



SPORTS PHYSICAL THERAPY RESIDENCY

ABOUT THE RESIDENCY

MISSION: The mission of the Physical Therapy Sports Residency is to create an advanced, highly skilled, specialty-trained sports physical therapy practitioner built on a foundation of sports science, research, and world-class sports medicine expertise. The Sports Residency will exemplify our organizational culture expectations for quality service to our patients and athletes, and support our mission, and values: Integrity, Service, Innovation, Teamwork, and Quality.



ABPTRFE aspires that residency and fellowship education becomes the preferred pathway for physical therapist professional development and advancement.

RESIDENCY TIMELINES + ACCREDITATION

- Candidate Applications: Due December 1, 2024
- Interviews: Feb 20, 2025
- Candidate Selection: March 1, 2025
- Residents Start: July 2025: Up to 2 Candidates, 4th cohort
- Official TCO Sports PT Residency Accreditation: April 2023



ABPTRFE
American Board of Physical Therapy
Residency & Fellowship Education

BE A LEADER IN SPORTS PHYSICAL THERAPY

- Develop into a high-quality “**Most Valuable Player**” Sports PT
- Learn from a myriad of sports-medicine providers that are experts in their fields
- Integrate yourself into multiple arenas of sports
- Cultivate leadership as an EBP practitioner, community leader, and lifelong PT advocate



OUR PROMISE

- Exceptional Sports Medicine Experience
- Athletic Training Room and Sideline Coverage
- Networking with top sports-medicine providers
- Collaborative team approach
- Clinical exposure to surgical and non-surgical sports injuries
- Academic curriculum that's flexible
- Help align your ambitions within our organization of highly engaged sports-medicine providers, our culture of excellence, and our state-of-the-art facilities



IMPORTANCE OF SPECIALIST CERTIFICATION

As a board-certified specialist, you'll be among more than 30,000 PTs who have achieved certification since the first credentials were awarded in 1985 — and you'll empower your professional growth.

- **Dive deep into what moves you.** Earning specialist certification is all about pursuing the facets of physical therapy that you love most.
- **Elevate your practice.** Specialist certification helps patients and referral sources know that you offer a deep understanding of specific areas of care, and that you're committed to professional growth.
- **Get recognized for your commitment.** Specialist certification is the profession's acknowledgment that you've achieved knowledge and skills that set you apart.
- **Help lead the profession.** Engagement is the heart of leadership: ABPTS specialists are often at the forefront of developments in research and practice, and part of a community that believes in continuous improvement of patient care.

Excerpt from <https://specialization.apta.org/>

WHY COMPLETE A SPORTS RESIDENCY?

- Able to sit for the ABPTS Sports Clinical Specialist (SCS) Exam
- Improve job placement and marketability
- Sports Medicine networking and relationships
- Develop advanced sports medicine foundations
- Improve clinical decision making with return to play
- Opportunities for professional growth



FIND THE RESIDENCY THAT FITS YOU

- Models: Academic, Clinical, Collaborative
- The “fit” should include matching up your goals, interests, ideal geographical location, benefits, compensation, learning opportunities, research, mentors and faculty, and leadership involvement to name a few.

ABPTRFE

American Board of Physical Therapy
Residency & Fellowship Education

**Follow Your Passion.
Power Your Practice.**

**APTA Specialist Certification - Governed by
ABPTS**

American Board of Physical Therapy Specialties



SPORTS PT RESIDENCY PROGRAMS

- Accredited Programs: 58 (2021)
- Candidate/Developing Programs: 15 (2021)
- Varying differences of candidate acceptances, length of program, company benefits, and opportunities offered.

2025 will be our first year for Sports Match Process on a national scale.

Match Dates:

- Dec 1st: Applications Due
- Feb 20th: Interviews (Week after CSM)
- Mar 1st: Match Process (RF-PTCAS)



SPORTS ELIGIBILITY REQUIREMENTS

- Graduation of a CAPTE accredited physical therapy program
- Active member of American Academy of Sports Physical Therapy (AASPT)
- Licensed to practice physical therapy in Minnesota*
- Current CPR certification (must maintain)
- Comply with all i-Health (Twin Cities Orthopedics) employment requirements

Additionally: You must have one of the following prior to admission and maintain during the sports residency

- Certified/Licensed Athletic Trainer (ATC/LAT)
- Emergency Medical Responder for the Athlete (ERA)
- Emergency Medical Technician/Responder (EMT or EMR)

