



SPORTS RESIDENCY FREQUENTLY ASKED QUESTIONS

Where is BodyCentral located?

BodyCentral is a locally owned Private PT practice based out of Tucson, AZ. We currently have 9 locations and our Sports Residency is primarily based out of our Ultimate Sports Asylum in Southwest Tucson.

How long is BodyCentral's Sports Residency Program

15 months for the residency with a 15 month Payback Period following residency

What is a Payback Period?

This is a 15 month employment commitment following the residency program. Residents are required to work for 15 months as a staff clinician at one of our BodyCentral locations and a staff PT salary. There is no cost for the Payback Period unless you choose to buy yourself out of it at the end of the residency period.

What does a typical resident's schedule look like?

Sports Residents are in the clinic approximately 30 hours per week. Mentoring is included in those 30 hours (about 4 hours per week). Each resident will also have didactic time built into the schedule to work on article review, MedBridge courses, research, clinic shadowing with MDs, surgery observation, or be in the training room. One morning per week and one afternoon per week is allotted for this. The weekly schedule typically changes a couple times throughout the 15 months to allow residents to attend different things.

Residents will typically have two early mornings, starting at 7AM and two later mornings starting at 8:30 AM. There will also be two afternoons residents see their last patient at 5PM, and two earlier afternoons with last patient at 2PM and Friday with last patient at 12PM.

How is mentoring built into the schedule?

Each resident mentors a minimum of 150 hours 1:1 with a member of our Sports Residency Faculty for a 2-3 month period. Mentoring time is typically in the afternoon one day a week for 4-5 hours at a time. Primary mentors are SCS and OCS therapists, but we also have additional mentoring time with some of our faculty with NCS and WCS for a very well-rounded experience.

SOUTH | WEST

1991 E Ajo Way, Suite 149

NORTHWEST | ORO VALLEY

8327 N Oracle Rd

MARANA

3601 W Cortaro Farms Rd, Suite 155

CENTRAL

3124 N Swan Rd

WEST | CENTRAL

3501 E Speedway Blvd, Suite 145

EAST | CENTRAL

6303 E Broadway Blvd, Suite 141

EAST

7493 E Tanque Verde Rd

NORTH | CENTRAL

1640 E River Rd, Suite 110

SOUTHEAST | VAIL

1040 S Harrison Rd, Suite 100

What type of patients make up a Sports Resident's caseload?

Our residents see a minimum of 40% sports cases. This includes a majority of middle school, high school, and adult recreation athletes. The remainder of the caseload will be general orthopedic cases. We encourage our residents to reach out to community organizations in their area of interest to build a bigger sports caseload in that area.

Where do Sports Residents get their on-field hours?

A majority of the 200 required hours come from time spent at local high schools. However, BodyCentral participates in many community events throughout the year which our residents are involved. Some events/organizations our residents work with include: Tucson Rodeo, Lute Olson Fantasy Basketball Camp, Mexican Professional Baseball Fiesta, Ballet Tucson, Old Pueblo Rugby, Tucson Roller Derby, and shadowing with Cincinnati Reds Baseball.

What are you looking for in a Sports Resident?

We are looking for someone that is passionate about Sports PT and clinical education. We want someone who is a "go-getter" on our team at BodyCentral. Residents need to be driven and motivated to make their residency experience the best 15 months possible. It is also very important that our Sports Residents are a good personality fit with our Residency Faculty and our treating staff at our Ultimate Sports Asylum.

When is your application deadline?

BodyCentral Sports Residency follows the universal application deadline and decision date for Sports Residencies, which is typically a 12/1 deadline and decisions announced the week of 3/1.

What is the program start date?

8/1

Can I apply if I'm taking July boards?

We would strongly encourage you to take boards in April if you are applying to this residency program, as your licensure may be delayed otherwise. However, you can still be considered for a position if you take boards in July.

How many residents do you accept each cycle?

Two

Do I need to be EMR/ERA certified to apply?

You do not need to be certified to apply, but if accepted you must have this certification or be a licensed ATC prior to starting the program per ABPTRFE requirements.