

The Ohio State University Sports Physical Therapy Residency Experience
By
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What made you decide to pursue a sports physical therapy residency and why did you choose The Ohio State University program?

As a PT student in graduate school my exposure to the acutely injured athlete was limited. Since this was a major area of interest to me I actively pursued a variety of CEU courses over the next 2 years around the country seeking out experts in orthopaedic and sports physical therapy. As time passed, I learned that The Ohio State University Sports Medicine Center Residency Program in Sports Physical Therapy was recently accredited and focused on the critical elements I felt I needed to attain true expertise in sports physical therapy. These elements are: 1) commitment to education, 2) commitment to research, 3) commitment to patient care and teaching, and 4) a strong mentorship program. Originally being from the Cleveland, OH area and wanting to be near my family, I completed the application process with faculty and Residency Director John Dewitt, PT, DPT, ATC and was offered the residency position in late August, 2006. I chose The Ohio State University Sports Physical Therapy Residency position because of their commitment to education, research, teaching, patient care and finally receiving the mentorship I've been seeking since coming out of PT school.

How have the first 4 months of the OSU Sports PT Residency been?

The Ohio State University Sports Physical Therapy Residency experience has afforded me the opportunity to learn and grow professionally in the area of sports physical therapy by working with an extremely motivated sports medicine staff dedicated to delivering evidence based medicine, research, and education and building towards personalized health care. The variety of experiences I have had so far have been very exciting, such as: working with primarily a sports physical therapy patient population in addition to a general orthopaedic population, working as a Resident Teaching Assistant at The Ohio State University School of Allied Medical Professions Division of Physical Therapy in their upper extremity/lower extremity lab classes and gross anatomy course, working with The Ohio State University Rugby

team and the team's athletic trainer, taking a post professional class on spinal manipulation within the Division of Physical Therapy at OSU, developing emergency planning modules, performing research with other PT clinicians and attending weekly fellowship MD conferences covering current sports medicine topics. Also having the chance to work with Matt Briggs, PT, DPT, ATC, CSCS during the first 3 months was a great experience. Here at OSU the residency is 15 months long which means having the chance to interact and learn from the resident before you. I have learned so much from Matt in terms of clinical care, professionalism, and many other facets of the residency experience that has made the transition that much easier. I am looking forward to continuing to work with Matt in the future.

Is there an example you could give related to one of your patients and evidence based medicine, research and education building towards personalized health care?

Yes, one of my patients is a 16 year old football player with an anterior cruciate ligament reconstruction. Working with this patient throughout their post-surgical rehabilitation phase has allowed me to implement evidence based protocols to optimize clinical outcomes. There are a plethora of resources available to me such as: 1) online access to the John A. Prior Health Library including a variety of online journals and databases as well as Hooked on Evidence, 2) collaborating with a number of physical therapists and sports medicine physicians at the OSU Sports Medicine Center, and 3) collaborating with professors and professionals at The Ohio State University School of Allied Medical Professions Division of Physical Therapy and Athletic Training. This comprehensive approach has allowed me to develop individualized plans of care through evidence based medicine and personalized healthcare to progress patients back to their original functional activities.

Could you please speak more about working in the sports clinic?

The OSU physical therapy clinic is a dynamic place to work. At the clinic, I have the opportunity to work with a staff of sports medicine professionals/specialists who are always seeking the current best evidence in order to achieve the best results for the patient. The residency experience in the clinic allows you to go through the mentoring experience with a staff who wants you to become successful and develop those necessary skills in order to

become a sports PT specialist. Working in the sports PT clinic has allowed me to further develop and fine-tune my examination and treatment skills in order to provide enhanced care to my sports PT patient population. I now have the opportunity to become more proficient in recognizing deficient sports-specific movement patterns or taking the elite level athlete who has a back/shoulder dysfunction to the next level simply because of the ability to critically think and ask questions. My critical thinking skills have been significantly strengthened by the following: 1) weekly fellowship conferences covering various sports medicine topics with both Orthopaedic and Primary Care Fellows and Faculty, 2) Grand Rounds (National and internationally recognized speakers are invited to OSU once every 2-3 months to present on various sports medicine topics during Grand Rounds), 3) mentorship in the clinic during evaluations and treatments, 4) weekly sports physical therapy inservices covering patient care evaluations/treatments, and 5) shadowing other PT's and learning their specific techniques.

What has your experience been like working The Ohio State University School of Allied Medical Professions Division of Physical Therapy?

My experience at The Ohio State University School of Allied Medical Professions Division of Physical Therapy has been very rewarding. I have a new appreciation in how students struggle to make the connection between classroom knowledge and clinical application. I feel like I have been able to make an impact with them through our classroom interaction experiences. The role of Resident Teaching Assistant instead of student has been a pleasant change. Additionally, I have had the opportunity to teach a shoulder intervention lab that included therapeutic exercise and mobilizations. I have also been able to assist with the final practical process and help the students learn to critically think in an intense situation and overcome it. This experience has been very rewarding and has challenged my base PT knowledge as well as my clinical/teaching skills.

Please describe your OSU Rugby experience.

Rugby is a physically intense sport. It has been exciting to work with The Ohio State University Rugby team's certified athletic trainer on the sideline during practice/game/tournament situations. I have seen a variety of injuries ranging from the

traumatic acute shoulder dislocation to the lacerated eye-brow and how to treat the acutely injured athlete on the sideline. In order to treat the acutely injured athlete, I've learned that one's critical thinking process and examination skills need to be succinct and focused. I've also been able to see the rehab process as a continuum from acute injury, the rehabilitation process and the athlete's return to play.

What are you looking forward to in the upcoming months of the residency?

That is a hard question, where do I start? I am looking forward to having a chance to work and learn in the upcoming Sports Biomechanics Laboratory with Ajit Chaudhari, PhD, MS, BS. I want to be able to perform clinically relevant research in the area of sport-specific movement patterns and make correlations to sports injury. I have the chance at the moment to work with a few physical therapists and a biomechanist in performing research related to the Star Excursion Balance Test and an ACL Injury Prevention Program to determine if there are any correlations between the two areas. I also am looking forward to physician rounds starting in one month where I will have the opportunity to interact and learn from the physician's during patient evaluations, reading diagnostic testing, and also developing an enhanced critical thinking process. Also looking forward to Spring OSU Men's Rugby and working with the team's certified athletic trainer during both the practices, games and tournaments. Will also be involved with pre-participation physicals for one of the local high schools in the Columbus area this coming spring. Finally, attending weekly fellowship conferences covering various sports medicine topics keeps me updated to the latest research which in turn enhances my daily clinical practice.

In conclusion, I am very excited and happy that I chose to become a part of The Ohio State University Sports Medicine Center and the greater Columbus community. I am very much looking forward to what's ahead in the future.