

# THE PLAYBOOK

*Join the Winning Team*



## KICK OFF YOUR CAREER WITH OUR WINNING GAME PLAN

As members of the Upstream Rehabilitation family, BenchMark Rehab Partners and Drayer Physical Therapy Institute offer a wide variety of opportunities for motivated physical and occupational therapists looking to grow their skills and further their careers in outpatient physical and occupational therapy. With a proven track record of steady growth, we are one of the largest outpatient orthopedic therapy providers across the country.

### INVESTMENT

- Unlimited continuing education through Medbridge and both internal and external course offerings
- Dedicated career tracks including leadership, research, education, business, and advocacy
- Network of clinicians with advanced certifications
- Evidence-based training and courses for clinical growth

### STRUCTURED MENTORSHIP

- 12-month professional development for new graduates
- New grad and Senior Therapist mentoring, matched based on interest
- Bi-monthly pod meetings for collaboration and training
- Structured onboarding and ramp-up schedule during new grad's first 90 days

### PARTNERSHIP

- Annual growth in new markets
- Leadership roles that can include partnership incentives
- Potential to earn true equity in your own clinic

### BENEFITS

- National traveler program
- Health, vision, dental, life, and flex spending (FSA) and health savings accounts (HSA)
- Short-term and long-term disability
- Paid time off, paid holidays, paid community volunteer hours
- 401k with company match



*"BenchMark has helped me to make sure I'm always giving my best to each patient and staff member."*



■ MICHAEL, CHATTANOOGA, TN

## STAY AHEAD OF THE GAME WITH UPSTREAM REHAB INSITUTE

Upstream Rehab Institute is a national leader in the provision of high-quality and innovative post-professional education. At URI, we recognize the difference between average and exceptional care, and exceptional care requires the highest levels of clinical education and training. For this reason, we are dedicated to leveraging our expert faculty and innovative delivery methods to offer the ultimate in post-professional clinical education via residency, fellowship, and continuing education programs.

Our programs are designed to cultivate experts in the fields of physical therapy, occupational therapy, and athletic training. All of our offerings center around the development of skilled clinical reasoning and hands-on skill development informed by knowledge of best evidence and integration of the values and characteristics unique to each patient.

The URI faculty consists of multiple nationally respected experts from their respective fields who bring a wealth of teaching experience across multiple platforms, including entry-level education, post-professional education, and presentation at state and national conferences.



## URI PROGRAM FEATURES



### *Innovative Learning Format*

Our programs utilize a variety of teaching formats, including directed learning, self-paced learning, on-line instruction, on-site lab demonstration/practice, discussions, lecture, and exams.

### *Structured 1:1 Mentoring*

As a program participant, you'll have access to an elite therapist with the knowledge and experience to provide you with focused one-on-one guidance throughout your program experience.



### *Portability*

Many of our programs integrate on-line learning that you can access anywhere at any time, making things more convenient for you.

### *Learn from the Experts*

The majority of our Upstream Rehab Institute faculty are fellowship trained, as well as certified in a wide variety of specialties. When you enroll in a URI program, you're learning from the best.



# THE PLAY-BY-PLAY: A GUIDE TO URI PROGRAMS & COURSES

## ORTHOPAEDIC PT RESIDENCY & SPORTS PT RESIDENCY

URI offers both an orthopaedic and a sports residency program. Each program is accredited by the APTA and is designed to provide the participant with the advanced knowledge and skilled training to sit for their respective ABPTS board certification examinations upon completion.

- 12 months in length, including >300 hours of didactic training and >150 hours of 1:1 mentoring with a board-certified specialist
- Clinical practice in state-of-the-art facilities located throughout the country
- Orthopaedic residency: scholarly project
- Sports residency: on-field athletic venue coverage

## ORTHOPAEDIC MANUAL PT FELLOWSHIP

Our OMPT fellowship is accredited by the APTA and designed to guide experienced, board-certified clinicians toward advanced practice in the sub-specialty field of orthopaedic manual physical therapy.

- 18 months in length, including >150 hours of 1:1 mentoring with a FAAOMPT
- Advanced didactic training
- Teaching and research opportunities including capstone scholarly project
- Graduates are eligible to apply to become a Fellow of the American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT)

## HAND THERAPY FELLOWSHIP

URI offers a hand fellowship for both PTs and OTs, designed to prepare the practicing clinician for specialization in hand therapy.

