

FMT TODAY

March 2013

What an exciting month for the IPA!

- We have already had 3 poster presentations accepted for the October AAOMPT conference in Cincinnati. (We will include one abstract in each of the next three months of newsletters.) Please consider all those successful treatments you experience and presenting some at national conferences as poster presentations or writing them up for a case study.
- Vicky, Gregg, Ryan, and Cristiana Kahl completed their validity research on the Vertical Compression Test and the Elbow Flexion Test and the results are fantastic. These are tests that are valid and reproducible!!
- Vicky returned to a new department at Hunter College (flooded by hurricane Sandy) for two CFS courses and the new facility is beautiful and with 20 new high low tables.
- Officially got accepted to begin presenting FMT to Brazilian PT's. Cristiana Kahl, Vicky and Gregg will be going to Brazil in May to present FMT during their national conference. How exciting!

Vicky and Gregg spent the month of March in Manhattan mentoring the two FMT Fellows in training (Brad Gilden and Ryan Johnson) in the IPA Manhattan clinic. This is a beautiful facility offering great care for the population of Manhattan. Dean Hazama is the fellowship director and is doing a great job of expanding the business.

FMT FELLOWSHIP PROGRAM UPDATE

The APTREE (body overseeing residency and fellowship programs) made the decision to allow up to 25% of a fellowship to occur outside the USA. We had partitioned to allow our CFMT PT's in India to be in an active Fellowship program. This is a big step forward but we believe that the fellowship training at Vardan would be as effective as those in Steamboat and Manhattan. We will continue to push this issue.

As always we are encouraging CFMT graduates who desire advance fellowship training in one of our two clinics to put in an application as it often takes a couple of years to get placed. We presently have accepted Steven Warfield to be our next fellow in training in Steamboat replacing Foster King who will be heading to India in August. In Manhattan, Diane Walls has been accepted to begin her fellowship training in May and then Charlie King when he returns from India will complete his fellowship in the IPA Manhattan clinic.

VARDAN CLINIC IN INDIA

We will be opening our next clinic in India in Mumbai during this month. Jevene Summers who is completing her second year of teaching, mentoring, and providing care in India will be supervising the project until June, when she will return to the Delhi location. Jevene has always been willing to do anything to assure the success of the program. Peter Rumford DPT, CFMT, who will be traveling to India with his wife Katie, to spend a year in the Mumbai clinic, will be taking over for Jevene. Also, the clinic will be manned by 3 IPT's, Garima, Mamta, Jatin, and Puneet. Karin Hilfilker, who joined the clinic in February, will be returning to the states in August to sit for CFMT before returning to complete her time in India. Charlie King will be completing an amazing two years of excellence in August and Adam Lindsey will be finishing his time as the first FMT fellow

(great job Adam) in October. The three of them (Charlie, Jevene, and Adam) have many stories to tell and have done an amazing job representing the FMT approach.

We are now in the process of selecting CFMT graduates to fill future positions and if you are interested please contact Gregg at Gregg@ipaconed.com.

FMT RESIDENCY PROGRAM UPDATE

We have more applicants for residency positions than we have qualifying facilities to host our residents. If you are a graduate of the Functional Manual Therapy Certification (CFMT) then you are eligible to apply to become a mentor. Those who are presently hosting residents report that they love mentoring and that they would encourage others to host. If you are interested please write Vicky at Vicky@theipa.co.

GETTING TO KNOW THE IPA'S FRONT OFFICE



ANDY ARANYOSI

IPA Finance Manager & Certification Board Liaison

Andy is a CPA and Certified Internal Auditor, in essence the financial brains behind this operation that we call the Institute of Physical Art. Andy joined the IPA in May 2011 and is the go-to guy for checks, CFMT, Recertification and anything financial.

It is a little known fact that Andy has had to overcome some pretty challenging issues in his life, beginning with his birth in Germany to poor Hungarian immigrant strudel makers on a military base, thus leaving him with an almost incurable sweet tooth. It is a battle that he fights everyday...but his motto is "one day at a time". Further, one must wonder if Andy knows how to drive a car or if he possesses a driver's license because he has ridden his bicycle cross country multiple times "just for the fun of it." Sources say that he has an aversion to 4 wheeled vehicles, a real medical condition called "quadhicleaphobia". He does rely on his son, "also Andy" to get him around during bad weather; a major concern now that "also Andy" has been accepted to Colorado State University in the fall. Who is going to drive Andy around in the winter? We aren't certain how the vehicle registered to Andy mysteriously arrives in the winter, but we know how the bicycle gets here in the summer.

Finally, and probably most disturbing, no one knows Andy's real age. Not even ANDY. This leaves one to wonder if his childhood diet of strudel 3 times a day, supplemented only by an occasional chocolate bar, has impacted his memory. For all we know Andy could be 30 or 80 years old! Couple all this with the fact that he is surrounded 5 days a week at the office by 4 beautiful women (who wouldn't even let Andy write his own bio) and it isn't any wonder that the poor man lives in the woods most of the year, as he is a Seasonal Wilderness Ranger for the US Forest Service and enjoys long solitary back country hikes and camping on the weekends.

Did YOU KNOW that you can obtain all of the information about a course from the IPA website? Go to [Scheduled Courses](#) in the Continuing Education dropdown, and then click the green “more info” link next to the course. There are three tabs in the middle of this page which will give you all the information, including course details, what to bring, how to dress, directions to the hosting facility, where to park, the hours of the course, and many other details you need to know.

The first tab, Course Information, includes a list of prerequisites if required, required course preparation with a link to videos and articles to be completed prior to arrival at the course, required equipment that you need to bring with you to the course, course cost, purpose of the course, course objectives, lab clothing, and much more.

