

# FMT TODAY

April 2013

## EXCITING NEWS

We have had several presentations and 3 posters accepted for AAOMPT.

Vicky Johnson will be presenting on the *A Function Based Postural Classification System: Measurable Outcomes For Determining Efficient Posture*, for a Saturday breakout session.

Gregg Johnson, Ryan Johnson and Dean Hazama will be presenting a pre-conference one day course on FMT for the foot and ankle and two one hour breakout session on Sunday on *Functional Manual Therapy and the case for the interregional significance of coccyx mobilization*.

### **Jason Racca's poster Case Study Report**

*The Effects of Coccyx Mobilization on Shoulder Impingement Symptoms - A Case Report*. Racca J Bentz Physical Therapy, Keller, Texas, USA Corresponding Author: [jasonracca169@gmail.com](mailto:jasonracca169@gmail.com)

**Background and Purpose:** The coccyx, historically, is not considered primary in the treatment of LBP and pelvic girdle pain; it is usually not considered in treatment further up the kinetic chain at the shoulders, at least not in recent literature. The purpose of this case report is to describe a patient case in which the mobilization of several coccyx dysfunctions improved her shoulder impingement symptoms.

**Description:** The patient was a 68-year-old female whose chief complaints were bilateral hip, LBP, and bilateral shoulder impingement symptoms. The treatment plan for this patient was to follow a typical Functional Manual Therapy™ approach for treating the pelvic girdle. The first region treated is the coccyx. This patient would receive functional manual therapy for the pelvic girdle and lumbar spine as well as working up the chain to the thoracic spine, costal cage, cervical spine, and into the shoulder girdles. Outcomes: After the first treatment of the coccyx, her shoulder AROM improved 40° bilaterally and her pain was decreased significantly. After the second treatment she had further improvement in shoulder AROM 10° on the left and 20° on the right.

**Discussion/Conclusion:** The outcomes of this case report bring to light multiple explanations for the changes noted. First is of mechanical origin including joints and soft tissues. The second is of a more complex neuro-mechanical origin affecting the nervous tissue. The results from this case report suggest that mobilization of the coccyx can effect dysfunction further up the kinetic chain, in this case specifically the shoulder.

## BRAZIL CONFERENCE

Cristiana, Vicky and Gregg are currently in Brazil to present at the CIRNE Congress International 4th international PT conference. They will be presenting a one day pre-conference introductory course on "Introduction to Functional Manual Therapy" and then Vicky and Cristiana will be presenting a one hour breakout session on FMT while Gregg returns for FMUQ in DC. We thank Cristiana for this opportunity and desire that this be a beginning of IPA Brazil.

## OPPORTUNITIES FOR CFMT GRADUATES

We have some openings available over the next year at the FMT Vardan clinics in Delhi and Mumbai India and for the upcoming Southern California project. Please contact Gregg at [gregg@ipaconed.com](mailto:gregg@ipaconed.com) if you are interested. If you have previously expressed your desire for the India opportunity, if you are still interested please contact Gregg.

## IPA FRONT OFFICE NEWS



MacLean Zehler



Ea Dossey

Have you ever wondered if you know anybody who is personally affected by the sequestration of federal government employees? If so, then the answer is YES....Ea Dossey, IPA's Course Coordinator. I will be leaving IPA (as well as Colorado) at the end of May as my husband's position with the TSA has been downsized and we have decided to head on back to warmer weather and family in NC.

It has been my pleasure to work with and get to know so many of you, albeit over the phone and via e-mail ☺. The time I have spent with the IPA has taught me so many things and I have said it many times before, the work that all of you are doing is AMAZING! I am so glad that I got to meet Gregg and Vicky and learn first-hand the miracles that can be done through their techniques! The last year in Colorado has not been kind to me, but working with this remarkable group of people every week has been the bright spot in my life and I will miss all of them tremendously!

