

FMT TODAY

NOVEMBER 2013

Fall is a time of change and transition. We especially love the cooler nights and the changing of the leaves. Gregg and Vicky have been primarily in Manhattan for the last 3 months enjoying mentoring time with the three FMT fellows (Brad, Ryan and Charlie) of IPA Manhattan.

Last month Gregg and Vicky got together with many other accomplished manual therapists and IPAer's at the AAOMPT in Cincinnati. We all had a great time and were very happy with the opportunity to share FMT with those attending the conference.

- Dean, Ryan, and Gregg presented a one-day preconference course on the foot and ankle that was well received with some amazing results. It was the best-attended preconference course.
- Vicky and Cristiana did an amazing breakout presentation on the FMT Postural Classification System and the results of the research on the Vertical Compression and Elbow flexion tests.
- Ryan and Gregg presented back-to-back breakout sessions on the Interregional Relationships relationship of Coccyx mobilization. Ryan presented a very strong case for the impact for coccyx mobilization with in-depth anatomy and evidence based research. Gregg presented the rationale for treatment and did a short demonstration.
- There were four FMT poster presentations. Each one generated a lot of interest and questions. The Editor of JMMT reviewed each and expressed interest in reviewing future article pertaining to the subject.
 - The reliability of the vertical compression test and elbow flexion test: two clinical measures of static and dynamic standing posture by Cristiana and Vicky,
 - Physical therapy management of confirmed chronic exertional compartment syndrome using the Functional Manual Therapy approach: a case report by Elliot Fishbein,
 - The effect of Functional Manual Therapytm on bilateral shoulder impingement- a case report by Jason Racca,
 - Treatment of meniscal dysfunction with Functional Manual Therapytm in the direct access environment by Matt Thomason.

NEXT YEARS CONFERENCES

AAOMPT - Plan to join many IPA therapists next October 22 – 26 in San Antonio for next year's conference. Please consider expanding your professional horizons by submitting to do a presentation or poster.

CSM – To be hosted in Las Vegas February 4 – 6. Should be a valuable learning experience and lots of fun.

REM

The third REM (Resistance Enhanced Manipulation) is going to be held this weekend in Manhattan. Gregg, Dean, and Brad are excited to present these advanced procedures to the 35 experienced PT's. We will attempt to host one REM each year and are presently seeking a location with at least 20 high low tables for next year. Let us know if you have a location – especially on the west coast.

CHANGES TO WEB SITE

The IPA website continues to evolve and we are working hard to deliver information more effectively. We are proud to announce the release of IPA World. The first part of the IPA World implementation is a map to help locate referrals. Check out this new feature by clicking on the IPA World picture in the top right of the home page. Use the check boxes at the top of the map to filter on IPA Clinics, CFMTs and Fellows. Click on the map to enlarge the view and see more detail in specific areas.

For those of you that are CFMTs, please log on to your IPA account and make sure your Public Profile Address is up to date. You will not be correctly represented on the map unless your address is current and accurate. If you haven't already, be sure to upload a picture! There is also a place for you to add your clinic website address.

To update your CFMT listing log on to your IPA account, then click on Profile Information in the left hand menu. Complete the area under Public Profile Information. Give us a call if you need help or can't find yourself on the new map.

INTRODUCING OUR AMAZING IPA STAFF

Andy Aranyosi

Andy Aranyosi is our financial manager and handles honorarium payments to instructors, paying the bills, and analyzing each course to determine profitability. Andy's past life experience as an internal auditor for Southeastern Louisiana University comes in handy with the similarities in providing educational excellence and when working with our various university partners. Many of you have gotten to know Andy as he has taken on the responsibilities of CFMT and Recertification. From acceptance letters to CFMT completion certificates, and most things in between, Andy is the go to guy for CFMT and Recertification. With close to 30 PTs testing each year, and over 200 (and growing) CFMTs that will go through Recertification, this is a big job. Andy enjoys the outdoors and works part time for the Forest Service in the summers. After CFMT-2013 wrapped up Andy did some backpacking in Denali National Park to view the wildlife and just unwind a little!



CFMT MUSING

Brent Bode – CFMT with Honors

CFMT Experience - I know for me, there is no way I would have learned the material as well as I did if I hadn't signed up for and participated in the CFMT certification week.

Ultimately, I have experienced, the better I know the material, the more effective I am with my patients, getting them back to doing the things that they love, which is what motivates me. I had the blessing of being able to prepare and practice in my



hometown with another CFMT hopeful, which had a huge impact on improving and fine tuning my skills. I am forever grateful for those Saturdays spent plowing through the material together. I also would strongly encourage people to retake and lab-assist in classes. I know it was no coincidence that the courses I retook prior to CFMT week were the ones I performed the best in during the examination. You are

able to pick up so much more the second or third time because you already have the general frame work down and it's more about fine tuning, which I have found to be key in achieving maximum results with the FMT approach; practice, practice, practice!

