regions and are live streamed.

**5.) How many hours per week will residents be treating patients during the residency year?**

Residents will work a full 40 hours per week. At the start of the year the resident will have 4 hours of lab/lecture every Tuesday morning and 36 hours of patient care. Mentoring sessions will also be in 4-hour blocks each week and take place on Thursdays beginning in February. These 4 hours are factored into your patient care time (36 hours per week) and will consist of a faculty member traveling to your site of employment to mentor you with your own caseload.

**6.) What is the tuition for the program?**

Residents are paid 90% of their normal starting salary as calculated by Human Resources based on years of experience and other factors. This represents your schedule at 90% patient care (36

hours patient care/week). For your convenience, payment will be done through an adjustment in your annual salary by this amount.

**7.) How is my salary determined?**

For new employees of AH, your salary offer is determined by Human Resources. Starting salaries will be greater for those with more experience. Exact annual salary offers will be determined by Human Resources once a formal offer is made. For current employees of AH, your annual salary will be reduced by the tuition amount (10%) during the year of the program.

**8.) What type of position will I have within Atrium Health?**

If you are currently an employee of AH, you may participate in the residency while remaining at your current location. However, you will need to have an appropriate orthopaedic caseload to meet program requirements. After the residency is complete, your status as “resident” will end, and you will return to your pre-residency job responsibilities. For those applying outside of AH, you have two options. We currently offer a one-year, full-time position at one of two sites. You will work in this position for the year of the residency and then vacate this position after the residency is complete. If you would like to remain with AH, we would encourage you to apply for any open, permanent positions. If there are no permanent positions available, you may opt to apply for our float pool. The other option is if we happen to have a full-time, permanent opening in one of our facilities, where you can be placed and participate in the residency. If you were to select this option, you would continue to work with our organization as a full time therapist after the completion of the residency.

**9.) Do residents receive the same benefits as other employees?**

Yes. All residents receive the same benefits as other full-time employees of AH. This includes options for health, dental, and vision insurance, as well as optional life and accident insurance. You will also be eligible for a health savings account. Your paid time off is dependent on the number of years you have worked for the system. Paid time off is not only used for vacation and sick days, but also holidays. You are also eligible for \$1500.00 in continuing education reimbursement beginning 90 days of employment. This is to be used for reimbursement of course tuition only (not hotels, food, travel) and must be preapproved.

**10.) When do residents start work? Is it different than the start date of the residency program?**

We ask that any resident who is not currently an employee of AH start no later than the end of October. We would like our residents to become accustomed to our documentation system, billing/coding processes, and other clinical duties prior to the start of the program. Proficiency with these responsibilities will allow the resident to focus on patient care and residency coursework once the program begins in January. Residents placed one of our rotating positions (not permanent) will work PRN (as needed) for the system prior to the start of the program in

January. They may cover at various CR outpatient facilities, not just at the location they have been assigned to. The resident may start this work sooner than the end of October if they like. They will be paid the current flat PRN rate, but benefits are not included. Some previous residents have even worked over 40 hours per week prior to the start of the program to earn extra money, with some of their hours at our acute care or inpatient rehabilitation sites.

**11.) Are there opportunities to continue working with Atrium Health after the residency is completed?**

Our hope and desire is that the residency graduates remain with AH after the completion of the program. Every effort is made to find the resident a suitable position. **Thus far, every graduate that has wanted to remain with the system has been placed in a role that fits well with their professional goals.**

**12.) After completion of the residency program, are there opportunities for the fellowship training through Carolinas Rehabilitation?**

Our organization does not currently have a fellowship program, but there have been some early discussions on this topic.

**13.) Are there any required textbooks for the residency program?**

We have a list of recommended textbooks. We do require the purchase of two video series that currently have a total cost of \$84. This would be an additional cost to the resident.

**14.) How is each resident evaluated throughout the program?**

Residents are evaluated through several written assignments, examinations (written, oral, and practical), live patient examination, and a final project (written case study with oral presentation).

**15.) How is myofascial trigger point dry needling incorporated into the residency curriculum?**

Taking dry needling courses and applying them in the clinic is not required by our program. It is encouraged to those who wish to pursue it. We recommend that if you have not taken any prior to the start of the program, to wait to take your first course until midway through. Dry needling is a powerful modality and we do not want it to be the only thing that our resident uses during their year of study. Most of our faculty were trained through Myopain seminars, and this is who we would recommend as we are well versed in it.

**16.) What opportunities exist for residents to work with athletes while performing their residency?**

While this is a focus of our sports residency, there may be some opportunities to work with this population as an orthopaedic resident. Residents may volunteer to assist physicians with annual health screening, health fair, and various athletic events (usually running). There may be opportunities to volunteer with ASAP, our adaptive sports programs for athletes with disabilities. Contact Gary Of for more details with this.

**17.) I am practicing outside the US, can I still apply for AH employment and the PT Residency?**

Residency applicants must be graduates from a CAPTE-accredited PT program or if foreign trained, must have a visa credential verification certificate from FCCPT (Foreign Credentialing Commission on Physical Therapy) and an H-1B visa. All residency applicants must be licensed to practice in NC.