I know that you are just getting used to me and more importantly just learned how to say my name, but I assure you that I am leaving you in capable hands. My replacement has already started and his name is MacLean Zehler, so watch for correspondence from him beginning real soon! I will be here until May 24<sup>th</sup> training him, so until then you can still find me if you need me.

I wish you all the very best in your endeavors and continued success in your lives.

Ea

## IPA MANHATTAN FMT FELLOWSHIP PROGRAM



**Dean Hazama, PT, FFMT, FAAOMPT**  
Physical Therapist/ Clinical Director

New York, Wow! Who would have thought that the IPA would expand the fellowship program to the east coast! This has now become a reality thanks to Brad Gilden's vision and a little nudge from the Johnson's. It has been a little over a year and a half in the city and it has been one amazing ride. A career that started in Southern California, included seven years in Steamboat Springs and now has brought me to the city that never sleeps. It has been one wild ride from coast to coast with some major changes in scenery and environment, but I have got to meet some great people and have had so many memorable experiences along the way.

The one consistent theme I've found wherever I've been is the strength of the IPA. The many mentors in my life started early on in Southern California. Art Ando and Gary Aston paved the way for me in first introducing me and allowing me to appreciate the value and unique approach of the IPA. The first courses that I took with the IPA enlightened and inspired me. Mike Baum's passion and energy he brought in PNF. Brian Hauswirth's brilliance and dry humor in FOI. But, the essential piece for me was Gregg Johnson's intuition, passion and vision in FOII. I was hooked, and started on my way to take as many IPA courses I could tangibly manage over the next couple of years. Little did I know what path I was on.

In 2004, I had the opportunity to work closely with Gregg and Vicky in Steamboat Springs as a fellow. It was intense and overwhelming at times, and often the feeling of "you know nothing", but somehow I made it through. It appears that I was on the remedial program, since one year turned into seven years, but it was such an honor to work closely and be mentored by Gregg and Vicky. It was intimidating at first but working with new fellows and becoming a mentor myself, has been an exciting and invaluable experience. Over the seven years in Steamboat Springs I have grown in my ability to manage, mentor and teach students and fellows, and allowed me to be prepared for this next chapter in my career.

Jump to October 2011. The big move to New York. Driving my 4Runner across country in a few days, witnessing the stress that is NY city traffic to land in a great apartment in Park Slope. Moving to New York, no easy task, wanted to turn around at the George Washington Bridge... But now I've had a chance to settle down in Brooklyn and IPA Manhattan to settle down in Midtown Manhattan. It has been an amazing opportunity to start this practice with Brad Gilden, Gregg and Vicky Johnson in our new beautiful clinic in Midtown. The clinic is a cash-based private practice and prides itself on having one-hour treatment sessions with our clients. Building this practice from the ground up was a daunting task in the biggest city in the U.S., with thousands of other PT practices, but I think it is testimony to the IPA approach that allowed it to grow so quickly and already have such a strong reputation. In just about a year's time we already have a long wait list and have grown from one fellow to two and now adding a third. We have started to and will put FMT on the map, and what better place to do that than New York City.

Now in New York, I have the opportunity to mentor our first fellows on the east coast. Mentoring Brad Gilden and Ryan Johnson, mostly on my own, has been an invaluable experience. Over the

past year I have grown tremendously as a clinician, director and mentor. It has been rewarding to me to see the growth of Brad and Ryan through this past year. Seeing the growth in Brad with his problem solving, patient management, observation and palpation skills has been incredible. In September 2012, Ryan started his fellowship training. In this short time I have seen Ryan mature as a young professional and grow as a clinician. We have just added Diane Walls as our next fellow.

As most of you know, I'm now involved in teaching FMI, FMII, FMUQ, FMLQ and have helped with the development and teaching of the VFM course, and am now an examiner in the CFMT process. What a journey, from a naive student in Southern California to becoming a mentor in Manhattan. Along this journey from the west coast to the east coast, the excellence of the IPA FMT approach and the passion of all of the IPA family have been a common thread. I love what I do and can't wait for what the future holds!

