

FMT TODAY

JUNE 2013

UPCOMING CFMT

CFMT week in Steamboat is rapidly approaching August 5th – 10th. There are 28 participants signed up for CFMT and 1 for FOC. The testers will be Vicky and Seth for PNF and CFS, Kent and Brent for FM I & II, Dean and Gregg for LQ and UQ, Tim for Foundations. Many of the participants have spent years preparing for this week. Please encourage and pray for each of them to be able to fully demonstrate their knowledge and skills.

Be aware that CFMT for 2014 is already full and 2015 is already over half filled. So if you are planning and preparing to take CFMT please consider signing up as soon as possible.

SOUTHERN CALIFORNIA OPPORTUNITIES

The IPA is officially entering into negotiations to staff a world-class research/rehabilitation center in Orange County, CA. Both the research and treatment opportunities are going to be extensive and the opportunity to finally begin to develop research related to PNF and FMT is amazing. We are looking at an opportunity for CFMT's or FMT's who have a background in PNF to consider being part of this exciting project. The projected opening date is late fall 2013 or early spring 2014. However, we need to begin the process now to allow for all the contractual negotiations that will ensue with the host facility. As an extra note of excitement, you will be working side by side with Dr. Reggie Edgerton, the inventor of a device that is now facilitating ambulation in incomplete spinal cord patients and be participating in FDA approved clinical trials. Therefore, we envision 3 integrated clinics; research clinic with spinal cord patients, general rehabilitation facility with an IPA Neurological residency program, and an outpatient orthopedic clinic with IPA residency and FMT fellowship programs. If you are interested in becoming involved with these exciting opportunities contact Gregg at Gregg@ipaconed.com.

INDIA OPPORTUNITIES

In the April FMT TODAY we encouraged all CFMT's to consider applying for an exciting opportunity to be employed in one of our Vardan clinics (Delhi and Mumbai) in India. We are now able to expand that opportunity to those already signed up for CFMT next year and undergo your CFMT review and testing with the Indian PT's. If you are interested in this educational opportunity please contact us at Gregg@ipaconed.com. Also please feel free to respond if you are interested in the Southern California neuro opportunity reported in last months FMT TODAY.

HELP NEEDED – WOULD YOU LIKE TO VOLLENTTEER?

Gregg needs monthly help in the following categories

1. Editing the monthly FMT TODAY
2. Help on collecting and collating abstracts – He gets approximately 30 subject lists a week with an average of 20 abstracts in each. He would love for some PT's to assist by taking some subjects. Time requirement around 1 hour per week.
3. Assist with imputing all past abstracts into End Notes.
4. Assist Heather in posting the monthly abstracts onto the Wikispaces site.
5. Research on specific topics: i.e. preparing for our upcoming foot and ankle presentations at AAOMPT.

REM IN NOVEMBER

Yah - REM, Resistance Enhanced Manipulation, has been added to the 2013 IPA calendar of courses!

Location: Hunter College Brookdale Campus, NY

Dates: November 8-10, 2013 ☐ Prerequisites: FMLQ & FMUQ

This course presents the concept and procedure of Resistance Enhanced Manipulation (REM). REM is a joint manipulation approach developed by Gregory S. Johnson, PT, FFFMT, FAAOMPT, which incorporates specific localization procedures with precise resistance that is applied at the time of the manipulation procedure. This lab-intensive advanced course is designed for Physical Therapists with advanced Functional Manual Therapy™ training and builds upon the concepts learned in the Functional Mobilization™ courses. ☐ This is the only time this course will be hosted in 2013.



GETTING TO KNOW YOU: IPA FRONT OFFICE

Heleen de Koning

Heleen has been with the IPA since February 2010 and is still our designated course and product packer. She also is involved in the development of the new quizzes on our website. With Carolyn's departure this summer she has taken up some extra tasks and hours including advertising and mailing of postcards.

She enjoys taking online classes to keep up on the new technology in Graphic Design and web design, and helps with maintaining the IPA website.

Besides all the work Heleen still tries to make time for backpack trips and hiking into the Zirkel Wilderness. Also a vacation with the family is planned, to see Chicago, her first opportunity to explore that city, after other cities like New York, Washington DC, San Francisco and Boston.



NEW STEAMBOAT FELLOW

My name is Steve Warfel. I am preparing to begin my fellowship in Steamboat Springs and feel very blessed to have this opportunity and look forward to working and living in Steamboat!! I am originally from Harrisburg, Pennsylvania, but have been practicing orthopedic manual therapy in the Denver area for twelve years now. I am an avid outdoorsman and enjoy snowboarding, hiking, Nordic skiing, and mountain biking. I have raced mountain bikes at CAT 1 and 2 levels for six years for a team out of Golden, Feedback Sports. I am moving to Steamboat with my fiancé, Larissa Wilson, and our 18 year old cat, Scruffy. We are all excited!!!



