

# Casa Colina's Neurologic Physical Therapy Residency

Casa Colina is a unique rehabilitation hospital that provides state-of-the-art technologies, breakthrough rehabilitation techniques, and an unsurpassed continuum of care. It is an ideal environment for clinicians to advance patient care, learning from fellow therapists with advanced training and experience. Casa Colina understands how important it is to nurture the skills of future rehabilitative care providers. We believe that we have a duty to create an educational environment that fosters learning and promotes scholarship.

Our neurologic physical therapy residency program provides advanced knowledge and skill in a focused clinical environment. The course work provides training in clinical examination, decision-making and treatment skills. It is designed to accelerate a therapist's professional development while allowing them to achieve clinical excellence in all aspects of patient care. Upon completion of the program, the clinician will have had the training to apply for the neurologic certified specialty examination offered by the American Physical Therapy Association (APTA). The neurologic physical therapy residency is credentialed by the APTA.

## Physical Therapy Residency Programs at Casa Colina offer:

- ♦ Mentored 1:1 clinical practice
- ♦ Structured learning opportunities
- ♦ Didactic coursework from leading experts
- ♦ Participation in physician specialty clinics
- ♦ Preparation and training for APTA specialty certifications
- ♦ Paid compensation for all hours of clinical practice as well as time being mentored



CREDITIALED RESIDENCY PROGRAM



**ABPTRFE**  
American Board of Physical Therapy  
Residency and Fellowship Education

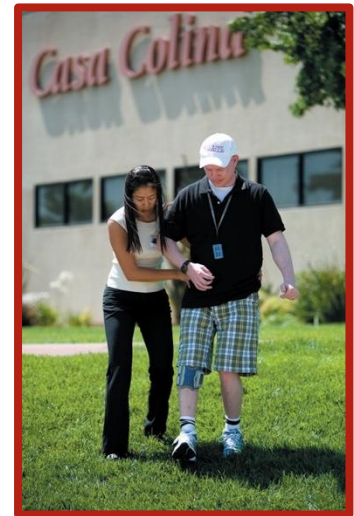


## Neurologic Residency Program

Casa Colina started a Neurologic Residency Program in July of 2009. This is a 50-week APTA-credentialed program that enrolls 1 to 2 residents every July (didactic education begins in June). The application and selection process includes an observation of the applicant performing an initial evaluation and treatment on a patient.

## Residency Curriculum

- ◆ 1800 hours of clinical practice (32 hours per week)
  - ◆ 150 hours of one to one mentoring (3 hours per week)
  - ◆ 16-week rotation in inpatient rehabilitation
  - ◆ 16-week rotation in transitional living center
  - ◆ 16-week rotation in outpatient neurology
  - ◆ Optional 1-week rotation in acute care and or pediatrics
- ◆ 260 Hours of Resident Directed Learning Opportunities
- ◆ 300 hours of didactic education



Resident directed learning opportunities may include activities in the area of research, clinical, education, or professional development. Examples of include teaching in local DPT programs, observing in physician clinics, participating in research on campus or at local universities, leading community exercise classes, and observation in wheelchair clinic. These activities are not limited to what has been listed here, and are individualized with each resident.

Didactic education is provided through the Neurologic Physical Therapy Professional Education Consortium ([www.ptneuroconsortium.org](http://www.ptneuroconsortium.org)). Two 4-day courses are required (August and November) in addition to weekly webinars and journal club readings.

## Residency Faculty

All members of our residency faculty are seasoned clinicians with a passion for neurologic physical therapy. Our faculty members have advanced certifications including Board Certified Neurologic Specialists, Assistive Technology Professionals, and Certified Brain Injury Specialists. Many members of our faculty are residency graduates from various programs. All our faculty mentors are committed to providing supportive mentorship to foster professional development, critical thinking, and develop clinical specialists.

To request more information about the Casa Colina Neurologic Physical Therapy Residency, please contact:

Rachel Tran PT, DPT, NCS, ATP

Program Director

[rtabak@casacolina.org](mailto:rtabak@casacolina.org)

626-334-8735

## How to Apply

Applications for the neurologic physical therapy residency program should be completed through the RF-PTCAS system ([www.abptrfe.org](http://www.abptrfe.org)) and are due April 1<sup>st</sup>.

Graduates of APTA-accredited entry level DPT programs may apply to the program. Recent graduates, as well as experienced clinicians, are encouraged to apply. If the applicant is newly graduates, a letter of recommendation from a clinical instructor is requested. Final candidate will be invited on campus of an interview that includes a live patient examination, documentation sample, and panel interview. Interviews take place in early May. The clinical portion of the residency begins at the end of July. Residents must have a valid California Physical Therapy License to participate in the residency program. Applicants taking the licensure exam in July will be considered.

