



**LOYOLA
UNIVERSITY
HEALTH SYSTEM**

We also treat the human spirit.®

Loyola University Medical Center Women's Health Residency

Founded 2015

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Length of Program

- 46 week program
- From the beginning of January to mid-November each year
- Coincides with Orthopedic Residency Program
- 1-4 residents accepted, dependent upon staffing, space



Weekly Schedule

- 40 hours per week patient care (M-F)
- 4.5 hours **one on one** mentoring included in this time, one morning per week
 - Usually on Tuesday or Thursday
- 3 hours didactic and lab time in addition to the 40-hour work week
 - Usually on Wednesday morning or Friday afternoon

Mentoring



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- The resident will treat his/her patient, and the mentor will observe
- The mentor will ask questions and provide feedback to challenge the resident's clinical reasoning skills
- This is the most important part of residency

Tuition, pay, benefits



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- For outside applicants:
 - Tuition for the program is \$3,500
 - Pay is hourly rate for entry level PT, no benefits



Curriculum Overview

Modules:

- **Urogynecology** (January, February)
 - Female pelvic floor dysfunction: bladder, bowel, pain
- **Orthopedic** (March, May)
 - Spine and hip
- **Pregnancy and postpartum** (April)
- **Special topics** (June, July, August)
 - Male, pediatric, Neuro, Osteoporosis, Female Athlete, Middle age/Menopause
- **Breast cancer, lymphedema** (September, October)

Impairments, patient population



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- Pelvic floor disorders
 - Urinary incontinence, urinary urgency and frequency, urinary retention, pelvic organ prolapse, fecal incontinence, constipation, post pelvic radiation
- Pelvic pain
 - Pelvic girdle pain, myofascial pain, dyspareunia, vulvar pain disorders
- Pregnancy and postpartum
 - Back and pelvic pain, diastasis recti, obstetric perineal injuries
- Pre- and post-surgical
 - Gynecological, prostatectomy, abdominal surgeries

Impairments, patient population



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- Lymphedema
- Orthopedic
 - Lumbar, hip, sacroiliac, coccydynia
- Neurological
 - MS, Parkinson's, Stroke

Diverse demographics, complexities, comorbidities

Research and Scholarly Opportunities



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- Complete and present case reports
- Participate in a program research project
- Departmental education activities
- Participate in Urogynecology educational conference

Community Engagement



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- Opportunities to present to
 - Prenatal education group
 - Women's health fair at fitness center

About Loyola



LOYOLA
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- **11 miles west of downtown Chicago**
- Member of [Trinity Health](#), is a nationally ranked academic, quaternary care system based in Chicago's western suburbs. The three-hospital system includes [Loyola University Medical Center](#) (LUMC), [Gottlieb Memorial Hospital](#), [MacNeal Hospital](#)
- LUMC is a 547-licensed-bed hospital in Maywood
- Academic affiliation with Loyola University Chicago's [Stritch School of Medicine](#) and [Marcella Niehoff School of Nursing](#).
- Strong commitment to mission consistent with the Jesuit values:
 - Reverence**
 - Commitment to Those Experiencing Poverty**
 - Safety**
 - Justice**



Application Process

- Application open in preceding August
 - ABPTRFE site
 - Essay, 3 letters of recommendation
 - IL PT license (by start of program in January)
 - CPR certification
- Interviews and selection of applicants in September and October
 - Usually a one-hour interview
- Program starts in first full week of January

WCS Board Exam



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- Apply in July of residency program year
- Take exam following March
- 100% pass rate (13/13) as of September 2025



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