

## Program Description

The Vail Health Howard Head Sports Residency (HHSR) is a full time, 13 month program designed to advance the skills of a physical therapist whose career goals center on becoming a valued, contributing member of a sports medicine team.

From on-field assessment and management, to surgical intervention, evidence based rehabilitation, return to sport programming, and injury prevention; the residency will provide didactic and experiential learning in the six competency areas that define specialty practice in the field of sports physical therapy according to the American Board of Physical Therapy Specialties.

Residents will spend half of their time learning, mentoring, and researching with board certified physical therapists and top orthopaedic surgeons and certified athletic trainers from the Steadman Clinic and Vail Summit Orthopaedics, while the other half of their time will be spent applying their advanced knowledge to an independent case load consisting of sports, orthopaedic, and emergency department patients.

In addition to clinic hours, Howard Head Sports Physical Therapy residents will participate in event coverage alongside sports clinical specialists and certified athletic trainers. Event coverage is provided for traditional sports at area schools, and for more non-traditional, life sports with Ski and Snowboard Club Vail, The Vail Recreation District, the Western Eagle County Recreation District, and the US Ski and Snowboard Team. Further coverage may also be provided for the Go-Pro Mountain Games and USA Climbing events.

Through a system of structured and spontaneous educational opportunities designed for the adult learner, residents will be prepared to sit for and pass the Sports Clinical Specialist (SCS) Board Certification Exam and to be leaders in the field of Sports Physical Therapy in the future.

## Program History

The Howard Head Sports Residency was initially credentialed in 2008. Between 2008 and 2012, the program graduated 10 residents and earned a first time, 100% pass rate on the Sports Clinical Specialist board exam. Graduates from the program have gone on to work and manage clinics throughout the country, provide physical therapy services for the US Ski and Snowboard Team at home and abroad, and pursue continuing education through PhD programs and fellowships in manual and sports physical therapy.

Clinic changes in 2012 prevented the program from accepting residents in 2013 and from completing the scheduled APTA residency re-certification process. As such, our status as an APTA accredited residency site lapsed. The formal process of gaining APTA certification has begun. As of October 2017, the Howard Head Sports Residency obtained candidate status from the APTA's American Board of Residency and Fellowship Education and is awaiting a site visit in the winter of 2019.

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Though achievement of candidate status signifies satisfactory progress toward accreditation, it does not assure that the program will be accredited. However, we are committed to the process and look forward to regaining our status as an accredited program in the near future. Given the quality of our former residency and the improvements we have made during the last six years, we are confident that the Howard Head Sports Residency will again earn recognition as one of the top post graduate programs in the country.

## **Program Mission**

*The mission of the HHSR is to provide advanced didactic, clinical, and research training to develop highly skilled, patient focused physical therapists that exemplify the core values of VVMC and are leaders in the specialty of Sports Physical Therapy in the communities they serve.*

The Howard Head Sports Residency Program (HHSR) is a part of Vail Health and, as such, is influenced by the mission, vision, and values of this parent organization.

## **Program Eligibility**

- Graduate of an accredited physical therapy program
- Possess a Colorado State Physical Therapy license (*candidates completing entry-level physical therapy programs at the time of application will need to plan to sit for the spring National Physical Therapy Board Exam to be eligible for a residency position. Proof of registration and payment to The Federation of State Boards of Physical Therapy will need to accompany application submissions*)
- Possess any one of the following by the first day of the program: current certification as an Athletic Trainer, a current license as an EMT, or certification as an Emergency Medical Responder

*(Certification as an Emergency Medical Responder can be obtained through completion of an EMR course offered through the Sports Physical Therapy Section of the APTA prior to beginning the program. For course availability please access the link: <http://www.spts.org/education/emr-courses/upcoming-emr-courses>. Candidates will be considered for a residency position as long as proof of registration for/or anticipated date of course completion accompanies application submissions)*

- APTA and Sports Section Member in good standing
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## Program Benefits

Residents are hired by Vail Health with a salary of approximately \$47,000 with included Professional Liability Insurance. Subsidized health, dental, and vision insurance, along with subsidized employee housing and fitness facility memberships are available. Additionally, funds for selected educational opportunities, including a resident exchange with Gundersen Health System's Sports Physical Therapy Residency and their experience with the US Ski and Snowboard Association, will be provided as part of a resident's compensation package.

**Please visit the ABPTRFE Residency Directory for more detailed information about the Howard Head Sports Residency Program, <https://accreditation.abptrfe.org/#/directory?f-accredited=false&f-candidate=true&f-developing=false&f-fellowship=false&f-residency=false>, or visit RF-PTCAS to apply, <https://rfptcas.liaisoncas.com/applicant-ux/#/login>.**

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