



Agile Women's Health Residency Program



Locations



Palo Alto, CA



Sunnyvale, CA



San Carlos, CA



Fremont, CA

Residents/Fellows are at our Sutter Health locations in the heart of Silicon Valley, CA

Program Information

- Program runs 52 weeks, September - September
- Number of residents vary (approx. 2-3)
- Full benefits package and are paid ~\$104,000 annually as their base package
- No tuition fees
- 1:1 patient care with 60 minute evaluations and 45 minute follow up visits
- **100% Board Certification passing rate on 1st attempt**



Curriculum

- 405 hours of instruction
 - module classroom instruction, labs, research activities, resident run lectures, projects, presentations, debates with ortho/hand residency and fellowship
 - 400+ hours of clinical mentoring
 - 1:1 mentoring (5 hours a week, mentor observes resident) and “other mentoring” (shadowing of mentor)
 - 1600 hours of clinical practice
 - 100% Pelvic and Gender Health, cancer care, and lymphedema caseload
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- 2005 hours grand total of program hours



Lymphedema Certification

- Full Complete Decongestive Therapy (CDT) Course through Norton or Klose Training
- Location: West Coast
- Dates: September/October
- Hybrid course online & in-classroom
- 135 hours total (breakdown):
 - 45 hours online home study training
 - 90 hours in-classroom (9 days)
- Agile covers the Course, Housing, Travel, Meals



Typical Week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	EVERY OTHER FRIDAY (OFF reserved for Labs, modules, projects, etc.)
7:00 AM	Patient Care	Mentoring	Mentoring	Patient Care	OFF
7:45 AM	Patient Care	Mentoring	Mentoring	Patient Care	
8:45 AM	Patient Care	Mentoring	Mentoring	Patient Care	
9:30 AM	Patient Care	Mentoring Discussion	Mentoring Discussion	Patient Care	
10:15 AM	Patient Care	Patient Care	Patient Care	Patient Care	
11:00 PM	Patient Care	Patient Care	Patient Care	Patient Care	
12:00 PM	Lunch	Lunch	Lunch	Lunch	
1:00 PM	Patient Care	Patient Care	Patient Care	Patient Care	
2:00 PM	Patient Care	Patient Care	Patient Care	Patient Care	
2:45 PM	Patient Care	Patient Care	Patient Care	Patient Care	
3:30 PM	Patient Care	Patient Care	Patient Care	Patient Care	
4:15 PM	Patient Care	Patient Care	Patient Care	Patient Care	
5:00 PM	Off	Off	Off	Off	

Orthopedic Residency

2011

Manual Therapy Fellowship

2016

Women's Health Residency

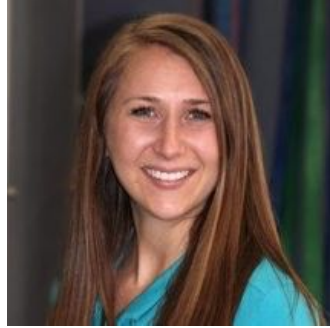
2016

Hand Therapy Fellowship

2020



Mentors/Faculty



“Ramp up” of Patient Care

After 1 week of orientation, start of patient care (September):

- Urinary incontinence (stress, urge, mixed)
- Urinary dysfunction (urinary urgency, urinary frequency, nocturia, overactive bladder)
- Pelvic organ prolapse (cystocele, rectocele, rectal prolapse, uterine prolapse)
- Post prostatectomy
 - *Only type of male diagnoses the resident can treat at this time
- Low back pain, Sacro-iliac joint (SIJ) pain/ dysfunction, Pelvic girdle pain (orthopedic conditions: pubis symphysis pain, SIJ dysfunction, lumbopelvic instability, hip pain)
 - *This does not include pelvic pain or pelvic floor pain
- Osteoporosis
- Diastasis rectus abdominis

After Lymphedema Course (September/October):

- Lymphedema (upper extremity secondary to cancer)
- Breast care (lumpectomy, mastectomy)

Ramp Up Continued

Round # 2

Start Date: November

- Colorectal conditions (fecal incontinence, constipation, incomplete defecation, bowel urgency, outlet dysfunction, irritable bowel syndrome, dyssynergic defecation)

Round # 3

Start Date: January

- Obstetrics (high risk pregnancy, pregnancy related pain conditions)
- Clogged milk ducts
- Post-Surgical pain from C-section

Ramp Up

Round #4

Start Date: February

- Pelvic pain/ pelvic floor pain (vaginismus, vulvodynia, dyspareunia, endometriosis, pudendal neuralgia)
- Abdominal pain
- Rectal pain (anorectal spasm/ pain, anismus, proctalgia fugax)
- Bladder pain (interstitial cystitis, painful bladder syndrome, incomplete bladder emptying, neurogenic bladder, voiding dysfunction)
- Post-surgical (pelvic/ abdominal adhesions, hernia repair, hysterectomy, cystocele repair, rectocele repair, sacrocolpopexy)

Round #5

Start Date: March

- Coccyx pain (tailbone pain, coccygodynia, coccydynia, coccygeal pain)
- Males (prostatitis, pain with ejaculaton, penile pain, testicular pain)
- Pediatrics



Agile Culture

FORTUNE BEST WORKPLACES
IN THE BAY AREA™ 2021



Things to do:



San Francisco



Napa Valley



Santa Cruz Beach



Muir Woods



Carmel/ Monterey



Lake Tahoe

Questions?

Application is now open! Due February 15

Interviews take place Mid March

Start Date Mid September

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