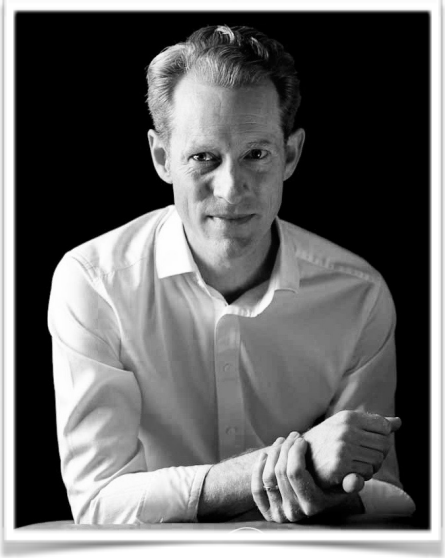
Fellowship in MSK Physiotherapy



About the instructor
Jeff Begg is a Fellowship-trained manipulative physiotherapist with 24 years of private practice experience in both the US and Canada. In 2014 he qualified as Edmonton's first CPA-certified Clinical Specialist Physiotherapist (MSK). Over 20 years as both a Clinical Lecturer and a Clinical Assistant Professor with the University of Alberta, he has mentored numerous PT students and has developed a variety of teaching tools to help clinicians quickly advance from novice to expert practice.

Having hired many PTs over 15 years as a clinic owner, Jeff observed the need for advanced post-graduate mentorship for new graduates entering private practice - something to bridge the gap between clinical practicums and successful solo practice. To satisfy this need, the Fellowship Program began in 2014 and has run intermittently up until the COVID era, graduating 7 Fellows to date. In addition to running the program, Jeff works full time as a clinician.

Entry Requirements
1) Licensed with the Physiotherapy Alberta College + Association (Provisional licensure is accepted)
2) Working full time (30+ hours per week) in an outpatient orthopeadic environment.
3) Minimum 3 months experience in orthopaedics prior to commencement of the program.
4) Able to attend in-person sessions in Edmonton once every 2 weeks.
5) Proof of vaccination against COVID-19 prior to the start of the program.

Schedule
32 hours of in-person instruction on Wednesday afternoons, over 16 sessions. Location to be determined based on convenience of participants. The time is set to allow you to still work a partial morning or a partial afternoon / evening shift at your clinic.

Sessions will run in 3 segments:

Session 1: Winter. 6 seminars, once every 2 weeks beginning January 5, 2022
Session 2: Spring. 4 seminars, beginning April 13, ending May 25.
Sessions 3: Fall. 6 seminars, every 2 weeks beginning September 14.

Tuition

Tuition fees are split into 2 instalments over 8 months.

Winter / Spring Sessions
$1000.00
(due January 5)

Fall Session
$600.00
(due September 14)

Curriculum and learning objectives
In the past few years there has been an increasing focus on social-media marketing for physiotherapists who seek to build their practice. While this can be effective for drawing patients in, physiotherapists early in their career also benefit from quickly advancing their clinical skills so as to *retain* these patients, and create a loyal following.

The program is designed to organize, prioritize and enhance the academic skills acquired during the university career. Fellowship graduates acquire expert diagnosis and treatment planning habits more quickly than their colleagues, based on reflective practice and advanced clinical reasoning. Wisdom in a clinical setting has been described as "knowing the right thing to do, at the right time." This fellowship program will help turn that goal from a vague idea into a precise practice. In that sense, the program might be considered your "final clinical practicum: putting it all together".

Each session has an itemized curriculum. The learning objectives will be met in part through specific case studies presented by the instructor, and by each Fellowship candidate to make sessions as relevant to your current practice as possible.

Sessions will touch on such topics as

1) Diagnostics - how to reconsider your approach to diagnostics to allow you to proceed with a treatment plan even in ambiguous situations.
2) Caseload and time management - how to make wise decisions for your private-paying patient, and to recognize that this requires a different approach than for your MVA, WCB and AHS patients.
3) Treatment planning - how to assemble your thoughts in an efficient way so as to arrive at the best solutions, using the least amount of time.
4) The therapeutic relationship - understanding how to creatively put foundational rehab principles into practice, and using analogies to explain them to your patient in a way that strengthens their bond with you.
5) Novel resources - a variety of useful clinical charts and diagrams will be presented that will assist with clinical decision making.

How to apply
Email your resume and a short cover letter to hello@jeffbeggphysio.ca. The cover letter should include a brief note about why this program interests you. Enrolment is limited to a maximum of 6 candidates per session. Applications will be deferred to next year once enrolment is met.

