

Application Process:

Requirements for application: Physical Therapist licensed, or eligible for licensure, in the state of Colorado, are encouraged to apply.

- **Letter of Intent** – Must include goals/objectives for the residency program, summary of prior clinical and educational experience, and short and long term goals for a sports subspecialty.
- **Current curriculum vitae or resume**
- **3 Letters of Recommendation** – must include the following: 1) current or former supervisor (if a recent graduate, from a current or former clinical instructor) and 2) instructor/faculty member from an accredited physical therapist program and/or a physician with whom the physical therapist has worked in the past.

Applications will be accepted and interviews will be conducted on a rolling basis throughout the year. Completed applications must be submitted no later than April 1st to:

Victoria Bartel, PT, SCS
Residency Director
Howard Head Sports Medicine Center
181 West Meadow Drive
Vail, Colorado 81657
Phone: 970-476-1225
Fax: 970-479-7193

For more information, please contact Victoria Bartel, Residency Director, at bartelv@vmmc.com

We believe that each employee is the reason why we grow and succeed as an organization. Our employees take pride in working for this organization and the values of empowerment, expertise, initiative, and integrity - upon which Howard Head Sports Medicine was built. As a world-class leader in providing the highest quality rehabilitation, Howard Head Sports Medicine's success creates value for our partners:

Patients – With more than 64,000 patient visits per year, HHSMC continually focuses on customer service, quality of care, and successful outcomes. We provide an optimal healing environment for patients via skilled clinicians and patient representatives to ensure that all patients have a great experience.

Therapists – HHSMC provides the education and resources for our therapists to achieve their maximum potential. Passionate about what they do, our physical and occupational therapists continually foster and utilize their access to progressive clinical research programs, cutting-edge technologies, and innovative techniques – ultimately providing our patients with the most advanced healing treatments available. We manage a number of operations-focused initiatives, including research, mentoring, and residency programs, which improve performance and enhance the quality of care provided to all of our patients.

Physicians – HHSMC establishes relationships with physicians in a mutually-beneficial manner. We believe that we can both learn from physicians and assist them with growing their practices. This relationship enhances communication among caregivers and provides patients with the most comprehensive treatment.

Community – As our way to give back to the community, we dedicate more than 2,000 hours per year to local not-for-profit organizations that can benefit from our unique skills and resources. Employees are provided with a complimentary ski pass in exchange for their participation in this program.

WMC – HHSMC strives to continually enhance the value of our partnership with the hospital. In collaboration with VVMC, we focus on process improvement that enhances rehabilitation and sports medicine as a center of excellence.



*Get a job.
Enjoy life.*


Howard Head
Sports Medicine Centers

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**Sports Physical Therapy
Residency Program**

Vail, Colorado



Program Curriculum:

Clinical Practice: The resident will provide 20-30 hours of physical therapy services per week at Howard Head Sports Medicine. The goal of this content area is for the resident to gain experience in the management of sport and orthopedic pathologies.

Clinical Mentoring: The resident will receive one-on-one mentoring time with advanced-certified clinicians who possess various areas of expertise. The goal of this content area is to develop the resident's examination, screening, diagnosis, prognosis, and return-to-sport training skills.

Sports Specialist Training: In this content area, the resident will participate in the prevention, evaluation, treatment, and triage of sport-related injuries. Experiences include emergency first response and on-field management at high school athletic events, on-mountain coverage at Ski Club Vail races and professional ski/snowboard competitions, biking and trail running race coverage, and attendance at the Medical Emergencies in Skiing and Snowboarding (MESS) Conference, hosted by the United States Ski and Snowboard Association.

Clinical Investigations: This content area will introduce the resident to the process of evidence-based medicine, including a review of clinically-relevant questions, searching for evidence, critically appraising evidence, applying it to practice, and completing a research project. The resident will work closely with researchers from the Steadman-Hawkins Sports Medicine Foundation.

Clinical Decision Making: This content area is designed to expose the resident to clinical progression and reasoning associated with differential diagnosis and decision-making. After deducing the diagnosis of a clinical case problem and determining how the diagnosis relates to the care of the patient, the resident will collect clinical information related to the evaluation and treatment of the issue and present the information in an oral format. The resident's written case report will be submitted to a sports medicine publication.

Didactic Coursework: Throughout the program, the resident will be responsible for attending educational lectures, encompassing evidence-based practice for the upper extremity, lower extremity, shoulder, spine, foot and ankle, and sports medicine. The information acquired in the didactic coursework will assist the resident with completing written exams, a practical exam, and a final written exam, in preparation for the SCS exam. During each specialty section of the CM course, the resident will be required to perform certain didactic activities.

Specialty Practice Observation: This content area is designed for the resident to experience the multidisciplinary management of the entire athlete. The resident will receive mentorship and observational experiences with orthopedic surgeons from the Steadman-Hawkins Clinic and Vail-Summit Orthopaedics, athletic trainers, sports performance trainers, biomechanists, and sports medicine researchers.

Common Questions:

- **How much time is devoted to client caseload and mentor opportunities?** 25-30 hours treating patients and 10-20 hours of mentor time per week.
- **Is there a stipend for the year?** Yes, a yearly stipend is included. The amount varies from year-to-year.
- **What is the length and timeframe of the residency?** The program is one year in length, beginning at the end of July.
- **What is the main focus of athletic venue coverage?** The main athletic events covered throughout the year include:
 - a. National and local ski and snowboard competitions and training.
 - i. United States Ski and Snowboard Association – world cup qualifiers, competitions, and races
 - ii. Ski and Snowboard Club of Vail – training sessions and competition
 - b. Local high school sports, including football, lacrosse, and soccer.
 - c. Teva Mountain Games - professional and amateur outdoor adventure athletes from all around the world meet on the mountains and rivers of Vail to compete in seven sports and 21 disciplines including: mountain and rode bike racing, extreme kayaking, trail running, and World Cup bouldering.
 - d. Local running and biking races and triathlons.
- **How much of your caseload is sports?** 75-90%
- **What types of clients are seen at the clinic?** Hip, knee, shoulder, foot/ankle, and spine surgeries of various involvements.