

# FMT TODAY

February 2013

We hope each of you had a wonderful month and a special Valentines Day. It was great to get back into the full swing of courses this last month. Dean, Elliott and Rachel kicked off the first course of the year with an FM I. Vicky taught 3 weekends in a row, 2 BET's and a PNF, while Gregg taught an FM II and UQ. All these courses were booked to capacity. Brent Yamashita went to Japan to teach his third FM I to to continue the IPA expansion of the FMT approach to the PT's of Japan. Thank you so much to both Brent and Yoshi who have made this project possible. Gregg and Vicky will be spending the month of March in NYC mentoring the Fellows at IPA Manhattan.

## RESEARCH UPDATE

Under the direction and participation of Cristiana Kahl, PT, PhD, CFMT, Vicky, Gregg, and Ryan completed the first phase of testing the interrater/intrarater reliability of grading the VCT at Long Island University.

Vicky just wants to thank Ryan, Amy (thank you girl for the great time in Memphis) and Cheryl (always giving great feedback) for all their hard work on revising the CFS and PNFI manuals and worked very hard to continue to make these manuals work better for the classes. Vicky hopes to see many of you in these classes again this year if you have not attended in several years as the new material and new organization is really fun!!

## GETTING TO KNOW YOU! ANOTHER IPA FRONT OFFICE STAFF MEMBER



Carolyn Nickum holding new granddaughter Aurelia

Carolyn joined the IPA in the Fall of 2008. Carolyn is our Advertising and Marketing Manager. In addition, she is responsible for monitoring and distributing Instructor training materials, DVD Course rentals for the CFMT and Recertification programs, and DVD purchases for the Residency Program.

Lured by the Alpine Ski Racing opportunities for her son, Derek, Carolyn and her family moved to Steamboat Springs in 2002 after a successful 20+ year Career in the Financial Services Industry. Carolyn was born and raised in Robinson, IL and is 1 of 11 children. She and her husband (Brad) have been together 39 years and have one son, Derek. Always inspired by golfing and the mountains and following a John Muir quote, "The mountains are calling, I must go", she and Brad left the Midwest to raise their son in the Piedmont and Mountain areas of NC in 1989. Since moving to Colorado, Carolyn has been enjoying her 2nd career as a Real Estate Broker. In her spare time, Carolyn is active in many mountain recreational activities, volunteer work, and as of February 1st, enjoying her first grandchild!

## GREAT NEWS FROM Matthew S. Thomason



Matt Thomason and wife Rachael Thomason

My case report of the FMT meniscal treatment has been accepted as a presentation at the next AAOMPT meeting in Cincinnati, OH. Here are some quick details... the patient (64 year old male) is an individual I saw during my fellowship year and presented with medial knee pain after a fishing trip. Straight in off the street. No visit to any physician, no imaging, nothing. After evaluation, I had four positive tests to indicate a medial meniscus "tear". I treated his knee that day with a couple of shear corrections and then the Functional Mobilization of medial meniscus (a la FMLQ) and he had "an immediate and lasting reduction in pain" (according to him). The rest of the treatments went through the lumbopelvic girdle down to the foot and ankle to further reduce stress on the meniscus. He had great outcomes by the end of our treatments and they continued to improve when I followed up with him 12 weeks after discharge. The implications for reducing medical care cost is very relevant!!

I'm hoping to also publish the full case report in JMMT as well. In my research to write up this case report (and tests during my fellowship), I was able to better understand and theorize why this mobilization works the way it does and go into some detail about the anatomy behind it. Those things may not be in the presentation, but we'll see. I wasn't able to come across any literature during that research that describes any kind of direct mobilization of the meniscus the way taught in FMLQ, so I'm hoping this opens a door and draws more people to the IPA.

