



Duke Women's and Pelvic Health Physical Therapy Residency

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Board Certified Specialist in Women's Health Physical Therapy

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RYT-200, RPYT

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DukeHealth



Duke Women's and Pelvic Health Physical Therapy Residency

We are committed to developing expert clinicians by fostering clinical excellence, professional leadership, and lifelong learning in a supportive environment. Our goal is that by graduation, residents can provide integrated evidence based, patient-centered compassionate care, undertake interdisciplinary collaboration, and participate in scholarly inquiry.



Overview

- First Women's Health Residency established 2005
 - 25 residents to date, 100% WCS pass rate
- Located in Durham, NC
- Team of 36 Women's and Pelvic Health therapists
- 1 year program (Aug-Aug)
- 1 resident accepted per year
- All populations listed in the APTA Pelvic Health DSP are seen



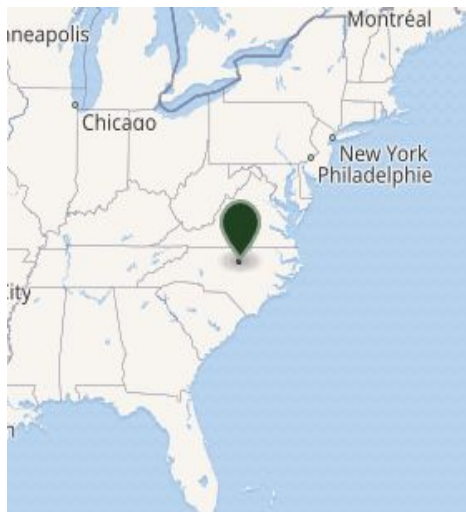


Structure

- 3 Directors
- Three “trimesters”, each with 1 designated primary mentor which rotates each trimester
- 2 days a week mentor days, 3 days a week individual work days
- 42-46 hours dedicated to the residency/week
(30 hours individual clinical/12-16 hours mentor based)
 - + didactic (self-study), teaching, and observational experiences
- Salaried as a full time 30 hours/ week employee
 - Eligible for benefits
 - No tuition fees
 - Salary rate dependent on experience



Duke University





Didactic

- Attend various hospital grand rounds
- Procedure observation
- Surgery observation
- Clinic observation with physician, PA, NP
- Observation with other therapy providers from other disciplines
- Attend continuing education classes and conferences
 - Duke courses and outside classes
- CLT certification included in program
- Cognitive Behavioral Therapy for Physical and Occupational Therapists course taught by Duke Psychology team



Professional Presentations

- Rehab Department Grand Rounds
- Monthly narrative reasoning with other Duke residents
- Possible state level or national case presentation
- Education lectures to community and patients



Applications:

- Via [RF-PTCAS](#)
- Applications open October 1, 2025
- Applications Due December 1, 2025
- Interview date January 23, 2026



What we're especially proud of:

- Our high level of 1:1 mentorship hours
- Our large supportive team
- Our clinical programming, including:
 - Specialty clinics
 - Inpatient OB and acute telehealth programs
- Our lecturing and observation opportunities
- Our in house learning opportunities, and our clinical education support
- Our support of Resident and Fellow relationships (monthly breakfast!)