

Rainey Pain & Performance is a teaching clinic. Everyone is required to complete a residency or fellowship (or comparable long track education that can be evaluated by a case-by-case basis).

Our physical therapists have participated in the following physical therapy residencies:

- [Evidence in Motion's Orthopaedic Physical Therapy Residency](#)
- [A.T. Still's Orthopaedic Physical Therapy Residency](#)

Physical therapy residencies typically take 12-18 months to complete. They involve a didactic component and a mentoring component. The mentoring is what sets this apart from physical therapy certificate programs. Residency is one path that prepares a physical therapist to take the exam to become a [Board Certified Specialist in Orthopaedic Physical Therapy](#).

Specific requirements can be found on each program's website, but basically, you have to have a strong desire to improve as a physical therapist and a willingness to work hard.

Our physical therapists have participated in [Bellin College's Orthopaedic and Manual Physical Therapy Fellowship](#) program.

Bellin College's orthopedic and manual physical therapy fellowship program takes about three years, but the timeline is somewhat flexible. Other programs in the country don't take as long, but Bellin College's is exceptional, albeit rigorous.

Specific requirements can be found on Bellin College's website. A strong desire to improve as a physical therapist and a willingness to work hard for multiple years with your immediate circle support is vital. Recent DPT graduates may qualify.

How to choose between a physical therapy residency and fellowship?

Fellowship takes at least twice as long as residency training does. Fellowship prepares a physical therapist to teach in a variety of settings. About 10% of all physical therapists become board-certified specialists. Less than 1% of physical therapists are fellowship-trained. They also become board-certified specialists.

One of the most significant factors of choosing where to do residency and fellowship is mentorship. Physical therapists spend a lot of time with their mentors. There needs to be mutual respect and trust. Residents and fellows adopt much of their mentors' practice patterns, ensuring a good fit before entering a program are vital.

Fellowship training involves more traveling and costs more. If residency training provides the desired mentorship, and teaching isn't a focus, then fellowship rigor may not be desirable. It is a personal decision that no one else can make for the physical therapist. No matter the decision, it will affect what will likely be a decade's long career.