Hope to see y'all at AAOMPT in October!  
Matthew S. Thomason, DPT, OCS, FFMT, FAAOMPT

## UPDATE FROM A CURRENT FELLOW IN TRAINING IN STEAMBOAT



Foster King and fiancé Kristin Lukson

My name is Foster King and I am currently enjoying my 7th month of fellowship training at JJPT in Steamboat Springs. The fellowship has proven to be all that I hoped and expected it to be; challenging and very rewarding. The requirements of fellowship are significant and can be overwhelming when debating whether or not to enroll. In many ways its like going back to college and trying to cram 4 years of work into 1 while managing a full time patient load. I've found the advantage of having so much demanded upon me is that I know there is always more to do, and therefore I never let my mind relax. The fellowship demands that you are constantly learning, always thinking and always polishing your skills. At times, I'm still overcome with feelings of stress/anxiety over accomplishing my next task, but I've learned to compartmentalize those feelings, allow them to manifest themselves for short time, put them away, and move on. When stressed, I allow myself time to exercise, get outside, or have down time with my fiance, Kristin, and return with a fresh mind to continue to chip away at my work. Now that I've taken a moment to come up for air, I had the sudden realization that I only have 4 months of fellowship left (slight panic here). It's gone by fast, but the work and routine has been very rewarding. You don't realize how much you've learned until you start mentoring entry level students. Amazing.

I've come to appreciate the vast amounts of skills I've learned and application of techniques, however, it's harder to gain an appreciation of how much fellowship has facilitated the development of the "intangibles." The other day I had a lithe ah, ha moment that helped me gain some perspective. I had the craziest morning this past week. I had a patient who called feeling worse after treatment, in the middle of a full morning of patient care, and needed to be reassured. I fielded a long phone call from a local physician while running 20 min behind and while already stressed from "murder's row" of patients (the tuff ones you know what I mean?) while simultaneously managing my PT student Carly (who is a blessing, not a stress). I didn't realize it at the time, but Brent, our senior Fellowship Faculty/ Clinical Director, had been a witness to the entirety of my morning and sat down to recap my day for me. He remarked how calm I was entering the meeting and that I was able to articulate (without being stressed) my patients of the morning and my plan for the afternoon. I said to myself, "how about that!" You see, this same morning 6 months ago would have wrecked the whole rest of my day, negatively affecting my ability to give the care my other patients needed. Days like that used to spill over into my personal life and became a burden that weighed so heavily on my mind that I would question my choice to be a PT.

This was a nice realization for me. It was a realization that not only has the fellowship helped me learn to apply new skills more effectively, but it has shown me multiple good examples of how a masterful clinician manages patients and life. Mentorship has been so valuable to me and I whole heartedly believe that I would no longer be physical therapist if it wasn't for those who cared enough about me to take time out of their days to show me the right path. The fellowship has helped me to develop my skills, yes. But more importantly, it has taught me how to be a better person, partner, Christian and physical therapist.

I hope this helps give some perspective of the life of a fellow. I'm open to question if you have them.

Best regards and GO GONZAGA!  
Foster King DPT, OCS, CFMT

## GETTING TO KNOW OUR GRADUATE FELLOWS



Gregory Paprocki

Here I am already six years after my fellowship in Steamboat. I was there from August 2005 to August 2006. I had a great time there and it was unforgettable in many ways. First, let's talk about the fellowship. Albert Einstein said, "I want to learn to think like God thinks". I went to Steamboat to learn to think like Gregg and Vicky think. To me the Steamboat journey was just that. I wanted to see Gregg and Vicky in action. I wanted to learn how they approach patients. It was like getting to see patients through their eyes. It worked great for me. I stopped Gregg on countless occasions and asked over and over: why did you do it this way? What do you see that I can't see? On one occasion I even made him to get up from his chair, and switch places with me because he saw something that I could not. Changing seats did not help, but the explanation always did. It was very exciting when he stopped and took me through *his* process of thinking and analyzing the patients' dysfunctions. These were the moments when the techniques of FM, PNF and CFS/BET were even more powerful. They frequently turned into magical results. My ability to treat and help patients' was improving daily. Ever since the fellowship I treat and approach patients in a different way. It was like earning several years of experience in just a few moments. I was learning like never before. Unfortunately, the time goes fast when you are having fun. I came back to Chicago in August 2006 to re-start my private practice.