*Must take licensure exam in April of Residency Year

SPORTS PT RESIDENCY PRIMARY LOCATIONS

Twin Cities Orthopedics – Eden Prairie

12982 Valley View Rd | Eden Prairie, MN 55344

TCOmn.com/Eden-Prairie



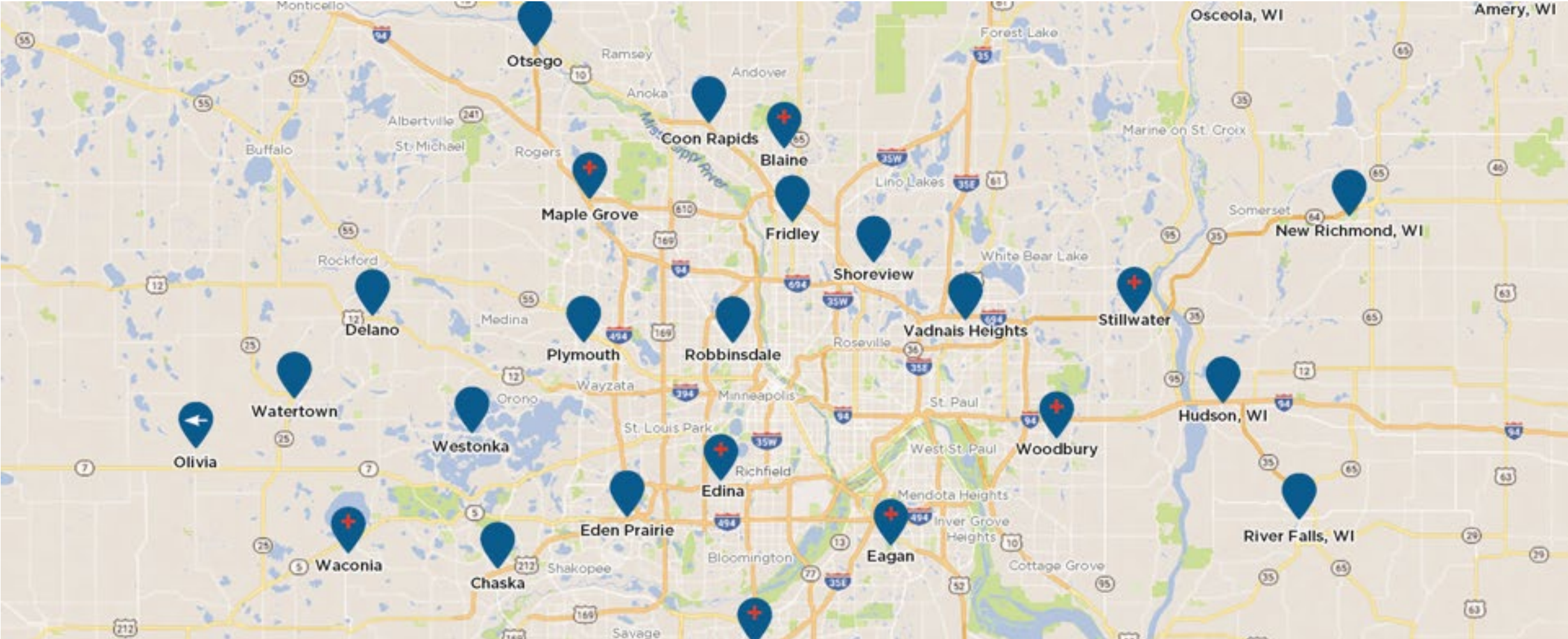
Training HAUS – Viking Lakes

2645 Vikings Cir, #200 | Eagan, MN 55121

TrainingHAUS.com



TCO LOCATIONS...



RESIDENCY PROGRAM GOALS

- **INTEGRITY:** The Sports PT Residency program supports the mission of Twin Cities Orthopedics (TCO) & Training HAUS by having residents strive to "Be The Difference" in the lives of their patients and wants every patient receiving care from TCO to "Experience The Difference."
- **TEAMWORK:** The SPTR program maintains ABPTRFE accreditation and an elite curriculum/program to prepare students to excel as a sports physical therapist.