My educational background includes a BS in Exercise Physiology from Penn State, in which I had the opportunity to work with the varsity strength coach training Big Ten athletes. Over two years I was educated and practiced the principles of HIT (high intensity training), plyometrics, pyramid training with varsity athletes ranging from wrestlers to softball players.

After graduating Penn State in 1999, I spent three years in St. Augustine Florida, graduating from University of St. Augustine with my Masters and Doctorate in Physical Therapy as well as the Manual Therapy Certification (MTC) shortly after. I was fortunate to have chosen a program based heavily on manual therapy, and to have the opportunity to study under Dr. Stanley Paris for S1 and S3, but more importantly.....I had the chance to meet Vicky Johnson. IPA taught PNF for Masters students at USA when I was there in 2000. My classmates and I were blown away by the course content, Vicky's knowledge and enthusiasm for the material, but

most of all how quickly she could make changes with her PNF techniques. We were witnessing and experiencing the powerful effects of motor learning and motor control, realizing how vital they were to improving our own mechanical problems.

After moving to Denver in 2002, I began taking IPA courses and was blown away by the material..... The IPA philosophy is integrated and multifaceted, complementing the mechanical approach of St. Augustine (MTC) very well. The course work has given me new evaluation tools that differ from traditional PT measures. Tests such as the shear test, leg swing test, VCT, and LPM provide excellent functional measures. IPA course work has drastically improved my results with manipulative treatments. The principles of localization and isolation coupled with setting the joint though PNF, or a Functional Mobilization have improved my results drastically, and it stays! Finally, the diverse soft tissue evaluation and treatment focusing on directional restriction, fascial planes, and layers; coupled with functional movements has yielded excellent results. With the IPA approach my patients will work as hard as I do!

The principles of kinesthetic awareness and education for the patient incorporated with this philosophy are also invaluable tools. Rather than telling our client what is dysfunctional, we provide a unique opportunity for them to feel what is wrong. This experience is essential for motor learning and control required to re-educate the orthopedic and nervous systems. This places responsibility on the patient to keep a healthy environment and avoid what they felt before. The principles associated ever empower our clients to achieve their maximal potential.

.....8 years later I finished the courses and sat for certification in 2010. CFMT was one of the best experiences of my life and permanently changed the way I practiced. It also gave me a unique insight into my own body including my ailing back at the time. The educational experience was incredible, but IPA has a way of making it a family experience too. Learning in a very holistic, caring, helpful way during a stressful testing time was amazing, and has made me a better therapist. Since finishing certification, I have lab assisted with every course in Denver that I can attend, and had the opportunity to work in Steamboat at Johnson and Johnson, and at Functional Physical Therapy with Nancy Hackett Harrison. All of these experiences have motivated me for the fellowship program! I look forward to joining the IPA team and working with the Johnson and Johnson Staff.

UPDATE FROM A PREVIOUS STEAMBOAT FELLOW

Jen Shepherd - Fellow 2007-2008

Where do I even begin on all of the concepts, technique refinement, efficiency analysis, finesse in palpation, patient progression and management, advice and guidance I've learned in Fellowship. Seeds were planted and continue to grow exponentially in my practice.

Some of my "game changers" include the fostering and development of my intuition, how I see and feel movement, both efficient and inefficient, my



curiosity of the human body and the openness to the possibility of dysfunction of any of our many integrated systems.

(Excuse me as I channel my inner Cheryl Wardlaw...It is ALL connected, baby!) I am so grateful for having such AMAZING mentors, and I get so much joy and satisfaction by helping others move, perform, and live better!

Another HUGE impact on both my clinical and personal life was receiving treatment. These days, I am moving so much more efficiently and rarely have any symptoms! I have learned so much on how to take care of my body, how to move, how and what to self-treat and when to seek treatment (as often as I can!) This personal knowledge and awareness transcends into my practice and also benefits my patients in so many aspects.

I am currently in my 3rd year of cash pay, private practice in Golden, Colorado. I treat on a part-time basis and see clients for 60-minute sessions. I have just enough room for my table and to spread out on the floor or throw a bike on the trainer. With gorgeous Colorado weather, almost year-round, I use the parking lot and alley for running and gait assessment and work. I continue to see a variety of patients...all with their unique histories and dysfunctions. As of late, I have been treating many endurance athletes not only for unresolved "overuse" injuries, but also for performance and prevention of injuries. I keep it simple. I keep it fun.

