

Have you always
wanted to achieve
advanced certification
or *residency* but
travel or time away
from work and home
prevented you from
pursuing your
career goal?



www.physicaltherapyfirst.com

Maryland Manual Therapy Certification & PT Residency Program

Jim Meadows of Swodeam Consulting and Physical Therapy First are sponsoring an Advanced Manual Therapy Certification Program in Baltimore. In as few as 10 months you can achieve manual therapy certification without the expensive travel cost associated with other mechanisms of certification. This material is based on the NAIOMT coursework and those completing the certification will be able to continue onto level III and IV certification through NAIOMT. You will be able to reach certification through 6 weekend intensives in fewer than 12 months. Local practical sessions combined with online learning modules and videos will focus on clinical reasoning and the application of advanced manual therapy and manipulative techniques for the spine and extremities.

This year, we are also offering an Orthopaedic Residency option in conjunction with the Manual Therapy Certification Program. The Residency can be completed in as little as 14 months with no additional onsite intensives.



For more information please Email or call Dave Bender, DPT

Ph 410-258-4721/ bender@physicaltherapyfirst.com

200 West Cold Spring Lane, Suite 300, Baltimore, MD 21210

<http://www.physicaltherapyfirst.com/application-for-manual-therapy-cert.pdf>

Program Outline

Module 1

Differential Diagnosis & Biomechanical Assessment of the Spinal Joints
August 19-21th, 2011

Module 2

Differential Diagnosis & Biomechanical Assessment of Peripheral Joints
Oct 14-16th, 2011

Module 3

Treatment of the Peripheral Joints
Dec 2-5th, 2011

Module 4

Treatment of the Spinal Joints:
Thoracic
TBA

Module 5

Treatment of Spinal Joints:
Lumbar & Sacroiliac
TBA

Module 6

Treatment of the Spinal Joints:
Cervical Culmination - Final Examination
TBA



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Manual Therapy Certification Program Summary

This program will consist of 6 three-day intensive lab modules hosted in Baltimore. Our online learning platform will guide the therapist through the course readings, examination and manipulation videos. Discussion boards and online testing are designed to help prepare the therapist for the onsite intensive. Course material is structured meet the Description of Advanced Clinical Practice (DSP) outlined by the APTA and AAOMPT.



While mobilization techniques will be taught, the bulk of the emphasis is on manipulation of the spinal and peripheral joints.

Program Objective

At the completion of this program the therapist will be able to:

- carry out objective and subjective examinations of the spinal and peripheral joints
- apply clinical reasoning to the data generated from these examinations
- arrive at a rational differential diagnosis and prognosis
- design treatment/management plan for each patient based on scientific principles and best available evidence
- apply manual treatments to all areas of the spine and extremity joints
- prescribe exercises that are individualized for the particular patient to optimize and shorten recovery periods

Cost Structure

- \$3,500 for full certification.
- Individual courses may be taken and potentially later applied to certification or residency program.
- Residency option is also available.

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Lab Course Outline

Module 1

Differential Diagnosis,
Biomechanical Assessment and
Treatment of the Spinal Joints

August 19-21th, 2011

Module 2

Differential Diagnosis
and Biomechanical Assessment
of Peripheral Joints

Oct 14-16th, 2011

Module 3

Treatment of the
Peripheral Joints

Dec 2-5th, 2011

Module 4

Treatment of the Spinal Joints:
Thoracic Spine

TBA

PT Residency Program

Program Summary

This program will consist of 4 three-day modules each containing online content, video presentations of examination and treatment techniques. The year long online learning modules are designed to guide the therapist through all the elements related to the APTA Orthopaedic Residency Description of Specialty Practice (DSP). Clinical Mentorships will round out the program and can be arranged through your current employer or provided by our clinical instructor staff. This program is designed to allow the resident to maintain full-time employment while completing all residency requirements.

The Residency Program will build on the material from the Manipulative Certification Program. This residency component coursework can be completed entirely online through our distance education platform while completing the Manual Therapy Certification Program or completed as a two year option following Manipulative Therapy Certification.

Online Directed Education:

1. Clinical Applications for Orthopaedic Basic Science
2. Diagnostic Imaging in Physical Therapy
3. Current Concepts of Orthopaedic Physical Therapy
4. Post Operative Management of Orthopaedic Surgeries
5. Pharmacology

Clinical Mentorship:

1. 150 Hours one-on-one clinical mentorship
2. 1200 Hours of clinical practice with mentorship

Cost Structure

- \$5,500 for residency and Manipulative Therapy Certification Program.
- The Manipulative Therapy Certification Program can be taken prior to enrollment in the Residency Program.
- Course Duration 15-24 months.



Achieve a
*Competitive
Advantage*
in your Market



Maximize your *education budget* this year to achieve the *competitive advantage* in your community while *raising the bar* in your profession. This is a *limited program* and this may be your *best opportunity* to reach *advance certification* without frequent travel.



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Key Employer *Benefits*

- **Achieve competitive advantage:** private practice clinics can market advance certification
- **Cost Effective:** therapists can continue working full-time while working toward an advanced manipulative certification and/or residency training
- **Foster employee retention:** have your PT agree to remain with your practice for an agreed term in consideration for your continuing education budget going toward advanced training.

For the cost of your average annual clinical education budget... you can achieve advanced certification in one year OR residency training in as little as 15 months.

Typical programs require travel, hotel expenses, and courses full of outdated material. This program focuses on clinical reasoning and the evidence based application of spinal and peripheral joint mobilization with special emphasis on manual manipulative interventions. Online modules supplement the onsite intensives and guide the therapist through the learning experience.

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Demonstrate *advanced skill* and knowledge.

Create a *competitive advantage* through advanced certification.

Market Advanced Residency Training.



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Frequently Asked Questions

I missed the first course, can I still complete the certification?

Yes, the courses will be offered again on a yearly cycle. If a course is missed makeup arrangements can also be made.

After I complete the manual therapy certification, can I then enroll in the Residency Program?

Yes, if you choose to take the Manual Therapy Certification Program you will be able to enroll into residency and have your coursework apply toward the residency.

What does the cost include?

All six courses, online material, 11 hrs of instructional video to compliment the course material and certification exam. Residency will require additional costs.

How do I benefit from certification?

- You will become more advanced in assessing and treating patient problems
- You will become more marketable to employers and patients
- You will be eligible for the NAIOMT examinations



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