I also cannot resist mentioning one more thing. After my time in Steamboat I had to face stage four tongue cancer. I was desperately looking for help. My illness helped me to better understand how hard it is to find people that can really help you. There are very few people that can give you hope. Being a functional manual physical therapist allows me to help and give certain "hopeless people" hope every day. The biggest reward I got from my year of fellowship was learning how to be a better PT.

The "blue light special" for me was spending time in Steamboat with my family. My kids were 10, 8 and 4 and when we all moved. My wife skied 77 days and moved from a non-skier to an expert skier. My kids had a chance to learn and ski with the famous Winter Sports Club. They are currently really great skiers. I also was extremely lucky and had a chance to ski total 55 days that season. Because of which I am a much better and more enthusiastic skier. Everything somehow improves in Steamboat. Even weather is great there. Really. A small thing. But if you are from Chicago (gray close to 330 days a year) you will enjoy the blue sky almost every day.

My suggestion to you is this: if you are thinking about this experience and if you have the opportunity to do it - just do it!!!! It will be for sure a highlight of your professional life and most likely a bright moment of your life.

Currently, I am in the Chicago suburbs treating complex patients with varies movement dysfunctions, mostly chronic at *EuropeanTherapyCenterLtd*. We also treat dizzy patients. I just love it!!! In March I will start helping our first resident on his journey to CFMT. I thank Vicky and Gregg for all the opportunities that they created for me. After being in Steamboat for a year I am able to have a meaningful tag line for our patients: "enjoy the change in your body".

You are welcome to contact me if you have any questions, comments or ideas at: [gpaprocki@enjoythechange.com](mailto:gpaprocki@enjoythechange.com).

Kindly,  
Gregory Paprocki PT, DPT, PhD, OCS, FFMT, FAAOMPT

## GETTING TO KNOW OUR RESIDENCY GRADUATES



Abigail Temple and her new daughter Quinn

My name is Abigail Temple. I am a Residency graduate as of November of 2012. I had the honor of learning under the instruction of the one and only Tina Howell. The setting was perfect. Our clinic is privately owned by Tina and the other practicing therapists are either in residency or residency graduates. This allows a full immersion into the Functional Manual Therapy practice and several like-minded thinkers for discussion and learning.

The IPA material has been life-changing. It has built up my confidence, clinical thinking and clinical skills. It's hard to describe how I felt prior to residency, but I felt like everyone else should be seeing my patients because I didn't feel I was "good enough." Also, as Gregg warns against, my day depended on whether or not my patients were getting better. Well, they weren't and that meant there were many days and nights I felt overwhelmed and insignificant. Those days are over. With the Functional Manual Therapy material and guidance from Tina I want the complex patients and it has brought a certain peace to my spirit and it is amazing how much I LOVE my career now! If you don't have that same feeling I would encourage you to seek out a FMT residency. Do yourself and your future patients a service and master this material...it will change your life too!

I also can't help but give a special shout out to Tina. She is a phenomenal teacher. She not only is a Functional Manual Therapy guru from completing Fellowship and teaching several courses, but she also fosters a great learning environment. I can't thank her enough for the time and energy she invested in me. So thank you Gregg and Vicky for spending your time sharing what you know instead of just treating patients(I know it is what you would love to spend your time doing :) and thank you Tina for your contributions in guiding me to happiness!

# THE AMAZING FOUNDATIONS COURSE

Kent Keyser & Tim Crunk



**DID YOU KNOW** the FMT Foundations course, offered by Crunkeyser, LLC, has replaced LPI and CTI for certification? All therapists will be tested on the Foundations course. Those CFMTs recertifying will need to attend the FMT Foundations course to recertify.

Visit <http://www.crunkpt.com/continuing-education-seminars> to register for this exciting course taught by Kent Keyser and Tim Crunk.

## Who's new baby?

Who is the parent of this beautiful angel?? See if you can guess.

