

2026-2027 OPTA Student Special Interest Group (SSIG) Monthly Meeting

Thursday, October 1, 2026

Attendees:

Tyler Sedor; Kevin Adair; Tristan Sprenger; Elizabeth Stolle; Emma Austing; Ashley Kisor; Matthew Van Nostran; Kaitlin Shank; Julia Brown; Mia Chellini; Kaitlyn Boellner; Caleb Snyder; Willa Dissell; Sam Eaton; Dominic Hang; Dylan Evans; Adam Yoder; Samantha Mazzeo; Annette Hall; Paul Doty; Anthony Costarella; Jacob Bowerman; Lily McDonald
Board Liaison: Jess Petitti

Minutes:

- Board members provided updates –
 - Program of the Year registration will open on Monday, October 5 (<https://www.ohiopt.org/page/POTYChallenge>).
 - Tyler Sedor provided links to APTA information –
 - <https://www.apta.org/advocacy/take-action/patient-action-center>
 - https://engage.apta.org/volunteerresources/volunteer-opportunity-details?VolunteerOpportunityKey=76d0ba74-017a-4efc-a3c9-0190a742459d&UniqueKey=A429203F-1AC2-4157-BFFA-BD63419650D4&RedirectTo=https://engage.apta.org/volunteerresources/volunteer-opportunity-details&VolunteerOpportunityKey=76d0ba74-017a-4efc-a3c9-0190a742459d&_gl=1*1q75cgb*_gcl_au*NzY0MzQ1NTE0LjE3ODgzNzcwNzM.*_ga*NzMwNzM3Njg2LjE3Njg0Mzc4Mjc.*_ga_ZZJK74HXNR*cze3OTA4OTU2MDQkbzE4JGcxJHQxNzkwODk1OTMxJGoyMCRsMCRoMA
- Attendees were released to breakout rooms to speak with panelists
- Orthopedics/Sports/Manual breakout room – Joshua Young and Dylan Houser
 - Questions and answers
 - What convinced you to do a residency
 - Josh -
 - always knew he wanted to do sports on a high level
 - Is difficult without a residency
 - Started with a travel contract, but wanted additional mentoring, realized how he could better his skills
 - Has learned in immense amount of Sports rehab in 3 months of residency
 - Dylan -
 - Had mentors but was confined to a smaller area
 - Had many CEU opportunities but wanted more professional growth
 - Expan
 - What does a typical week look like for you as a resident/fellow?
 - Dylan -
 - 30 hours a week in the clinic with mentors treating patients 1 on 1
 - 10 hours a week going to lectures and manual therapy lab
 - Teaches 1 hour a week teaching manual at OSU

- Is assigned articles to read and assess throughout a month
- Josh -
 - 30 hours a week in University of Toledo training room
 - Some weeks more teaching at Toledo DPT, some weeks more learning
 - Venue coverage
 - Is assigned to high school football PT outside of Toledo
 - Also works with Toledo Football
- What does mentorship mean specifically?
 - Josh -
 - 3-4 hours a week of direct mentorship
 - Other clinic members (OCS or SCS)
 - Mentors observe his treatment sessions
 - Dylan -
 - Less structured, depends on schedules
 - Mentors have completed fellowships
 - Less input from mentors DURING sessions
 - Feedback afterwards
 - Chances to write comments about how the sessions went
- What do you wish you knew more before going into residency
 - Josh -
 - Wishes he explored more High School sports opportunities
 - More didactic work than he thought
 - Feels like school more than he thought
 - Very competitive process
 - Dylan -
 - Was out practicing for 5 years before fellowship
 - Was prepared for amount of work, but felt less prepared for the structure of a fellowship program
 - Can be overwhelming
 - Wishes he knew to be 'on his toes' more throughout any given week
 - Very different from PT school
- Have you been able to develop a specialty or niche within sports/orthopedics?
 - Dylan -
 - Big focus on spine in his program
 - Was first 6-7 months of the fellowship
 - Has been exposed to TMJ a lot in fellowship
 - Research opportunities
 - Josh -
 - Research has been a big part of residency
 - ACLs and labral repairs have been a lot of his population
 - Also sees plenty of low back pain and great toe patients
- What do weekly hours look like?
 - Josh -
 - Usually 8-6 in the clinic, 8-12 on Fridays
 - Can be very busy days with sports games, will often work weekends depending on sports schedules
 - Constantly busy

- What type of person do you think thrives in residency/fellowship, and who might struggle?
 - Someone who can be adaptable is key
 - Must be able to take criticism
 - That's the point
 - Must be able to consider opinions of those who may have different thought processes than you
 - Must be able to work well with others
 - These programs are team based, both speakers have multiple mentors
 - Willingness to learn and having passion are related and are key to success in these programs
 - Can you thrive in chaos?
 - Balance between autonomy and mentorship
 - Knowing your own skills and having confidence
- Residency vs Fellowship
 - Residencies usually come before fellowships
 - How it works in the sports realm
 - Or must have a post-graduate specialty certification
 - Fellowships can specialize even more
 - High school sports residency -> college sports fellowship
 - Research aspect can be ramped up in a fellowship
 - In orthopedics, Dylan's fellowship focused heavily on manual aspects of treatment
- How much opportunity is there to work directly with athletic trainers, physicians, strength coaches, or other sports professionals?
 - Sports setting
 - Every day Josh deals with strength coaches, physicians, dieticians, athletic trainer
 - Orthopedics
 - Dylan works mostly with just PTs but is exposed to a large variety of PTs and their different specialties
 - Vast network with all of OSUs professionals in healthcare (Dylan)
 - He gets a lot of opportunities, with teaching at OSU to, to work with PhDs.
- What part of the experience has been the most valuable?
 - Josh -
 - Sports setting and mentorships has been the most valuable part of his experience
 - Dylan -
 - Mentorship has been incredibly valuable
 - The little things - tips and tricks
 - Lots of access to great therapists
 - Professional growth and exposure has been unique to a fellowship
- What advice do you have for the current students?
 - Dylan -
 - Don't be afraid to put yourself out there
 - Reach out to whoever you can

- It goes 'miles'
 - They will remember the passion you can show if you can reach out to those in charge of programs
- Ask questions from anybody you can
 - Email Dylan himself!
- Josh -
 - Also invites everyone to reach out to him
 - Be yourself, be confident, stand out
 - Put yourself out there