- 12 months in length, including >150 hours of 1:1 mentoring with a CHT
- Advanced didactic training
- Orthosis and UE manual therapy labs
- Practice hours accumulate toward the required 4,000 hours of direct hand therapy practice and three practice years to sit for the Certified Hand Therapist (CHT) examination

*"The URI program has given me excellent clinical reasoning and manual therapy skills that have changed the way I practice!"*

 MATT, KANSAS CITY, MO

## CONTINUING EDUCATION COURSES

URI offer the following continuing education courses, which can be taken individually or as part of an advanced certification (see details below).

**CT** Comprehensive Mgmt of the Cervicothoracic Region

**UQ** Comprehensive Mgmt of the Upper Quarter

**LP** Comprehensive Mgmt of the Lumbopelvic Region

**LQ** Comprehensive Mgmt of the Lower Quarter

**TM1** Thrust Manipulation 1: Lower Extremity & Basic /Intermediate Spine

**TM2** Thrust Manipulation 2: Upper Extremity & Advanced Spine

**DN1** Dry Needling of the Lumbar Region & Lower Quarter: A Comprehensive Approach

**DN2** Dry Needling of the Cervicothoracic Region & Upper Quarter: A Comprehensive Approach

**DN3** Advanced Dry Needling

**MPS** Modern Pain Science

**MTX** Skilled Integration of Manual Therapy & Exercise

**VR** Vestibular Rehab: BPPV & Vestibular Hypo-Function

**CM** Concussion Management

**HBC** Hand Therapy Boot Camp: An Introduction to Hand Therapy

**OBC** Orthosis Boot Camp: An Introduction to Orthosis Fabrication

**IAH** Intermediate/Advanced Hand Therapy

**IPF** Introduction to Pelvic Floor

**TOA** Treating the Overhead Athlete: Regional Interdependence & Beyond

**TTR** Treating the Runner: Biomechanics, Gait Analysis, & Regional Interdependence

**UQS** Upper Quarter Sports: Prevention to Performance

**LQS** Lower Quarter Sports: Prevention to Performance

**RCS** Rotator Cuff Syndrome: Evidence-Based Applications for Primary & Secondary Impingement

**FRK** Functional Rehab of the Knee: Concepts of Evidence-Based Treatment

**PAR** Post-Arthroplasty Rehab of the Knee & Shoulder

**EAI** Evidence-Informed Applications of Instrument Assisted Soft Tissue Mobilization

## CERTIFICATION TRACKS

Clinicians who wish to earn an advanced certification must successfully complete all courses listed below for the respective certification, as well as a comprehensive written and practical exam.

### Comprehensive Manual Therapist (CMT) Certification (PTs)

- CT, UQ, LP, LQ, TM1, TM2

### Certification in Dry Needling (PTs)

- DN1, DN2

### Advanced Comprehensive Manual Therapist Certification (PTs)

- All CMT and DN Cert requirements, plus...
- DN3, MPS, MTX

### Orthopaedic Proficiency Certification (PTAs, ATs)

- RCS, FRK, PAR, MTX, MPS
- All courses pre-approved and recommended by the APTA to complete the content-specific requirements for the PTA APP program

Visit [UpstreamRehabInstitute.com](http://UpstreamRehabInstitute.com) for more information or to register for classes.

■ BenchMark brands ■ Drayer brands ■ BenchMark & Drayer brands

NW SPORTS  
PHYSICAL THERAPY, INC.

PINN  
POPULATION PHYSICAL THERAPY

TRUCKEE MOUNTAIN  
SPINE & SPORT  
PHYSICAL THERAPY

SERC<sup>13</sup>  
Physical Therapy

INTEGRITY  
PHYSICAL THERAPY  
OF INDIANA  
A DRAYER PHYSICAL THERAPY INSTITUTE FACILITY

BenchMark  
PHYSICAL THERAPY

Drayer  
PHYSICAL THERAPY INSTITUTE

BETHESDA  
PHYSICAL THERAPY

MaxMotion  
PHYSICAL THERAPY

Physical Therapy  
& Hand Specialists

VIP  
PHYSICAL THERAPY

BenchMark  
PHYSICAL THERAPY

# Our Team

## OF CLINICAL CARE

With over 600 locations, we are committed to bringing talent together nationwide.

