



The Ohio State University Wexner Medical Center Women's Health Physical Therapy Residency

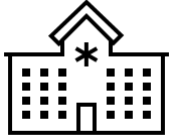
Program Director: Maria Kapral PT, DPT, WCS, CLT



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Overview



Large, multifaceted program with **wide variety of treatment diagnoses**

2 treatment locations with at least 2 faculty on-site at each

15 month duration



3 hours 1:1 mentorship per week

4 faculty members with **WCS**, 1 with **LANA**

1 resident per application cycle accepted



NO tuition! Salary is commensurate with 75% full-time PT salary, with **full benefits** and no strings attached

Program covers the cost of all selected APTA courses, Norton, and CSM, including travel and lodging



Shared curriculum with OSUWMC's many residency and fellowship programs

Opportunities to participate in **research**

Specialty observations with multiple disciplines

Teaching in the OSU DPT and OSU Nurse Midwives programs

Curriculum

Fall 1

- Pregnancy & Postpartum
- Pelvis with vulva PH1 and Pelvic Pain diagnoses

Winter

- Bowel dysfunction
- Pelvis with penis
- GI, GU, reproductive oncology care
- RED-S, bone health

Spring / Summer

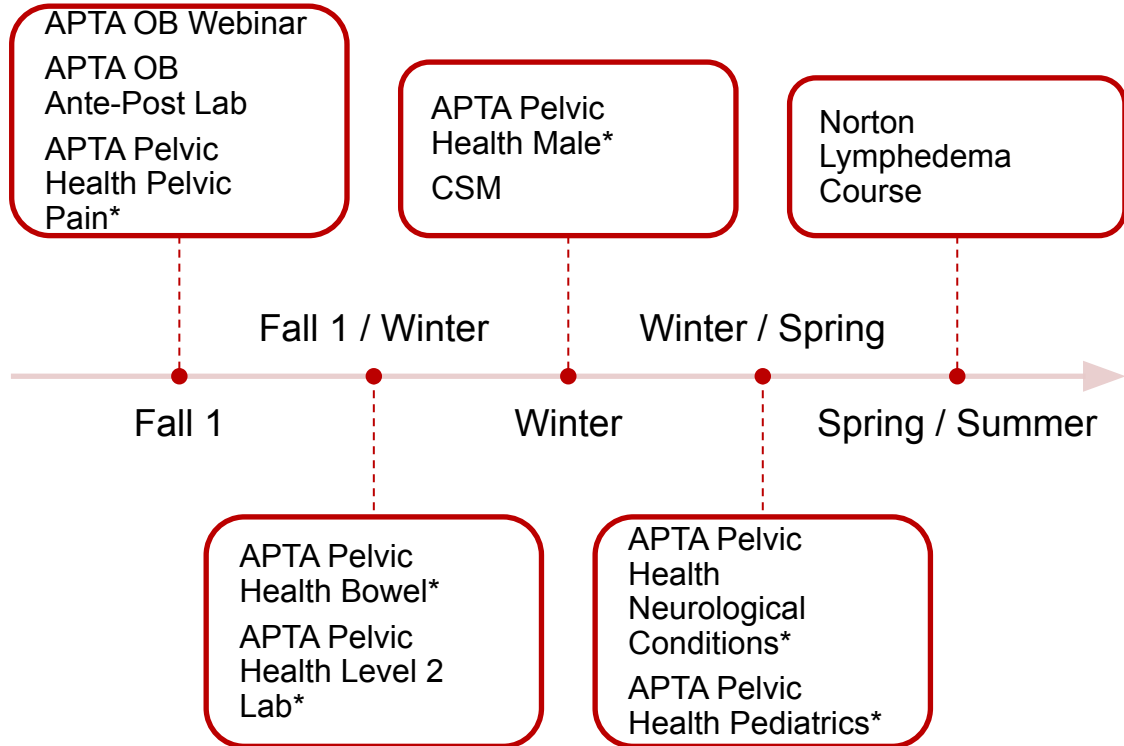
- PH3 diagnoses: neurogenic, gender affirming care, pediatrics, upper GI

Fall 2

- Lymphedema
- Breast & pelvic oncology

Course Schedule

Program pays for the following (+ travel & lodging)
*complete requirements for CAPP-Pelvic if PH1 through APTA



Fall 1: Pelvic Health Gahanna

Patient Care

- Pregnancy
- Postpartum
- Orthopedic Pelvis – Spine, Hip, SIJ
- Pelvis with vulva dysfunction including:
 - Pelvic pain
 - Prolapse
 - Urinary incontinence and bladder dysfunction
 - Sexual dysfunction

Teaching

- OSU DPT Complex Cases Pelvic Pain elective
- 1x/month additional opportunities

Education

- Specialty Observations:
 - Urology / Urogynecology
 - OB/GYN
 - Sexual Health
- Relevant APTA CAPP-OB and CAPP-Pelvic series courses
- Journal clubs 1x/month
- Shared residency curriculum

