

ABOUT US

President Alan Balavender, a physical therapist himself, purchased and started the first Physical Therapy & Sports Medicine Center clinic in Waterbury, CT in 2000. Since then, PTSMC has grown to become Connecticut's largest private-practice physical therapy company, with more than 30 locations around the state serving more than 25,000 patients every year.

www.PTSMC.com/residency



Meet Program Director Danielle Dunn

Dr. Danielle Dunn, PT, DPT, MTC, OCS, CMTPT earned her Doctorate of Physical Therapy in 2011 from St. Catherine University. She became a Certified Manual Therapist in 2014, and has been a Board Certified Orthopaedic Specialist since 2015. Danielle is a clinician in PTSMC's Wallingford clinic, with clinical interests in pelvic health, orthopedic manual therapy and post-surgical rehab. Danielle has been mentoring new graduates and teaching courses in PTSMC's Development of Clinical Success Program since 2015, and has also served as PTSMC's Clinical Excellence & Mentorship Coordinator since 2018.

Meet Clinical Excellence Coordinator Meghan Blanus

Dr. Meghan Blanus, PT, DPT, OCS, CMTPT is a Physical Therapist at PTSMC's Naugatuck office. Meghan earned her doctorate in physical therapy from Quinnipiac University in 2019. A graduate of PTSMC's Orthopaedic Residency Program, she is a Board Certified Orthopedic Specialist and a Certified Myofascial Trigger Point Specialist.



Orthopaedic Residency

A commitment to clinical excellence has been part of PTSMC's culture since our inception.

PTSMC earned accreditation as a residency program through the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE) in 2019. With the launch of the program, PTSMC established itself as a leader in cutting edge clinical education, joining nine other residency programs in New England - one of only three to specialize in orthopaedics.

Program Director Danielle Dunn is joined by an exceptional team of PTSMC's clinical leaders, including experienced physical therapists and clinic directors, who have stepped up to teach and mentor.

Program Mission: To facilitate the development of advanced practitioners in orthopaedic physical therapy through the development of advanced evidence-based orthopaedic physical therapy, life-long learning, and transforming society through leadership.

Our goal is to provide residents with the knowledge, skills and clinical reasoning capabilities to function at the "top of their license" as well as at the top of the physical therapy profession.

Clinical Excellence is at the core of who we are and what we do.



Orthopaedic Residency Program Details:

- 3 hours weekly **classroom lecture and lab**
- 1 hour bi-weekly **journal club/case discussion**
- 3 hours **weekly mentorship**
- **Clinical Mentoring** (min. 150 hours)
 - 1:1 clinical instruction from PT while treating patients (min. 100 hours)
- **Coursework** (300 hours combined lecture/lab & home study)
 - Clinical reasoning, evidence-based practices & statistics (3 week)
 - Advanced lower & upper extremities (14 weeks each)
 - Advanced spine (14 week)
 - Home or independent study, Pharmacology (30 hours), Clinical Imaging (15 hours), Frontiers in Ortho Science (15 hours)
 - Participation as teaching assistant for internal continuing education courses
- Option for 32 or 40 **clinical care hours**

A PATH TO CLINIC OWNERSHIP

PTSMC is a **Partnership-based company**, with all clinics owned and operated by clinicians who have the support of a full administrative staff. PTSMC Residents are individuals who have expressed interest in clinic Partnership. Resident students are given the opportunity to participate in a 1-year Leadership Management and Development (LMDP) Group following completion of their residency. Learn more about opportunities to own and operate your own PTSMC clinic at www.PTSMC.com/partnership.