

FMT TODAY

January 2013

The month of January is a time of recovery and preparation for the IPA. We have a full schedule for this year with many of the spring courses filling up. The only course we have not scheduled is the REM as we are continuing to attempt to find either a west or east coast location. We will keep you updated.

Many IPAer's attended CSM in San Diego. Gregg, Vicky and Ryan enjoyed the conference and made many important contacts. We encourage each of you to consider attending the AAOMPT conference in Cincinnati October 16th through 20th (we have submitted several proposals for presenting). The conference in our opinion is the best offered here in the USA. If you have a poster or platform presentation that you are interested in presenting the deadline for abstracts is April 1st. We all need to get more involved with conferences and professional presentations. Also, consider attending the 8th international conference on pelvic and low back pain in Dubai October 27th through 31st. Gregg and Vicky are planning to attend. The APTA's annual conference is in Salt Lake City June 26 – 29th. Next year CSM is in Las Vegas February 24 – 27. Submission deadline for proposals is March 4, 2013 and for abstracts May 20th. Please use this link for information. <http://www.apta.org/CSM/submissions/>

Gregg is presently in India training and mentoring at the Vardan clinic. We have 4 FMT therapist from the USA now working in the facility. Charlie King, Jevene Summers, Adam Lindsey and most recently Karin Hilfiker (who is not mentoring as she is now preparing for CFMT in August). They are doing a great job of treating complex patients and mentoring the Indian Residents. We have 13 IPT's that are presently in the program. Gregg is enjoying training and mentoring during clinic hours. Peter Rumford will be joining the staff in May and schedule to move to Mumbai for the opening of our satellite clinic which is planned to be opening in March. Jevene will be opening the clinic prior to returning to the USA in September. If you are interested in becoming involved with this exciting project please contact Gregg at gregg@ipaconed.com for more information.

IPA INFORMATION AND STAFF

DID YOU KNOW that we are actively pursuing the registration of our mark, Functional Manual Therapy™? This term was developed in 1996 to define the comprehensive approach developed and taught by Gregg and Vicky Johnson through the IPA. As we expand internationally and also expand the programs offered through IPA like the Residency and Fellowship, it is essential that all references to

the term Functional Manual Therapy™ or CFMT™ be designated as a registered mark with the appropriate symbol. Anywhere you use that term to define what you do or to advertise your service must include the statement “Functional Manual Therapy is a trademark of the Institute of Physical Art, Inc.” in addition to the ™ symbol. This includes use of the term on your websites. You do not need to include the ™ symbol in your credentials when used in conjunction with your name if you are a CFMT. Immediate review of the materials you are using is appreciated. If you have any questions, please contact the IPA office at [970-870-9521](tel:970-870-9521).

GETTING TO KNOW YOU:

Heleen de Koning

Heleen has been with the IPA since February 2010 and is our designated course and product packer.

Heleen came to the US in 1994, and holds dual citizenship in the USA and Holland. Before coming to the US she was a climbing guide in the Alps, a trekking guide in the Himalayas and Irian Jaya, Indonesia for 5 years. She also led tours in Cinque Terre, Italy, and West Turkey, and did 2 camel treks in Rajasthan, India. She biked extensively with then boyfriend, now husband of 18 years, Jon, through Singapore, Malaysia, Sumatra and Sulawesi. We claim she speaks 87 languages fluently, she claims it is really closer to 7. Her definition of “fluent” might be different than ours, we still think it is more than

7.

Heleen and Jon have 2 teenage daughters, Lindsey (16) and Jennifer (13) that keep them busy. Besides working in the office, Heleen is a graphic designer and works on the IPA course manuals as a freelancer.

In her spare time, Heleen is still an avid hiker and runs in the summer. She enjoys skiing and snowshoeing in the beautiful Steamboat winters.

FMT FELLOWSHIP NEWS

With the program successfully recredentialed for 10 years by AAOMPT we can now focus on advancing the program. Dean Hazama at IPA Manhattan and Brent Yamashita at IPA Steamboat are doing great jobs in overseeing the local fellowship programs. If you have achieved your CFMT you are eligible to apply for the program. If you are interested in applying please send requests to gregg@ipaconed.com.

For all present fellows please be aware you should use the initials FFMT (fellow of functional manual therapy) to denote your accomplishment.

IMPACT OF IPA FMT FELLOWSHIP - Brad Gilden

I have had the pleasure of being the first FMT fellow outside of the Steamboat Clinic. This has presented some interesting challenges, yet has also created

some incredible opportunities for learning and professional growth. I would like to focus on three primary areas that the FMT Fellowship has dramatically impacted my career. 1. History taking and developing rapport with each and every patient. 2. Efficient evaluation for determining what is driving the primary dysfunction. 3. Improvement of body mechanics leading to increased localization and specificity.