SUMMIT  
PHYSICAL THERAPY

physiofit  
Peak  
PHYSICAL THERAPY

ELITE  
PHYSICAL THERAPY

BEYOND THERAPY  
PHYSICAL, OCCUPATIONAL & SPEECH THERAPY  
for kids  
A DRAYER PHYSICAL THERAPY INSTITUTE FACILITY

**ALABAMA**

Alabaster  
Ardmore  
Bessemer  
Birmingham\*  
Calera  
Centre  
Chelsea  
Crestline  
Cullman  
Fairhope  
Florence  
Gardendale  
Gulf Shores  
Haleyville  
Helena  
Homewood  
Hoover  
Hueytown  
Jacksonville  
Jasper  
Leeds  
Madison  
Mobile\*  
Moody  
Oneonta  
Phenix City  
Prattville  
Rainbow City  
Rogersville  
Talladega  
Trussville  
Tuscaloosa  
Tuscumbia  
Wetumpka  
Winfield

**ARKANSAS**

Centerton  
Harrison  
Rogers

**COLORADO**

Arvada  
Castle Rock  
Denver  
Englewood

Parker  
Littleton  
Lone Tree

**GEORGIA**

Acworth  
Alpharetta\*  
Athens  
Atlanta\*  
Austell  
Barrow  
Blairsville  
Blue Ridge  
Braselton  
Brunswick  
Buford\*  
Calhoun  
Canton\*  
Carrollton  
Cartersville  
Chamblee  
Cleveland  
Columbus  
Commerce  
Conyers  
Covington  
Cumming\*  
Dacula\*  
Dahlonega\*  
Dallas  
Dalton  
Dawsonville  
Decatur  
Demorest  
Douglasville  
Duluth\*  
Dunwoody  
East Ellijay  
Ellenwood  
Evans  
Fairburn  
Fayetteville  
Fort Oglethorpe  
Gainesville\*  
Grayson  
Griffin  
Grovetown

Hinesville  
Hiram  
Holly Springs  
Hoschton  
Jasper  
Jefferson  
Johns Creek  
Kennesaw  
LaGrange  
Lawrenceville  
Lilburn\*  
Lithia Springs  
Lithonia  
Locust Grove  
Loganville  
Mableton  
Macon  
Madison  
Marietta\*  
McDonough  
Milton  
Monroe  
Morrow  
Newnan  
Norcross  
Peachtree City\*  
Pooler  
Port Wentworth  
Powder Springs  
Riverdale  
Richmond Hill  
Rome  
Roswell\*  
Roswell Mill  
Savannah\*  
Smyrna  
Snellville\*  
Stockbridge  
St. Simons Island  
Suwanee\*  
Toccoa  
Trenton  
Tucker  
Tyrone  
Villa Rica  
Waycross

Wilmington Island  
Winder  
Woodstock\*  
Young Harris

**INDIANA**

Fort Wayne  
New Haven  
  
**KANSAS**  
Atchison  
Bonner Springs  
Eudora  
Gardner  
Kansas City  
Lansing  
Lawrence  
Leawood  
Lenexa  
Mission  
Olathe  
Ottawa  
Overland Park  
Shawnee  
Spring Hill  
Stanley  
Topeka\*

**KENTUCKY**

Bowling Green  
Lexington\*  
Richmond  
Winchester

**LOUISIANA**

Galliano  
Larose  
New Orleans\*  
Raceland  
Youngsville

**MARYLAND**

Aberdeen  
Baltimore  
Bel Air\*  
Edgewood

**MISSISSIPPI**

Amory  
Baldwyn

Brandon  
Brooksville  
Byram  
Canton  
Clinton  
Columbus\*  
Corinth  
Crystal Springs  
Flowood  
Forest  
Fulton  
Hattiesburg  
Iuka  
Jackson  
Louisville  
Meridian  
Oxford  
Pearl  
Petal  
Richland  
Ridgeland  
Salttilo  
Starkville  
Tupelo\*  
Wiggins

**MISSOURI**

Belton/Raymore  
Blue Springs\*  
Clinton  
Grain Valley  
Grandview  
Harrisonville  
Higginsville  
Independence  
Joplin  
Kansas City\*  
Kearney  
Lee's Summit\*  
Liberty  
Marshall  
Mount Vernon  
Oak Grove  
Odessa  
Platte City  
Pleasant Hill  
Raytown\*