RESIDENCY PROGRAM GOALS

- **INNOVATION:** Provide consistent clinical and didactic resident education across all Sports PT Residency locations (Training HAUS and TCO).
- **QUALITY:** Provide residents with a high-quality consistent sports-medicine experience.
- **PREPARE:** SPTR will provide a curriculum that addresses all areas of the current Sports Physical Therapy Description of Specialty Practice (DSP) to successfully sit for the sports clinical specialist certification examination by the American Board of Physical Therapy Specialties (ABPTS).

RESIDENCY PROGRAM GOALS

- **LEAD:** Residents will participate in the interpretation, collection, analysis, and translation of clinical research data and integrate findings with current evidence to complete a residency capstone project. This project will be related to physician related project, a current clinical leadership/research/education project at TCO/Training HAUS.
- **SERVICE:** Prepare residents to contribute to the profession of physical therapy, and the larger healthcare community, through leadership, evidence-based practice, teaching, and service.

SPORTS PT OVERVIEW

- Up to 2 Residents Selected
- 12.5 Months Duration (mid-July through end-July)
- Schedule: 45-50 hours/week planned
 - Mentor 1:1 4-6 hours/week
 - Independent Patient Care 15-19 hours/week
 - Sports Science Lab 4-8 hours/week
 - Training Room and Event Coverage 5-8 hours/week
 - Curriculum (Grand Rounds, virtual, specialty providers)
 - Self-Study: Directed learning assignments
 - Modules with SME across TCO/Training HAUS and MORE...

GOALS (hours)

- Over 1500+ Clinical Sport Focus*
- Over 160+ 1:1 Mentoring (minimum is 150 hours)
- Over 250+ Athletic Event Coverage (minimum is 200 hours)
- Over 10%+ Variety of sports patient populations: pediatrics, adults, geriatrics, and gender (minimum is 5% each)

*100 hours minimum in Athletic Coverage supporting or observing pre, during, post, training, practices or competitions. 50% must be contact sports.

BE INVOLVED IN THE AASPT



Six Pillars of Sports Physical Therapy

1. Prevention of Athletic Injury
2. Acute Management of Athletic Injury
3. Sports Rehabilitation and Sports Performance
4. Return To Play Following Athletic Injury
5. Sports Science is the Core of Our Foundation
6. Interdisciplinary Collaboration

www.aaspt.org/about-us

TCO has developed a robust integrated **Specialty Interest Groups (SIG's)** that meet quarterly. Groups include: Throwing, Golf Medicine, Soccer, Performing Arts, Hockey, Athletic Competition Enhancement (ACE), Concussion/Vestibular, Pelvic Health, and Running.

BENEFITS & COMPENSATION

- 2024 Salary: \$60K (54-weeks)
- No Tuition Fees
- i-Health Benefits: 80 hours PTO Rewards, and includes health, dental, vision, HSA/FSA, 401K, Fitness membership discounts and more.
 - Reference i-Health Residency Handbook
 - Up to additional 40 hours PTO for Education CEU's or Interviews
- \$2,500 CE/CSM/AASPT Budget
- Free Internal CEU's

7 Paid Holidays

- New Year's Day
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Day after Thanksgiving
- Christmas Day

MANY POSSIBLE OPPORTUNITIES*

- Monthly Virtual Grand Rounds
- TCO Sports Medicine Journal Club (Bi-Monthly)
- Sports Physicals
- SIG Quarterly Meetings
- APTA-CSM
- MNPTA Annual Conference
- AASPT Team Concept Conference
- MHealth Sports Grand Rounds and Journal Club
- High School Football Combine
- TCO Baseball Medicine Conference
- Twin Cities Sports Medicine Conference
- M Health Ortho Grand Rounds
- M Health Fairview Sports Medicine Symposium
- TRIA Orthopedic and Sports Medicine Conference
- Mayo Clinic Throwing and Hockey Summit
- Many more...