Teaching...not just yet. As I have been slowly growing my practice, I have also been growing my family. Logan joined us a couple months after Fellowship, November 2008. (Yes, pregnancy brain and lack of core made for an additional challenge at the end of Fellowship) Hayden came along in March 2012. In the meantime, I love dropping in to help out at classes and having therapists come shadow at my office.

I always look forward to seeing old faces and meeting new faces! I am ALWAYS impressed at the high quality and character of individuals the IP A attracts.

With gratitude, Jen

VARDAN MUMBAI:

My name is Pete Rumford - I am the clinical director of Vardan Mumbai. In the previous FMT Today Jevene Summers wrote about Vardan Mumbai's opening. I have had the privilege of stepping into a burgeoning clinic with a great staff of 3 Indian Physical Therapists (IPTs), and a reputation for helping people live efficient!

One of my favorite aspects of the clinic here is the emphasis on mentorship. I finished an IPA residency and sat for CFMT last August. My time spent as a mentee (I studied with Lang Ngov in Palo Alto) in the residency program has benefited me tremendously as I mentor the IPTs here.



Mentoring at Vardan Mumbai occurs primarily through co-treatments and monthly in-services. At times the IPTs observe me with my patients, which gives them an opportunity to observe my thought process and treatment strategies. They also assist in the problem solving - and communication barriers (at times they will translate English to English - apparently I have an accent)! At other times I mentor them as they work with their patients. The monthly in-services are designed for mastery of coursework in preparation for CFMT testing. I encourage the IPTs to identify areas they need to improve regarding treatment and clinical reasoning, and we dedicate time to these components. A major emphasis of our last in-service was gait analysis.



So far, my time here has benefited me greatly as I experience more fully the continuum of learning. I believe we should all be a mentee and a mentor, always learning from others and passing that knowledge on. Our emphasis shifts depending on our various roles we assume throughout our careers. At Vardan my emphasis is on being a mentor - though daily I learn from the IPTs (and my patients) how to be a better therapist.

Apart from clinic life, my wife Katie and I are having a great time here in Mumbai (Mumbai is what you *write*, Bombay is what you *say*). We moved here knowing that it would be a good experience but we didn't think we would like it as much as we do!

Shameless plug - if you are at all interested in coming to India, or are curious to hear more about our experience, check out our blog: <http://indiax365.wordpress.com/>

Namaste ☺

RESIDENT CASE REPORT

Treatment of Lateral Knee Pain with Functional Proximal Tibiofibular Joint Mobilization: A Case Report

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PURPOSE: The purpose of this case study is to describe treatment for lateral knee pain with functional mobilization at the proximal tibiofibular joint during gait.

RELEVANCE: There is a vast amount of literature in the area of knee pain. However, little evidence exists supporting treatment of the proximal tibiofibular joint for lateral knee pain.

DESCRIPTION: A 23-year-old female with a 4-week history of lateral knee pain and impairments during walking and running presented for evaluation and treatment. Past medical history included four arthroscopic surgeries and femoral osteotomy with OATS for reoccurring lateral meniscus injuries. During initial evaluation, pain

and hypomobility at the proximal tibiofibular joint were present in terminal knee extension at push off. For two treatment sessions, the patient received functional proximal tibiofibular joint mobilizations. This technique was performed during push off from 0-5 degrees of terminal knee extension with active weight shift. Pain was measured using the Visual Analog Scale (VAS) and function via the Lower Extremity Functional Scale (LEFS).

RESULTS: Pain occurring in terminal knee extension during push off phase of gait was initially measured at 6/10 on VAS and LEFS scored at 32/80. Immediately following tibiofibular mobilization, VAS was 1/10. Following the second treatment, VAS improved to 0/10 and LEFS to 58/80, a 26 point improvement. The patient was discharged due to relocation, which limited follow-up. At four weeks after discharge, a follow-up phone call revealed that pain had remained low at an occasional 1/10 during gait.

CONCLUSION: A patient reporting lateral knee pain during gait was treated with functional proximal tibiofibular joint mobilization with significant improvements in outcome measures.

IMPLICATIONS: Physical therapists should consider the proximal tibiofibular joint mobilization for management of lateral knee pain. Mobilization may be more successful by assessing and treating during functional activity. Further research is needed to support functional mobilization.

WEDDING JOYS

Our special Heather Whiting got married last month. Heather is from Steamboat Springs and completed her clinicals at JJPT in Steamboat and her IPA residency under Brad Gilden in Greenwich, Connecticut. She and her new husband Matt celebrated their marriage in Cancun. We all wish them all the joys of marriage and a long healthy lives together.



ENGAGEMENT EXCITEMENT

They met each other at Vardan and now we all know that they also fell in love. We are so excited for Shashikant and Sakshi for their upcoming wedding and life together.