Program tuition is \$2100 which covers the cost of the Neurologic Physical Therapy Professional Education Consortium.

## Frequently Asked Questions

### ***What is unique about Casa Colina's Neuro Residency Program?***

Casa Colina's program offers residents the opportunity to gain clinical experience with mentorship in 3 different areas of practice (inpatient, outpatient, and transitional living) with a variety of patient populations. Residents benefit from mentoring with skilled clinicians with a variety of areas of expertise. Designed to model the demands and responsibilities of practicing clinicians, the program requires residents to be self-directed in designed their activities for the year. This also allows for a more individualized and unique program emphasis tailored to each individual residents.

### ***What are resident directed activities?***

This aspect of the program covers a wide variety of activities selected to meet the goals and interests of each residents. These activities can include a variety of opportunities in the areas of education (teaching in local DPT programs, giving lectures to students on campus, staff inservices, etc), research, and professional and community developments (community fitness programs, involvement in local/state/national PT association, community service, etc). It is the resident's responsibility to plan and execute these activities with guidance/assistance provided from program faculty as needed.

### ***When does the program begin?***

The clinical portion of the program begins late July on campus. Participation in the Neurologic Physical Therapy Professional Education Consortium online webinar's begin in June.



### ***Are residents paid during the program?***

Residents are compensated for all clinical care hours (24 hrs per week). Opportunities may exist to pick up additional hours of compensated patient care. Additional stipend may be provided with resident directed activities.

### ***What is a typical schedule for a resident?***

During a typical week, the resident would spend 3 days in clinical practice including mentor sessions. The remainder of the week is spent completing resident directed activities as determined by the resident and program faculty, and participating in the Neurologic Physical Therapy Professional Education Consortium.

### ***What is the typical patient population?***

Residents will be exposed to working with individuals with a variety of neurologic diagnosis. The typical focus during the inpatient and TLC rotations include working with individuals post stroke, brain injury, and spinal cord injury. Residents gain increased exposure to populations with multiple sclerosis, Parkinson's disease, and vestibular pathologies while in the outpatient setting.

### ***What is the Neurologic Consortium?***

The Neurologic Consortium Objectives of the Neurologic Physical Therapy Professional Education Consortium include preparing participants for specialization in neurologic PT with a focus on clinical reasoning and evidence based on practice. It includes 26 webinars and 8 days of onsite coursework in Los Angeles, CA. For additional details see [ptneuroconsortium.org](http://ptneuroconsortium.org)



### ***What is required of applicants to apply to the program?***

In addition to licensure requirements, applicants are required to include a letter of recommendation from a clinical supervisor. For new graduates this letter should be from a clinical instructor.

### ***Are residents qualified to take the NCS exam?***

Yes. Casa Colina's Neurologic Residency Program is credentialed by the APTA and is designed to incorporate the concepts included in the description of specialty practice guidelines for neurologic PT. The Neurologic Physical Therapy Professional Education Consortium component of the program also emphasizes concepts addressed in the NCS exam.

### ***Is an interview required for applicants?***

Yes. Interviews will be held on site at Casa Colina in early May and will include a session with a patient, completing a documentation sample, and a panel interview. Selected applicants will be invited to interview following review of all online applications.

## Testimonials from program graduates

“My neuro residency at Casa Colina remains a valuable experience for which I am grateful. In addition to providing an excellent opportunity to a well-balanced experience of settings that a neurology specialist can work in, I gained expertise in being part of an interdisciplinary team treating patients at all stages of recovery, carrying out important research projects in my area of interests, and teaching DPT graduate students. I appreciated the professionalism and mentorship of the colleagues I worked with and they continue to influence me in my everyday practice. Overall, I feel comfortable and confident that I can practice in any neurologic setting and I continue the research endeavors and teaching responsibilities that I began.”

David Russak PT, DPT, NCS, CBIS, CSCS  
Casa Colina Neuro Residency Graduate 2015

“The Neurological Physical Therapy Residency at Casa Colina Centers for Rehabilitation gave me the confidence and tools to provide the highest level of care to my patients. It allowed me to follow the same patients for an entire year through their full continuum of care giving me a deeper understanding of the physical and emotional journey patient go through during their recovery process. Engaging with dynamic mentors and collaborating with multiple discipline guided me towards providing integrated care that emphasized the principles of motor learning, neuroplasticity, and most recent evidence. This residency allowed me to cater my learning experience to meet me where I was in my career and push me forward to achieve goals that I though could only be achieved in a lifetime!”

Lauren Leporini PT, DPT, NCS, ATP  
Casa Colina Neuro Residency Graduate 2010