*Not all may be available to each Resident

RESIDENCY PROGRAM STRENGTHS

- Unparalleled facilities, equipment, and resources across the Twin Cities
- Learn from the Top Experts in Sports Medicine
 - Over 100+ Board Certified Providers and MD Leaders
- Competitive Employment Package
- Exposure to various levels of competition: High School, Collegiate, Semi- Pro, Professional, Olympic, Clubs, and Partnerships
- Teamwork & Collaboration across many lines...
- Services include Sports Acupuncture, Sports Chiropractic, Sports Massage, Sports Nutrition, Sports Performance, Sport Psychology, Sports Recovery, Sports Science, and Sports Therapy



RESIDENCY PROGRAM STRENGTHS

- Quality Outcomes with High Patient Satisfaction:
99% Patients would recommend us to their family and friends
 - We aim to exceed expectations
- Strong Curriculum with planned Modules & Flexible Online SCS Outline
- Community support takes on many forms. To include helping local athletic teams and events, our staff is passionate about giving back and staying active in our communities.
- Monthly Resident Led Journal Club combined with TCO Orthopedic PT Residents
- Monthly Learning with MD Fellows



SPORTS RESIDENCY WEEKLY OVERVIEW*

	Weekly Schedule
Direct Independent Patient Care	15 to 19
Sports Science Lab Patient Care	4 to 8
Athletic Training Room Coverage 1:1 Athlete Care + LAT/ATC Mentoring	4
Direct 1:1 Mentoring	4 to 6
Didactic Education & Curriculum SME Modules	3 to 5
Community Service, Leadership and/or Research Project	1 to 3
Self-directed Learning	2 to 4
Event Coverage	0 to 4
Physician Shadowing / Surgical Observation	1
Weekly Resident / Faculty Meeting	1
Total Hours (vary week to week)*	35 - 55 .

Six months each at TCO Eden Prairie and Training HAUS**

54 weeks total, beginning the 3rd Week in July and ending at the end of July the following year

- The last two weeks involve mentoring the new cohort coming in.

*Approximate hours/week, per location of resident

**Year 2024-2025 Trial of a split year long schedule

SAMPLE RESIDENT SCHEDULE

*Subject to change per mentor changes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings	Didactic Education Self-Directed	Patient Care	Grand Rounds Literature Review SME / Modules	Didactic Education Self-Directed	Self-Directed	Event Coverage
Afternoons	Mentoring Patient Care	Sports Science Lab	Patient Care/Training Room	Mentor Patient Care	Patient Care	Event Coverage
Evenings	Patient Care	Patient Care	Training Room	Patient Care	Event Coverage	

THE TEAM

Meet Your Sports PT Clinical Mentors



[Rob Himmerick, PT, DPT, SCS](#)
Sports Physical Therapist



[Russ Linville, PT, DPT, OCS, SCS](#)
Sports Physical Therapist



[Pedro Zavala, PT, DPT, SCS](#)
Sports Physical Therapist



[Rebecca Fedie, PT, DPT, SCS](#)
Sports Physical Therapist



[Brandon Schomberg, PT, DPT, OCS, SCS](#)
Director, Sports Physical Therapy Residency

PLUS, MANY OTHER TOP PROVIDERS

- Physical Therapist
- Hand Therapist
- Sports Performance
- Physicians
- Physician Extenders
- Wellness



OTHER TEAMMATES

- 53 Sports Medicine Physicians
- 126 Certified Athletic Trainers
- 25 Sports Performance Coaches
- 4 Dieticians
- 4 Massage Therapists
- 3 Sports Scientists

*Last Updated Jan 2024



HIGH SCHOOL PARTNERSHIPS

- Andover
- Anoka
- Apple Valley
- Belle Plaine
- Blaine
- Blake
- Bloomington Jefferson
- Burnsville
- Champlin Park
- Chanhassen
- Chaska
- Coon Rapids
- Cretin-Derham Hall
- Eagan
- East Ridge
- Eastview
- Eden Prairie
- Edina
- Farmington
- Gentry Academy
- Hopkins
- Mahtomedi
- Maple Grove
- Minnehaha Academy
- North St. Paul
- Norwood Young America
- Osseo
- Park Center
- Prior Lake
- Rockford
- Rosemount
- Roseville
- Simley
- South St. Paul
- Spring Lake Park
- St. Anthony Village
- St. Paul Academy
- St. Thomas Academy
- Stillwater
- Tartan
- Two Rivers
- Visitation
- Waconia
- White Bear Lake

COLLEGE PARTNERSHIPS

- Augsburg
- Bethel
- Crown College
- Hamline
- St. Thomas
- UW-River Falls



CLUB PARTNERSHIPS

Clubs

TCO provides various sports medicine services to athletic organizations and associations in the community.



