



Women's Health PT residency program Overview



Forbes 2024: Raleigh is #2 city
to move to

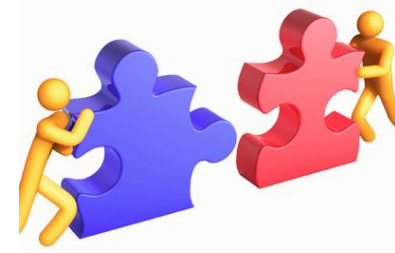
WELCOME

Who We Are

Collaboration

UNC

HEALTH®



- UNC Hospitals,
Rehabilitation Therapies



- UNC Rex, Rex Outpatient
Rehabilitation Services



SCHOOL OF MEDICINE

Health Sciences

Division of Physical Therapy

Mission

The mission of the UNC Health Residency Programs is to provide a **superior, comprehensive specialist training** and **mentorship** to licensed physical therapists to meet the health and wellness needs of the people of **North Carolina** and beyond. For the UNC Health Women's Health Physical Therapy residency, this mission is applied to physical therapists and their work with a **diverse population including transgender, non-binary, male, adult and pediatric patients with pelvic health related conditions.**

<https://www.uncmedicalcenter.org/uncmc/professional-education-and-services/rehabilitation-clinical-education/womens-health-residency/>

Who We Are: *Locations*

**UNC Medical Center:
UNC Therapy Services Durham clinic**

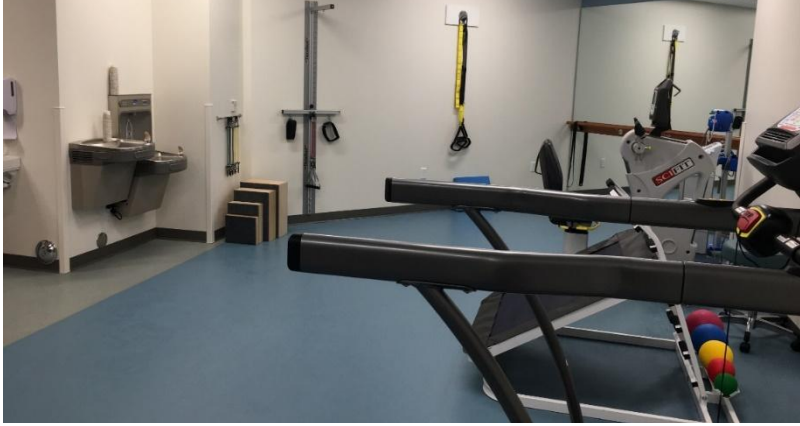


**UNC Rex Healthcare:
Outpatient Rehabilitation clinic**



6 months at UNC Medical Center clinic in Durham

6 months at Rex outpatient clinic in Cary



Who We Are *UNC Therapy Services Durham*



Who We Are: *Rex Outpatient Rehabilitation*

Residency Overview

- 55 week program with start date on September 7th 2026
- 14 modules (lasting 1 to 8 weeks each)
 - ~ 344 hours didactic
- 6 months in each clinic
 - 1500 hours clinical practice
- At least 200 hours of 1:1 mentored clinical practice
- 12 hours community service
- Two written and two practical examinations
- Research project
- Teaching opportunities in UNC DPT program

Benefits

Hiring through Office of Graduate Medical Education (GME)

- Full health benefit package
- No tuition fee (APTA membership required)
- 160 hours of PTO

Full access to:

- MedBridge
- UNC Health Sciences Library
- LMS

Curriculum: Combined modules

- Orientation
- Evidence Based Practice
- Teaching and Learning
- Clinical Reasoning
- Practice Management
- Wellness
- Professional Development

Curriculum: Pelvic Health specific modules

- Intro to pelvic floor PT
- Pregnancy and Postpartum
- Pelvic Health Part I: Bladder Health
- Pelvic Health Part II: Bowel Health
- Pelvic Health Part III: Pelvic Pain
- Pediatrics
- Oncology & Lymphedema
- Transgender & Nonbinary Care

We follow the Description of Residency and Practice (DRP) and Description of Specialty Practice (DSP) to create these

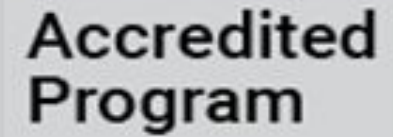
Weekly schedule

Monday	Tuesday	Wednesday	Thursday	Friday
work	Didactic	Work	Mentor (5h)	work
work	Didactic	Work	Work (4h)	work

Residents will switch clinic locations after 6 months.

30 hours of work, 5h of mentoring, about 8-12h/week for didactic

ABPTRFE

The logo is a grey shield-shaped badge with a green horizontal bar at the top. Inside the shield, the words "Accredited" and "Program" are written in black, stacked vertically.

Accredited
Program

Our program is accredited through ABPTRFE adhering to all quality standards.

Residency Policies and Procedures are posted on our public webpage:

<https://www.uncmedicalcenter.org/uncmc/professional-education-and-services/rehabilitation-clinical-education/residency-and-fellowship-program-policies/>

Thank you!

Email Kristel Maes at
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with questions



Questions are the path to learning