

NORTHWESTERN UNIVERSITY RESIDENCY IN WOMEN'S HEALTH PHYSICAL THERAPY

Director: Dr. Karla Wente, PT, DPT, PhD

Board Certified Women's Clinical Specialist

Program Coordinator: Ariana Alexander, PT, DPT

Board Certified Women's Clinical Specialist

MISSION & VISION



The mission of Northwestern University's Residency in Women's Health Physical Therapy is to prepare residents to become specialists in women's and pelvic health through innovative education and mentorship in evidence-based clinical care, teaching, research and scholarship.



The program is committed to continuous improvement and strategic development through ongoing curriculum evaluation, faculty development and incorporation of emerging evidence and best practices.



By fostering professional growth and leadership, the residency aims to advance the specialty, strengthen the profession and enhance patient care within the community.

PROGRAM OVERVIEW



- Length of program
 - 12 months
- Number of Residents Accepted Each Cycle
 - 1-2 depending on clinical site capacity
- Accreditation Status
 - Candidate
- Starting date for 2026
 - August 24th, 2026
- Clinical Sites- Outpatient Hospital-Based
 - Shirley Ryan AbilityLab
 - Future: Northwestern Medicine

WEEKLY SCHEDULE



32 hours clinical care

4 of these are 1:1 mentoring



2-4 hours of didactic education per week



1-2 hours of teaching practicum per week

CURRICULUM

Core Curriculum

- With all NUPTHMS residents (Acute, Neuro, Ortho)
- Focus on teaching, leadership, research, clinical reasoning and more
- Taught by NUPTHMS faculty

WH specific Curriculum

- Focused on active learning based on clinical reasoning frameworks
- Taught by residency specific faculty, NUPTHMS DPT faculty, and guest speakers
- Some flexibility in learning design and content area to resident
- Crossover with orthopedic residency didactic
- Level 2A/2B courses

MENTORSHIP STRUCTURE

- 4 patients each mentoring session
- 1:1 with mentor
- Mentors have board certifications in women's health and/or orthopedic
- Mentors are evaluated by resident and director
- 30 minute feedback session post-clinical practice for mentorship "debrief" with resident
- Rotating mentors each month for variety of feedback and practice
- Incorporation of "skills checks" on rectal balloon training, intravaginal assessment, intrarectal assessment, and sensory EMGBF

SCHOLARLY ACTIVITY AND EDUCATIONAL OPPORTUNITIES



Observation (physicians, non-physician providers, OTs, etc)



Community education



Journal club presentations at clinical site



Case presentations to WH residency faculty and all residencies faculty



Research



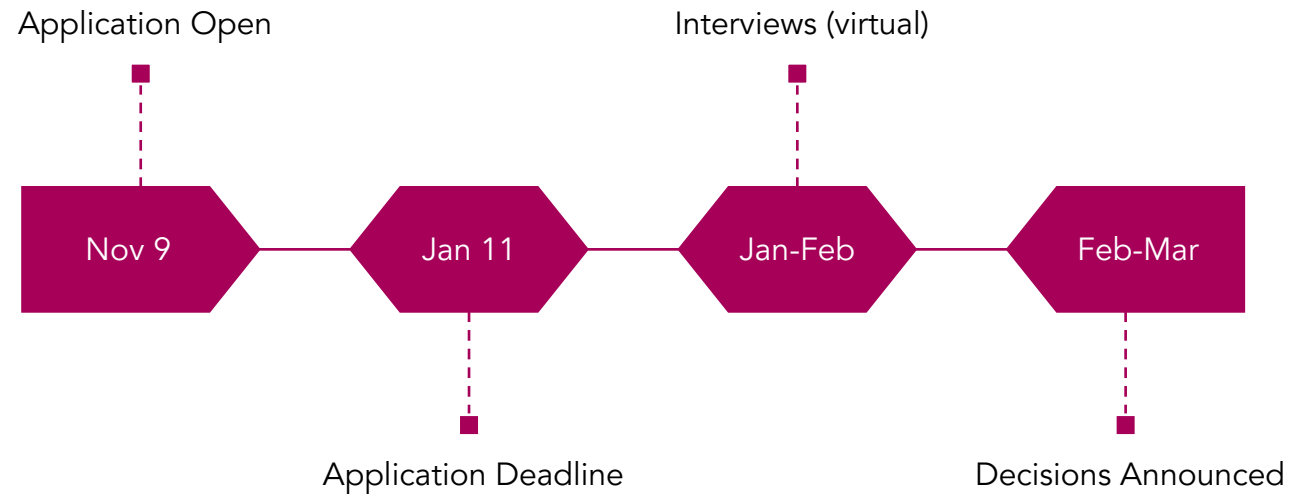
Teaching/lab assistant

FINANCIALS

- Salary
 - Commensurate with 70% of clinical site full-time salary
 - This year's resident salary at Shirley Ryan: ~\$52,000
- Benefits
 - Commensurate with clinical site full-time benefits
 - Health insurance, PTO (typically taken at end of residency), employee benefits
- Tuition
 - \$4,000 to NUPTHMS per year (in four \$1,000 installments)

APPLICATION PROCESS

- Requirements
 - Three Letters of Recommendation
 - Transcript from DPT
 - Level 1 Pelvic Floor certification
 - CV
 - Letter of intent questions (on RFPTCAS)



WHY NU WH RESIDENCY?

- Collaboration with clinical sites and academic program
- Research
- Teaching Opportunities
- Robust Core Curriculum – collaboration and community with other specialty residents
- Unique Patient Populations in Hospital-Based Outpatient
- Mentorship from experienced Board Certified clinicians, two who have completed WH residency themselves

LET'S TALK!

Director Contact:

Dr. Karla Wente, PT, DPT, PhD

Board Certified Women's Clinical Specialist

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Feel free to email me any questions!



Program Website