Residency Activities

- Identify WCS Case
- Select residency project topic

Winter – Pelvic Health Gahanna

Patient Care

- Bowel dysfunction
- Pelvis with penis
- Osteoporosis
- RED-S
- Gynecologic, Urologic, and Colorectal Oncology

Teaching

- OSU DPT Orthopedic Pelvic Floor and Pregnancy lecture and lab series
- 1x/month additional opportunities

Education

- Specialty Observations:
 - Gastroenterology
 - Colorectal Surgery
 - Motility
 - Urology (male)
- Relevant APTA CAPP-Pelvic series courses
- CSM attendance
- Journal clubs 1x/month
- Shared residency curriculum

Residency Activities

- First draft of WCS case reflection due
- Initiate processes for residency project

Spring / Summer – Pelvic Health Gahanna

Patient Care

- Neurologic pelvic floor dysfunction
- Upper GI (rumination)
- Vulvar dermatology
- Gender affirming care
- Pediatrics

Teaching

- 1x/month opportunities including presentations to OSU residencies

Education

- Specialty Observations:
 - Pediatrics (Nationwide Children's Hospital)
 - Neurology
 - MS clinic
 - Others as appropriate
- Norton Complete Decongestive Therapy course
- Journal clubs 1x/month
- Shared residency curriculum
- Relevant APTA CAPP-Pelvic series courses as per schedule

Residency Activities

- Final draft of WCS case reflection due and WCS application submission
- CSM Poster abstract due
- Complete residency project

Fall 2 – Stefanie Spielman Breast Center

Patient Care

- Lymphedema
- Breast oncology
- Pelvic oncology

Teaching

- 1x/month opportunities including presentations to OSUWCS Oncology PT residency

Education

- Specialty Observations:
 - Lymphedema team providers
 - Oncology team providers
- Shared residency curriculum

Typical Week

Sample Schedule

- 30 hours patient care
- 10 hours of residency activities:
 - 3 hours of 1-on-1 mentorship/week
 - Journal club 1x/month
 - 1x/week (or less) meeting with program director per week
 - 1.5-hr pelvic health team meeting/quarter
 - Teaching
 - External courses / CSM
 - Specialty Observation
 - Shared residency/fellowship curriculum (leadership, research, etc.)

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am					Clinic
8:00am		Meeting			
9:00am	Shared Curriculum	Clinic			
10:00am	Residency Tasks		Clinic	Clinic	
11:00am					
12:00pm		Lunch		Lunch	
1:00pm	Clinic	Journal Club	Clinic	Lunch	Clinic
2:00pm		Specialty Observation		Clinic	
3:00pm					
4:00pm					
5:00pm					
6:00pm					
7:00pm					

What Makes Us Unique?



Large university
research hospital
– **complexity of
diagnoses**

Past residents
consistently share
this is as a
strength – **they
feel confident to
treat any and all
diagnoses!**



Multidisciplinary
PT/OT/SLP
Residencies and
Fellowships –
**robust shared
curriculum and
opportunities for
collaboration**



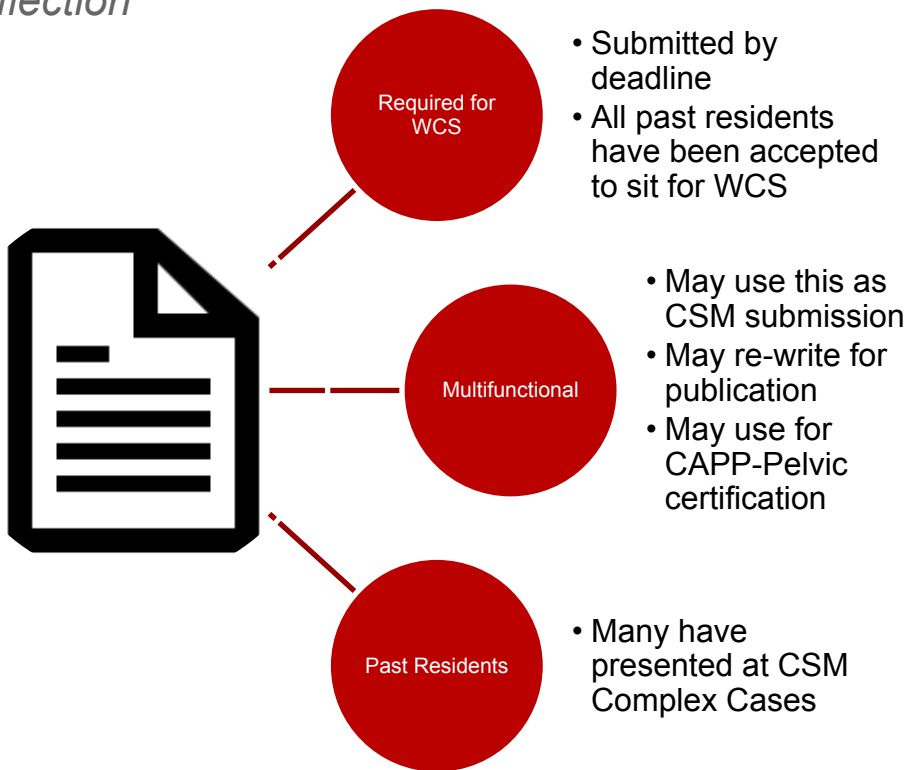
**2-month
intensive
oncology &
lymphedema
rotation**
immediately
following
completion of
Norton course



