

# Specialized Physical Therapy Education: Professional Growth Opportunities

Specialized Physical Therapy Education offers quality educational opportunities to practicing clinicians in the area of musculoskeletal physical therapy and rehabilitation to enhance personal professional development and to contribute to the profession's vision of evidence-based autonomous practice. SPTE seeks to provide a variety of opportunities for professional growth, while taking into account your current practice, your professional goals, and your personal life, with opportunities to continue to expand ones knowledge.



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## CHOOSE YOUR PROFESSIONAL PATHWAY



### SPTE Orthopedic Residency

Advance your clinical practice on all levels with SPTE's Orthopedic Residency. Our program provides a structured, multidimensional educational program addressing all three levels of learning from the psychomotor application of skills, one's knowledge base in critiquing and implementing the most current practice guidelines, and helping you apply this to your practice ever refining your clinical decision making and patient care outcomes.

- 18 month distance education learning model with a standardized curriculum in all required components of the APTA's Description of Specialty Practice
- Receive direct one-on-one live patient care mentoring and hands on skills practice to maximize your patient outcomes
- Upon completion of the residency you will be eligible to sit for the Orthopedic Clinical Specialty Examination as a resident graduate



### SPTE Orthopedic Specialty Track

Improve your knowledge and hands on skills while applying the current best treatment guidelines. SPTE's Orthopedic Specialty Track allows you to still take part in a year long curriculum based on the current Description of Specialty Practice in Orthopedics

- In depth conversations and readings regarding current orthopedic evaluation and treatment topics, which is followed by hands on skills application and training
- Upon completion of the coursework, you will have the knowledge base to sit for the Orthopedic Clinical Specialty Exam



### SPTE's Orthopedic Academic Track

With SPTE's Academic track, you can take one or all four core courses including PT Management of Cervicothoracic, Lumbopelvic, Upper and/or Lower Extremity Disorders.

- Further your knowledge in the current best evaluation and treatment options for orthopedic conditions
- You are provided current practice guidelines
- You will engage in weekly discussions about current evidence, clinical reasoning, and patient centered care



### SPTE's Mentored Clinical Practice

Continually looking to serve the patients you see most often in YOUR practice? With the mentorship component of SPTE, you will continue to develop critical thinking skills through all elements of a patients care. SPTE clinical faculty will work with **you** in **your** clinic with **your** patients

- Reinforce clinical reasoning skills
- Identify key elements of pattern recognition and hypothesis development
- Provide effective, efficient care identifying a treatment threshold early in care to ensure the greatest recovery and prognosis for your patients

# Specialized Physical Therapy Education: Curriculum

## Pain Sciences

This 2 week online course is designed to provide an overview of current best evidence within the pain science. Learn how to reduce pain, increase function, reduce fear and catastrophizing, improve movement and change cognition during individual pain experiences. Pain science education attempts to change patient beliefs regarding their pain, thus reducing the threat of pain. This class will discuss why pain science education is needed in physical therapy and, more importantly, the clinical application and implementation of pain education for patients with acute, sub-acute and chronic pain. Various metaphors, images, examples and case studies specific to pain education will be introduced.

## Evidenced Informed Practice

This 2 week online course is composed of several components of Evidence Based Practice explored. During the course, you will be taking a look at both how to adequately review, search, and critique the evidence, and then clinically reason through patient cases keeping the patient at the center of our care with their values and expectations.

## Medical Screening and Musculoskeletal Imaging

This 3 week online course will be an overview of medical diagnostics, emphasizing indications and implications for imaging studies used to augment information obtained from the physical therapy examination. Topics include plain film x-ray, ultrasound, computed tomography, magnetic resonance imaging and nuclear imaging.

## PT Evaluation and Management of the Cervico-Thoracic Region

This online and hands on course will emphasize the implementation of the patient/client management model in the realm of musculoskeletal physical therapy of the cervico-thoracic region. It will focus on common pathologies, impairments, and functional limitations associated with the cervico-thoracic spine. Participants will identify variables that affect prognosis and the evidence based interventions, tests, including unique special tests to differentially diagnose health conditions, measures, and treatments. It will also cover screening for Health Conditions that would constitute referral to other health care providers.

## PT Evaluation and Management of the Lumbo-Pelvic Region

This online and hands on course will emphasize the implementation of the patient/client management model in the realm of musculoskeletal physical therapy of the lumbo-pelvic region. It will discuss the examination process, focus on common pathologies, impairments, and functional limitations associated with the lumbo-pelvic region, while presenting variables that affect prognosis and the evidence based interventions, tests, measures, and treatments.

## PT Evaluation and Management of Patients with Lower Extremity Disorders

This online and hands on course will emphasize the implementation of the patient/client management model in the realm of musculoskeletal physical therapy of the lower extremity (including the hip, knee, and foot/ankle). It will focus on common pathologies, impairments, and functional limitations associated with the lower extremity, while presenting variables that affect prognosis and the evidence based interventions, tests, measures, and treatments.

## PT Evaluation and Management of Patients with Upper Extremity Disorders

This online and hands on course will emphasize the implementation of the patient/client management model in the realm of musculoskeletal physical therapy of the upper extremity (including the shoulder, elbow, wrist, and hand). It will focus on common pathologies, impairments, and functional limitations associated with the upper extremity, while presenting variables that affect prognosis and the evidence based interventions, tests, measures, and treatments.

Interested in learning more or getting started?

For further course descriptions, questions, or to get signed up for one of our courses, contact us today!

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