Riverside  
Sedalia  
Smithville  
St. Joseph  
Warrensburg  
Webb City

**N. CAROLINA**

Asheboro  
Ballantyne  
Cary  
Charlotte  
Concord  
Dilworth  
Eden  
Greensboro\*  
Fayetteville  
Hickory  
High Point  
Huntersville  
Leland  
Matthews  
 Mooresville  
Murphy  
Ocean Isle  
Pinehurst  
Raleigh  
Reidsville  
Southport  
Weaverville  
Wilmington\*  
Winston-Salem\*

**NEW JERSEY**

Flanders  
Parsippany  
Sparta

**OHIO**

Aurora  
Austintown  
Barberton  
Beavercreek  
Boardman  
Cincinnati  
Columbus  
Dayton\*  
Grove City

Hilliard  
Macedonia  
Salem  
Springboro  
Sugarcreek Twp  
Warren  
Wilmington

**OKLAHOMA**

Broken Arrow  
Catoosa  
Claremore  
Muskogee  
Owasso  
Pryor  
Skiatook

**OREGON**

Ashland  
Beaverton\*  
Cave Junction  
Eugene\*  
Grants Pass\*  
Hillsboro  
Keizer  
Lake Oswego  
Lincoln City  
Medford  
Milwaukie  
Oregon City  
Pacific City  
Portland\*  
Salem\*  
Silverton  
Tigard  
Wilsonville

**PENNSYLVANIA**

Altoona  
Bedford  
Bellefonte  
Carlisle  
Chambersburg  
Clearfield  
Cresson  
Dillsburg  
Dubois  
Duncannon

East Petersburg  
Enola  
Etters  
Halifax  
Harrisburg\*  
Hershey  
Hummelstown  
Huntingdon  
Lancaster  
Lebanon  
Lewistown  
Mechanicsburg\*  
Milford  
New Freedom  
Philipsburg  
Port Matilda  
Red Lion  
Roaring Spring  
Shippensburg  
Somerset  
Waynesboro  
Wexford  
York

**S. CAROLINA**

Bluffton  
Camden  
Chapin  
Columbia\*  
Easley  
Fort Mill  
Greenville\*  
Hilton Head  
Irmo  
Lexington  
Myrtle Beach\*  
Okatie  
Rock Hill

**TENNESSEE**

Alcoa  
Antioch  
Ardmore  
Ashland City  
Athens  
Boones Creek  
Brentwood

Bristol  
Chattanooga\*  
Cleveland\*  
Clinton  
Cookeville  
Columbia  
Crossville\*  
Dayton  
Decherd  
Dunlap  
East Ridge  
Etowah  
Fayetteville  
Franklin  
Goodlettsville  
Gordonsville  
Greeneville  
Harriman  
Harrison  
Hermitage  
Jasper  
Jefferson City  
Jonesborough  
Kingsport  
Knoxville\*  
Kodak  
Lafollette  
Lawrenceburg  
Lenoir City  
Lewisburg  
Madisonville  
Manchester  
Maryville  
Morristown  
Mount Juliet  
Murfreesboro  
Nashville\*  
Newport  
Nolensville  
Norris  
Oak Ridge  
Ooltewah  
Piney Flats

Pulaski  
Red Bank  
Sale Creek  
Sevierville  
Shelbyville  
Signal Mountain  
Smyrna  
Soddy Daisy  
Spring City  
Spring Hill  
Sweetwater  
Tellico Plains  
Tellico Village  
White House

**TEXAS**

Denison  
Forney  
Frisco\*  
Gainesville  
Little Elm  
McKinney  
Princeton  
Prosper  
Sherman  
Van Alstyne  
Wylie

**VIRGINIA**

Abingdon  
Charlottesville  
Elkton  
Harrisonburg  
Marion  
Staunton  
Weyers Cave

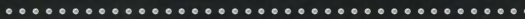
**WASHINGTON**

Gig Harbor  
Kent  
Olympia  
Puyallup  
Seattle  
Silverdale  
Tacoma\*  
Vancouver

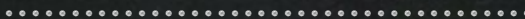
**\* CITY HAS MULTIPLE CLINICS**



MEMBERS OF THE UPSTREAM REHABILITATION FAMILY



By consistently exceeding expectations, we passionately strive to be the  
*outpatient provider, employer, and partner of choice.*



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