Deadline to apply
December 15, 2021

Questions?
hello@jeffbeggphysio.ca

What is a Fellowship?

The University of California at Berkeley says this: (*(https://career.berkeley.edu/InfoLab/Fellow)

While the term "fellowship" is used by a variety of different programs, generally fellowships:

- are short-term opportunities lasting from a few months to several years
- focus on the professional development of the fellow
- are sponsored by a specific association or organization seeking to expand leadership in their field

Fellowship programs can be designed to support a range of activities including:

- graduate study in a specific field
- research to advance work on a particular issue
- developing a new community-based organization or initiative
- *training and reflection to support the fellow's growth* ← This is the focus of the CSA Fellowship
- opportunities to further explore a particular field of work

Fellowships have traditionally been awarded to graduate and post-graduate students, but there are an increasing number of fellowships available to recent college graduates in public policy, the arts, education, and other nonprofit fields.

Benefits of a Fellowship

A) Experiential Learning

Fellowships are structured to provide significant work experiences, and fellows are often expected to take on a great deal of responsibility quickly. Generally, fellows are provided with unique experiences that are not typically available to someone starting out in an entry-level position. This experiential learning component varies depending upon the fellowship program.

In the context of the CSA Fellowship Program, the experiential learning occurs on the job, at your current clinic of employment

B) Training and Professional Development

Fellowship programs are known for their commitment to the professional development of individual fellows and often include intensive training. Key elements of this training might include:

- academic seminars to develop frameworks and apply theory
- in-depth research and analysis of a particular issue area
- a broad curriculum of skills development: leadership, community organizing, public speaking, grant writing, media relation.

In the context of the CSA Fellowship, the skills include diagnostics, treatment planning, personal interaction skills, caseload management, time management and manual therapy & exercise tips and tricks.

Why might a Fellowship be important?

Research indicates that we master our trade quicker when we reflect upon what we are doing, and the outcomes we are getting, and make adjustments as we go. The 10,000 hour rule tells us that we master a skill after 10,000 hours practicing it, but updated research suggests that mastery can occur in less than 10,000 hours when engaging in *Reflective Practice*. This a key competency of all physiotherapists, but the bare standard that the College sets on reflective practice is not rigorous. Engaging in a formal mentorship plan is more rigorous and sets you apart from your colleagues.

What have previous graduates said about the program?

* *As a new graduate, I was honoured to be selected for a fellowship opportunity with Jeff Begg. During the time spent under his mentorship, I gained valuable skills and experience which I continue to use daily in my current practice. I was at first intimidated by working under such a knowledgeable, confident, and skilled professional; I quickly found him to be approachable and non-judgemental. Never was he condescending or impatient with even the simplest of questions.*

* *When beginning a practice, assessing patients can be complex. Getting the diagnosis and corresponding treatment plan right is a big responsibility and can be stressful. The most valuable thing I gained under Jeff's mentorship was learning how to think differently and approach my clients as a seasoned physio would do. Reflecting on the experience, I realize that the way Jeff guided me was purposeful and very impactful, yet I was encouraged to make independent decisions and develop my own way of practice.*

* *After being given this opportunity to work with Jeff, though it was a short period of time, I feel it advanced me years ahead in terms of my approach to PT practice and ultimately toward assessment resulting in the most successful treatment of my patients. I believe it would have taken me much longer to reach the same level of competency had I been practicing on my own.*

* *Our brains are our most important tool as therapists, and Jeff taught me how to use mine to its full potential. I have since worked in other clinics and public settings and the critical thinking and communication skills I learned from him have been invaluable in my practice as a PT.*

* *A great mentorship program to aid in your practice. You gain knowledge on a myriad of topics.*

* *Learning together as a team was very fun and enjoyable. I really liked all the analogies we learned / created for patient education. Not only did I learn from Jeff the instructor, but from the other physios.*

* *Thanks for all your guidance over the last few weeks. I feel very fortunate to have been tutored by the most skilled teacher I have ever worked with.*

What's the benefit of completing the program?

Each Fellow will take their unique experience with them. The more you delve into the issues and curriculum that is set out, the more deeply you will come to a place where wisdom and good clinical skills and reasoning are the hallmark of your practice.

At the successful completion of the program, a certificate will be issued, which can be listed on your curriculum vita as "Fellowship in musculoskeletal physiotherapy".