Values in action:
Ongoing
**anti-burnout
initiatives**
**Care for the
whole resident**
Participate in
**Trauma-Informe
d Care and
Motivational
Interviewing
trainings**

Additional Requirements

Case Reflection



Additional Requirements

Project



Residents design and complete a project per their interests

Past Resident Projects

Designed a home program series based on the role of posture and breathing in pelvic floor rehab

Organized a seminar series on pelvic health function for patients with SCI

Research and quality improvement project on efficacy of OSU's pushing mechanics program

Literature review on PT treatment of rectal pain and composed IRB for a research study

Design and publication of gender-affirming patient handout and presentation to physicians on pelvic pain in transmasculine populations

Brag Board

National Presentations

- CSM Education Session:
 - Maria Kapral – Trauma Informed Care integration to DPT curriculum, CSM 2025
- CSM Platform Presentation:
 - Cassie Vietas-Prete – multigestation and exercise, CSM 2023
- CSM Poster Presentations:
 - Jessie Edwards – PT management of GUSM, CSM 2024
 - Kristen Cook – PT management of dysmenorrhea and pelvic pain, CSM 2021

Publications

- Kristen Cook – JWHPT 2024: Physical Therapy Management of Dysmenorrhea-Associated Pelvic Pain in Adolescent and Young Adult Females: A Scoping Review
- Maria Kapral – OSUMC Clinical Care Guidelines for care for Pre- and Post-Penile Inversion Vaginoplasty

Medical Center and Community Engagement

- Many presentations for physician grand rounds, conferences, and community awareness/screening events
- Multidisciplinary collaborations
- Research including:
 - PFPT and Hernia Repair
 - Rectal pain management
- Specialty Clinics:
 - Gynecologic Oncology
 - Birth trauma & OASIS
 - Gender affirming care

Real Talk

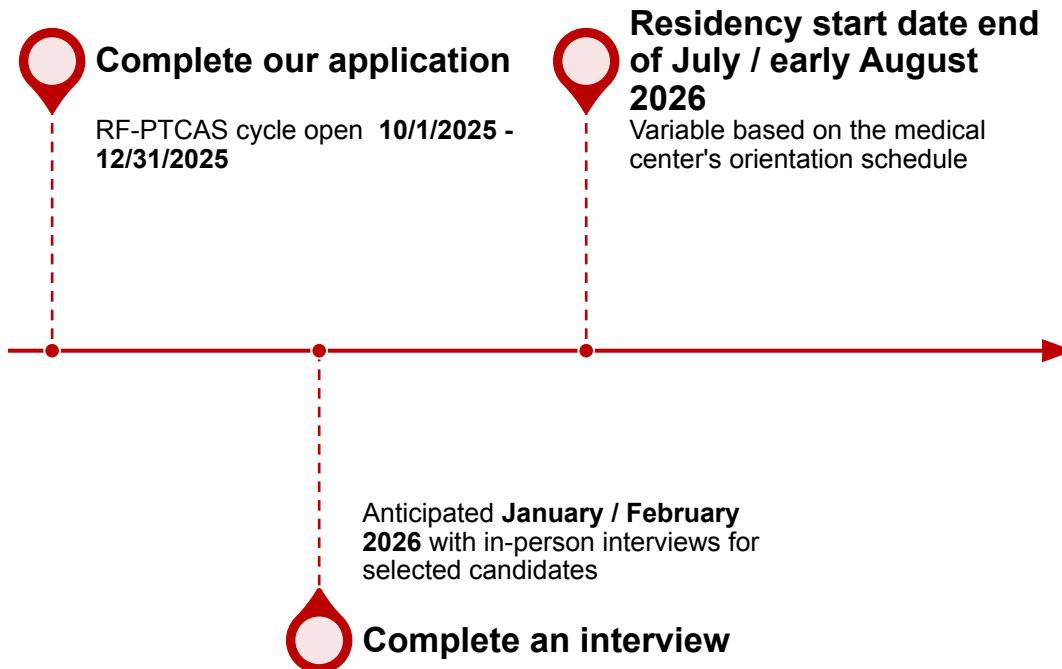


We want to push you hard to develop, **without** burning you out

We want to help you develop into the very **best and most uniquely you** clinician possible

Our goal is to develop **incredible future colleagues** who are inspired and invigorated to **lead the field** (and hopefully stay at OSU!)

Timeline



Thank You



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