PROFESSIONAL PARTNERSHIPS

- Minnesota Vikings
- Minnesota Twins
- St. Paul Saints
- USA Curling
- Minnesota Distance Elite
- Aurora FC
- Minneapolis City Soccer Club



SPORTS COVERAGE

- Work alongside the athletic trainers, sports physician, strength coaches, and coaching staff.
- Weekly and/or weekend responsibilities with event coverage throughout the residency year.
- See previous slides for partnerships as options will rotate each year but will work with the residents on a “best fit” pending specific goals.

GOAL: Over 250+ Hours of Athletic Event Coverage (minimum is 200 hours)

- More time may be available
- **BE THE TEAM!**

In any team sport, the best teams have consistency and chemistry.

— Roger Staubach —

LEARNING EXPECTATIONS

Evaluations through Curriculum

- MedBridge SCS Course Prep Online + Exams
- CORE Modules: Lower Quarter, Upper Extremity, Spine, Foundations and other Sport/Athlete Content
 - Faculty Involvement across TCO/TH
 - See Curriculum for Content
 - Traveling “Road Show” Hands-on with EXPERTS
- Mentor Evaluations: Interactive Patient Care
- Resident Clinical Skills Performance Evaluation
- Competency Checklist

Learning Models

- Flexible Self-Study
- Faculty 1:1 Top Experts
- Mentor 1:1 Labs
- EBP Literature Review
- Sports Science Lab / Bioengineering Lab
- In-Services
- Journal Clubs
- Problem Solving/Case Studies
- Self-Reflection and Feedback
- Specialty Interest Groups

LEARNING MODULES OVERVIEW



Module 1 Lower Quarter	Athletic Human Anatomy and Sport Physiology, Movement Science, Pathophysiology, Surgical Considerations, Health and Wellness, Critical Inquiry, and Injury Prevention
Module 2 Upper Extremity	
Module 3 Spine	
Module 4	ATHLETICS & SPORT SPECIFIC
Module 5	LEADERSHIP DEVELOPMENT
Module 6	FOUNDATIONS
Module 7	TRAINING ROOM COVERAGE
Module 8	EVENT COVERAGE

CAPSTONE PROJECT

- Residents will complete a capstone project that they will present at the time of graduation to fellow residents, physical therapists, physicians, other TCO clinicians, and TCO leadership.
- Opportunities may be available to present research data at a local and/or national meetings.
- Stipend allotted to attend/present at CSM, AASPT, or other TCO/Training HAUS conference.



COMPLETION OF THE RESIDENCY

- Resident to achieve the **Sports Clinical Specialist (SCS)**
- Develop enhanced leadership and clinical skills as a sports physical therapy provider
- Be an effective sports physical therapist communicator and educator
- Become an expert clinical decision maker
- Team "MVP" player in **SPORTS PT**
- Demonstrate advance skills in research methodology, research implementation and dissemination in order to translate clinical research into sports physical therapy practice through future publications, presentations, leadership opportunities, and/or lectures.
- Ultimately, become a community leader in Sports PT.



FREQUENTLY ASKED QUESTIONS

Q: What is the size of the sports PT residency?

A: Up to 2 candidates

Q: Will the resident be compensated?

A: Yes, \$60,000.



FREQUENTLY ASKED QUESTIONS

Q: Can I sit for the sports clinical specialist (SCS) exam upon completion of the program?

A: Yes, our goal is to ensure you are prepared for and pass the SCS exam.

Q: Can I defer student loans during the residency year?

A: In most cases, residents have been successful in deferring during the residency year.

FREQUENTLY ASKED QUESTIONS

Q: Is the resident eligible for benefits?

A: Yes. As a sports resident, you are considered a TCO employee and eligible for benefits.

Q: What is the length of the program?

A: 54 weeks. Starting the 3rd week in July and ending the end of July the following year, with graduation.

FREQUENTLY ASKED QUESTIONS

Q: What do you look for in a sports resident?

A: We look for those that have a passion for sports and align with our cultural values for both TCO and Training HAUS excellence.



WHY CHOOSE TCO SPORTS PT RESIDENCY?

- TOP WORKPLACE (voted by staff)
- Many opportunities exist!
- Top clinicians that put the patients first! Learn from the best!
- Infinite exposure to multiple levels of sports care!
- Flexible curriculum and capstone project to work with your specific goals!
- We are a fun, passionate TEAM and our organization continues to grow!

DON'T JUST TAKE OUR WORD...



CONTACT INFORMATION

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us bank stadium

**“Thanks for your interest in our TCO Sports
Physical Therapy Residency Program.”
-The TCO team!**

