Houston Methodist Sugar Land Hospital

Sports Physical Therapy Residency and Orthopedic Physical Therapy Residency Programs

Houston Methodist Sugar Land Hospital Sports Physical Therapy Residency and Orthopedic Physical Therapy Residency programs offer physical therapists the opportunity to become advanced practitioners. Graduates become community leaders in rehabilitation, while exemplifying the Houston Methodist I CARE values of integrity, compassion, accountability, respect and excellence, and supporting the vision of the American Physical Therapy Association (APTA).

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Visit houstonmethodist.org/pt-education to learn about our program, faculty, eligibility and the application process. For more information, please contact Kris Neelon at kneelon@houstonmethodist.org.
Clinical Practicum
This residency offers direct clinical patient care that allows residents to integrate knowledge gained from content areas, including foundations, and to gain experience in the management of orthopedic and sports-related injuries.

Clinical Mentoring
The programs offer four to six hours a week of one-on-one formal mentoring of a patient with an orthopedic-certified specialist and fellowship-trained manual therapist. This helps advance residents’ skills in evaluation and treatment of orthopedic and sports-related injuries, including examination, evaluation, diagnosis, prognosis, intervention and return to activity.

Research and Investigation
Directed research is offered on specific patient conditions that will expose residents to the most current evidence-based approaches in the evaluation and treatment of orthopedic and sports-related injuries. Residents will develop and present case studies and proposals on specific patients and conditions, and to participate in IRB-approved research, if interested. Residents also participate in literature review and engage in general discussions on current evidence.

Specialty Observation
Residents will spend clinic hours with on-site orthopedic surgeons, sports medicine specialists and other specialists who influence orthopedic care to develop an understanding of current surgical and medical interventions, along with the rehabilitation implications. Surgery observation is part of the program.

Didactics
Weekly faculty lectures are offered to residents on anatomy, movement biomechanics, examination process, differential diagnosis, medical and clinical intervention, prevention strategies, and the return to activity of region-specific orthopedic conditions.

Lab
The program includes weekly participation in nonpatient mentoring activities to increase residents’ knowledge and motor skills in manual examination and intervention of orthopedic and sports-related injuries.

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<thead>
<tr>
<th>Core Modules</th>
<th>Length</th>
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<tbody>
<tr>
<td>Foundations</td>
<td>2 weeks</td>
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<tr>
<td>Spine</td>
<td>11 weeks</td>
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<tr>
<td>Lower Quarter</td>
<td>13 weeks</td>
</tr>
<tr>
<td>Upper Quarter</td>
<td>13 weeks</td>
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<tr>
<td>Advanced-Intervention Techniques</td>
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