I. Throughout my career I have always been told how important taking an accurate history is. It is true that if you ask the right questions and have good listening skills, your patients will direct you to the problem, which will often lead you to the solution. Here is our challenge; asking the proper questions that elicit an appropriate answer in a short amount of time without allowing the patient to go off on tangents. This seems simple enough, although dealing with difficult NYC Type A personalities, who are suffering, is a difficult task. What I've learned is how to re-direct patients to get the most important information to determine three primary things: 1. Original mechanism of injury. 2. Behavioral patterns either creating or complicating current injury 3. Establishing realistic goals. The fellowship has taught me how to extract this information in a timely manner leaving enough time for a hands on evaluation and treatment, which often times took a back seat. My "interview" skills have been honed

by observing Gregg and Vicky Johnson, and Dean Hazama evaluating patients, and also having them observe and participate with me while working with my patients. The testing environment has also been set up as a constant learning experience to better my history taking skills. Perhaps the most important skill to obtain when meeting a patient for the first time is establishing rapport. This typically came very natural to me, however, I've had some very difficult patient personalities to manage, and the fellowship experience has given me the tools to establish rapport with patient's that I may have had extreme difficulty with in the past. Without rapport, there can be no progress.

II. Through the FMT paradigm I became very good at following a specific sequence of evaluation and treatment. What I have learned from being mentored is to look for the main driver that is contributing to the patient's complaints. This has led to a quicker, more efficient evaluation that allows the patient to gain immediate confidence and satisfaction when they can feel the immediate impact of the the treatment. Many times this involves treating out of sequence. In some cases if my perception of the main driver was not accurate, I still have the sequence to fall back on, so I never feel stumped or out of

ideas, no matter no complex the patient presentation may be.

III. Finally, perhaps the largest impact of having mentorship through the FMT fellowship program has been the attention to improving my postural mechanics during treatments. This has had two primary impacts. 1. Dramatically decreased my fatigue by end of day and decreased my back and neck pain I used to feel after seeing a full caseload. 2. I have seen a significant improvement in my specificity for identifying primary restrictions which has led to better and quicker patient outcomes. Patient's have also reported the treatment techniques have become much more comfortable.

Matthew S. Thomason, DPT, OCS, FFMT

I began my year long fellowship in August of 2011, after spending the previous two years in an IPA residency in South Carolina with Tim Crunk. After finishing the fellowship, I moved to California with my wife and new son (yay!). I work at a private practice in Salinas, CA (Balance Physical Therapy) which is east of Monterey and a little south of San Jose. I enjoy helping the "complex" patients the most. It is always great to be able to help someone who has seen other healthcare people and continues to live with pain or disability when they come to see you, and you get the opportunity to help solve a puzzle. This is something the fellowship really helped me improve on. It also helped

me to be faster at recognizing and treating various dysfunctions that a patient will present to you with... not to mention really understanding everything about their history. I am currently being trained to teach the new FMT Foundations class that was developed by Kent Keyser and Tim Crunk, and look forward to helping out with that in the future. Being a part of the IPA family and spending time with Brent and Gregg in Steamboat is a true blessing and helped/influenced me in more ways than I ever would have imagined. If anyone ever has that opportunity... jump on it!

IPA ORTHOPEDIC RESIDENCY PROGRAM

The IPA residency program has been in existence for only a little over two years. The program is directed by Vicky Johnson and administrated by Tyler Johnson. We have already graduated 18 residents, have 15 presently enrolled and have 22 active sites with CFMT's as mentors. This is an exciting program and if you are interested in being placed in a residency location or if you are a CFMT and would like to become are residency site you can get an application by contacting Tyler Johnson at tyler@ipaconed.com.

REPORTS FROM PREVIOUS RESIDENTS

My name is Pete Rumford, and I am a graduate of the IPA residency program as of September 2012, under the mentorship of Lang Ngov. The FMT residency program is an invaluable experience. Lang pushed me to focus my evaluation, be more specific in my treatments, and develop strategies for managing my caseload. She also played a crucial role in my passing CFMT in August 2012! If you are a young therapist, or a seasoned therapist wishing to be pushed to a higher level in the clinic, I encourage

you to pursue a residency. If you are a CFMT I encourage you to become a residency mentor, as this will no doubt sharpen your skills. My wife and I will be heading to India in May where I will be doing just that - mentoring Indian therapists at Vardan in the same way that I was mentored. If you have any questions about the residency process/experience, please email me: peterumford@gmail.com

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