## FELLOW'S UPDATE



**Nancy Hackett Harrison**

Hi All! My name is Nancy Hackett Harrison. I had lived in Steamboat before PT school since 1986, so was lucky enough to discover JJPT and IPA in one of my last affiliations before I graduated in 1999. I got the opportunity to work with Gregg and Vicky at JJPT from 2000-2005; I completed CFMT in 2003 and jumped right into the Fellowship in 2003-5 with Natalie Andrews. I also received the AAOMPT Fellowship recognition in 2006. I moved to the Denver/Boulder area in 2005; I opened my own practice in 2009 and just purchased a building in the Highlands area in Denver to expand the practice in 2012. Rachel Carter (CFMT), Mike Binet, and Katherine Kulp, (both future CFMTs!!!) are working with me at Functional Physical Therapy. We do take PT students who have taken at least two of the IPA courses; we love having them with us and plan to take 3-4 students a year.

Currently, I am a primary instructor for Functional Gait and am a second instructor for FMLQ. I love all the IPA courses, but Gait has a very special place in my heart as it integrates everything. It was also what drew me in to the IPA model. Watching Gregg evaluate and treat patients as I was a student blew me away. I was amazed at what he saw and how it focused his treatment to help the patient reach their best quickly and efficiently. Definitely not what I had just learned in school!! If we are lucky, we come across someone who changes our life by just meeting them; I can't imagine where I would be without Gregg, Vicky, and the IPA family. The mentorship I received is immeasurable. I can only hope I can pay it forward in a small way by mentoring others as we all continue to grow.

Nancy Hackett Harrison  
Functional Physical Therapy  
3441 Tennyson St.  
Denver, CO 80301  
303-94-0664

## RESIDENCY UPDATE



**AARON SNYDER PT, DPT, ATC**

I am currently a FMT resident at Dynamic Physical Therapy in Chicago, IL under the mentorship of April Oury and Sarah Lindquist. I began this amazing opportunity/experience in early January and have learned more in the past couple months than I have learned in an entire year of private practice. With the help and guidance of my mentors we have broken down the week to multiple meetings discussing various topics from current courses to any other patient questions I may have. This form of organization has really helped decreased overall stress and gives me small deadlines that I can accomplish each week. I love going to work every day knowing that I am surrounded by like-minded therapist that constantly challenge me and help me grow. Even though I have only been in the residency program since January I feel it has really elevated my ability as a therapist in multiple ways. One of the largest areas that I have improved in is my ability to see a specific dysfunction and then feel it with my hands. This ability has given me much more confidence in my ability to provide my patients with the best treatment that I can. I would absolutely recommend the residency program to anyone looking to greatly increase their skill set, confidence, and overall ability in the clinic.



**BRADLEY GROHOVSKY PT, DPT**

The Residency in Annapolis is going great!! I recently successfully completed all of the basic courses (CFS, FMI, PNF) and continue to daily build on my skills and knowledge. I am taking the two year residency route and thoroughly enjoy the weekly co-treatment and educational sessions

with my mentors Christine and Elaina where I am challenged to consistently mold my skills as a functional manual therapist. I will be taking my first upper level course, FMUQ with Gregg next weekend at Georgetown, and based on previous coursework, I know that it will be an extremely valuable couple of days. More importantly, I look forward to gaining skills that will enhance my evaluation and treatment approach to improve my proficiency as a practitioner and optimize my patient's overall function and quality of life! As I look back at the last six months as a Resident I am truly blown away at the amount that both my thought process and treatment efficiency have developed and I can't fathom how much I will continue to grow prior to sitting for the CFMT examination in 2015. This residency was truly the best choice of my young career and I am honored to be a part of the IPA family!