The second tab, Facility Information, includes the address where the course is being held, directions to the course, where to park, and other useful information provided by the hosting facility.

The third tab, Course Schedule, gives you the course hours.

One easy location for all the specifics of your course. Check it out!

GETTING TO KNOW OUR GRADUATE FELLOWS



CHRISTOPHER DEMARCO

Christopher DeMarco finished his Fellowship with the Institute of Physical Art in Steamboat Springs, at Johnson and Johnson Physical Therapy. The fellowship ended May 2010 and Christopher returned to Milwaukee, Wisconsin. He works at a private practice outpatient clinic. His specialties include patients with orthopedic injuries (the typical walking wounded coming into an outpatient physical therapy setting) and patients with chronic neurologic limitations. Christopher’s greatest value from the year of fellowship in Steamboat Springs was the ‘tools’ to continue to grow as a clinician and the empowerment to do it! This growth was fostered from the combination of clinical mentoring with patients and intensive learning during in-services at the fellowship.

In addition, he has begun as a teacher for the IPA. Christopher is progressing towards the goal of primary instructor for FMI and secondary instructor for FMUQ. He is honored to teach for such an extraordinary organization.

The other component to his clinical practice is that in 2012 he began mentoring a Resident through the IPA Residency Program. This has been a fulfilling commitment, and Christopher definitely agrees with the phrase “anything once taught, is twice learned”. Christopher can be reached at citodemarco@gmail.com.

Need a Picture

ADAM LINDSEY

Impact of the IPA FMT Fellowship

Hello,

This is Adam Lindsey. I graduated from the FMT fellowship located in Steamboat in June of 2012 and now am in India. The fellowship was the most special, intense, challenging year of my career to this point. A person can't help but grow in that environment. The mentoring during this experience really sets it apart from other experiences. I had never before had mentors who was so intensely interested in helping me to unlock my potential and figure me out. The fellowship was also my first time being in a private practice, which also enhances the experience. Your success or failure is on your shoulders. One learns how to produce results more quickly and how to connect with the patient. I will refer back to Brad Gilden's note in the previous month about the fellowship. Notice the importance he places on history taking and the skill of the interview. I can only second that these items are crucial and would like to add to that the power that our hands have to interview the patient's body. Combining what we are feeling through our hands with subjective questioning we can often help the patient remember details important to their care.

Another aspect of the Fellowship is the testing that occurs. Each fellow undergoes an oral and practical component for each body region with one test occurring approximately every 6 weeks. This was one of the area's that really pushed me to learn. It was a chance to put all of the course work together with research and anatomy and deepen the level of understanding of the material.

India

In the previous paragraph I noted the fellowship as being the largest year of professional growth of my career. This year in India may overtake it, but is yet to be seen. The fellowship was the perfect set up for coming to India where now I am a mentor to the Indian therapists. Being a mentor allows you to see things from another angle. You begin to visually see restrictions through the therapist's hands. It is an amazing environment with no insurance issues (cash based practice) and hour long treatment sessions. Although we see people in states of pain we also see people who are just here to be efficient. If you want to sharpen your skills there is no better way than to teach, and in my opinion no better environment than this.

POSTER ABSTRACT ACCEPTED FOR AAOMPT



CRISTIANA COLLINS

Research Report

THE RELIABILITY OF THE VERTICAL COMPRESSION TEST AND ELBOW FLEXION TEST: TWO CLINICAL MEASURES OF STATIC AND DYNAMIC STANDING POSTURE

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BACKGROUND: Reliable functional measures are widely used in physical therapy. The evaluation of static and dynamic posture remains poorly defined beyond the alignment of body segments and a description of potential imbalances. As a basis for all functional activities, a reliable measure of static and dynamic posture can provide clinicians with a valuable evaluation and treatment tool. **PURPOSE:** To determine the intra-tester and inter-tester reliability of the Vertical Compression Test (VCT), a measure of postural structural efficiency in static standing, and the Elbow Flexion Test (EFT) a measure of postural dynamic efficiency in static standing. Both tests are widely used by Certified Functional Manual Therapists^{FMT} (CFMT). **METHODS:** One hundred asymptomatic subjects with no history of balance dysfunctions were recruited for inter-tester reliability and 93 returned one week later for intra-tester reliability testing. Four clinicians participated and were paired up for inter-tester reliability as follows: more than 5 years experience as CFMT, less than 5 years experience, and mixed levels of experience. One week later each clinician re-tested 21-24 individuals. **RESULTS:** Intraclass correlation coefficients (ICC) were used to analyzed all data. Inter-tester results indicate strong reliability for the VCT (0.824 – 0.941) and moderate reliability for the EFT (0.601 to 0.797). Intratester results also indicate strong reliability for the VCT (0.682-0.934) and moderate reliability for the EFT (0.657-0.955). **DISCUSSION/CONCLUSION:** The results of this study provide clinicians with two reliable measures that can be quickly and easily used in the clinical setting for assessing postural efficiency as it relates to function.

CSM 2014 Submission Site Now Open!

We are happy to announce that the 2014 Combined Sections Meeting Abstract and Program submission site is now open. You may visit the site by clicking [here](#). Proposal Submission Deadline: March 4, 2013, 11:59 PM, PT; Abstract Submission Deadline: May 20, 2013, 11:59 PM, PT

NO ONE GUESSED CORRECTLY LAST MONTHS BABY PICTURE.

It was April Oury's daughter, Rania.

WHO CAN GUESS WHO THIS HANDSOME YOUNG MAN IS?

