



INSTITUTE FOR ATHLETE REGENERATION

**PHOENIX  
ORTHO RESIDENCY 2019 – 2021**

| <b>COURSE</b>           | <b>PROGRAM REQUIREMENT</b> | <b>DATE</b>                    |
|-------------------------|----------------------------|--------------------------------|
| <b>CORE CONCEPTS I</b>  | <b>RESIDENCY / CSOMT</b>   | <b>NOVEMBER 16 - 17, 2019</b>  |
| <b>CORE CONCEPTS II</b> | <b>RESIDENCY / CSOMT</b>   | <b>JANUARY 4 - 5, 2020</b>     |
| <b>LUMBAR I</b>         | <b>RESIDENCY / CSOMT</b>   | <b>FEBRUARY 15 - 16, 2020</b>  |
| <b>LUMBAR II</b>        | <b>RESIDENCY / CSOMT</b>   | <b>MARCH 28 - 29, 2020</b>     |
| <b>SIJ</b>              | <b>RESIDENCY / CSOMT</b>   | <b>MAY 2 - 3, 2020</b>         |
| <b>THORACIC</b>         | <b>RESIDENCY / CSOMT</b>   | <b>JUNE 6 -7, 2020</b>         |
| <b>CERVICAL I</b>       | <b>RESIDENCY / CSOMT</b>   | <b>JULY 11 - 12, 2020</b>      |
| <b>CERVICAL II</b>      | <b>RESIDENCY / CSOMT</b>   | <b>AUGUST 15 - 16, 2020</b>    |
| <b>LOWER EXTREMITY</b>  | <b>RESIDENCY / CSOMT</b>   | <b>SEPTEMBER 19 - 20, 2020</b> |
| <b>UPPER EXTREMITY</b>  | <b>RESIDENCY / CSOMT</b>   | <b>OCTOBER 24 - 15, 2020</b>   |
| <b>EXAM I</b>           | <b>RESIDENCY / CSOMT</b>   | <b>DECEMBER 5 - 6, 2020</b>    |