## VARDAN CLINIC

We have just opened up the Mumbai Vardan clinic with Jevene Summers heading the team. The first few weeks have seen booked schedules for Jevene and the 3 IPT's that she has on her team. The FMT treatment approach is attracting many patients with complex physical problems and we are receiving regular reports on success stories. Peter Rumford has begun his year contract this last week in Delhi for introductory training and he and his wife Katie will be moving to Mumbai where he will be replacing Jevene as she is completing her 2 year contract. She has great treatment and training skills and has been instrumental in the success of the Vardan project. Pete will begin his FMT fellowship training and can achieve up to 25% of the requirements in India.

In Delhi, Charles King will be completing his 2 year contract. Charlie's organizational, training and treatment skill have been a critical component in this project. Foster King is completing his fellowship in Steamboat and will travel in August to India with his soon to be wife Kristan to take over Charlie's responsibilities. Adam Lindsey, who completed his FMT fellowship in Steamboat, will also be completing his year-long responsibilities this fall. His Fellowship skills have added greatly to the training of the IPT's and patient care. Karin Hilfiker is in her sixth month at Vardan Delhi and will be returning in August to go through CFMT testing. Her plans are to return and become a full level FMT faculty member. If you have not viewed the Vardan website please go to [vardan.com](http://vardan.com) to see interviews and clear write ups on FMT.

The present group of IPT's are working hard to develop their FMT skills and prepare for their CFMT testing. We will be begin another group of Indian PT's in January and Gregg and Vicky will be returning several times next year to present the course material.

## FMT SOFTWARE



### **IPA-Exclusive-Partner MWTherapy offers complete, 100% Web-Based Practice Management Software with integrated IPA FMT Templates**

Running your practice is about to get a lot easier! MWTherapy offers a **100% web-based** practice management software system that includes modules for **scheduling, EMR, billing, and reporting**. 100% web-based means that everything is in the cloud, there are no servers to operate and no software you have to install in your clinic. Work anywhere, anytime from your clinic locations plus the flexibility to work from home. MWTherapy works on **Windows® and Mac®**

desktop/laptop computers, **iPad®/Android® tablets**, and even on your **Android®/iPhone®** for scheduling. It's the ultimate in convenience and flexibility.

MWTherapy has *all* of your practice's needs covered:

**Scheduling**

Customizable calendar views, color-coding, patient reminder tools, full integration with other modules.

**EMR**

Easy-to-learn and easy-to-use, allows you to quickly create complete and professional documentation, stored in a neatly organized electronic chart with built in e-fax. Plus, you can go 100% paperless with scan-and-upload functionality. The *only* system with built-in FMT templates designed, maintained, and regularly updated by the IPA plus standard templates for your non FMT therapists. MWTherapy is PQRS and Functional Limitation reporting ready!

**Billing**

Affordable options to suit all practices whether you bill in-house, outsource your billing to a 3<sup>rd</sup> party, or need billing services.

**Reporting**

Get the reporting you need in one place to measure productivity, track referrals, drive marketing, and more.

With configurations to pick from and years of experience serving practices nationwide, MWTherapy is ready to meet your practice's needs and budget. Contact us today for a demo and pricing information.

[www.mwtherapy.com](http://www.mwtherapy.com) | Toll Free: 800-627-1261 | [hello@mwtherapy.com](mailto:hello@mwtherapy.com)

## ABSTRACT UPDATE

I do trust that you have found the monthly newsletter and abstracts valuable. If you have, please let me know and also if you have suggestions on how to improve the process please let me know. Also, I would value help to producing these monthly products. If you are interested please contact me. [gregg@ipaconed.com](mailto:gregg@ipaconed.com) .

Please note, I begin each abstract with a couple of key words at the top to allow you to scan more efficiently to identify articles that you may find interesting.

Should you have something of interest to FMT Today readers, please forward to me a write up. I'm interested in news, case studies, concepts, etc. to share with others.

If you have not yet signed up for the IPA google groups or the IPA Facebook page I would strongly encourage you to sign up asap because you are missing many exciting FMT posts.