As for the CFMT week itself, it's a roller coaster. There were times I felt very confident in my skills, and there were times I knew I had some work to do that night after the review. The way I tried to keep good perspective leading up to and during the exam week was focusing on the amazing opportunity it was to get one-on-one feedback from some of the most gifted and talented therapists around. I was also very thankful for the hospitality that Gregg, Vicky and the whole Steamboat IPA family extended to us to make us feel at home and ease some of our anxieties.

FMT Residency -

I recently had a conversation with a new PT graduate about residency opportunities and different certifications that are offered out there. I know I had considered a few other programs before I ultimately chose the IPA. In my conversation with this young therapist, I tried to convey to him the strength of a residency program, or any type of mentoring, is not how much research they make you read, or how many new techniques they show you, because you can just read that on your own. The strength of one-on-one mentorship is improving your touch and your eyes; your manual assessment and treatment as well as your observational abilities. I think one strength of the IPA is emphasizing the assessment process, learning to feel and see what is efficient movement. I told him, coming out of school, we are technique driven; we learn how to assess hamstring length or assess muscle strength, and based upon these impairments we come up with treatment to address them. So when a new patient comes in, you may be able to come up with 10 impairments that they have, but how do you know where to start treating? What's going to produce the most efficient, effective treatment? This is the clinical decision making process I was able to participate in with a highly skilled, experienced therapist, which is impossible to learn in a text book or through reading research.



In summary, I would say learning to see and feel, and hear, what is efficient movement, engaging in the clinical decision making process of an experienced therapist and then applying very specific treatments to produce the most effective results was how the IPA residency significantly progressed my skills as a physical therapist. I would highly recommend the experience to anyone, just like I did the new therapist I was talking to last week.

Sally Kappen - CFMT

I feel the CFMT process has provided a much more reliable framework and structure for evaluation and treatment of each patient. I have a much better understanding and foundation for clinical reasoning and problem solving to use in the clinic. The preparation for CFMT challenged me to develop a better understanding of the function of the human body which I always find fascinating and although the mass of information was overwhelming at times the content was always interesting and I enjoyed the learning process. The CFMT experience has also given me a clear focus of the possibilities of physical therapy and demonstrated a functional process not only for patient care but also for continued skill development and study as a therapist. I appreciated the positive learning environment created by yourselves and the instructors in the IPA courses throughout the CFMT process. The IPA office staff was always friendly and efficient with registration and questions which was also a great help. I am grateful to have had the opportunity to learn from so many of you who have dedicated so much valuable personal and professional time to developing and teaching the material. CFMT has been an extremely valuable learning experience & I expect it to continue to shape and guide my growth as a therapist.



Thanks for the opportunity :-)

Sally Kappen

Chris Kaster – CFMT with Honors

CFMT is certainly an arduous but critical process. I felt that prior to CFMT my clinical skills were approaching mastery thanks to the IPA courses, but now they have solidified even further and my confidence has flourished. Self analysis is imperative periodically to ask ourselves what caliber of therapist we would like to be, and CFMT is instrumental in the pursuit of excellence in Physical Therapy. It would be very easy to simply take IPA classes and not certify, but to achieve mastery it is imperative to be tested by the experts in the field.

Personally, I would like to thank you very much for the week and all your hard work developing these classes. I would not be the therapist I am today without the IPA. I currently have a month waiting list and constantly get patients better who have had failed PT at other facilities.

I plan to lab assist in the future whenever possible and am looking forward to VFM in Denver next month.

Be Well. Chris Kaster....CFMT!!

[Oron Fiksel – CFMT with Honors](#)

My introduction to the Institute of Physical Art and FMT was during my second year of PT school at LIU. From that point I took all opportunities to learn more through IPA - specifically I took most of the IPA courses before I graduated PT school. As a new graduate I lacked the confidence in my manual skills and most important for me as a clinician I was lacking clinical decision making and the ability to manage different patient scenarios.



Today after completing the FMT residency under the mentorship of Christopher DeMarco, I am able to treat and manage complex neurological and orthopedic patients. I have learned something new and grown as a clinician each day during this year. I remember one treatment in particular when I finally succeeded in facilitation of one of the patient's core using mass flexion. I added all Christopher's comments for body mechanics and position and PNF principles. That was a huge moment for me. Besides the advanced manual skills that I have aquired, the two most important skills that I have learned from Christopher are high level clinical decision making and the thought process of patient management.



I cannot imagine myself treating effectively and making significant changes in my patients function without this great year of mentorship.

Thank you to the IPA for having the residency program and to Christopher for his year of mentorship.

Oron Fiksel, PT, DPT, CFMT

MESSAGE FROM A PAST CFMT'ER

Dustin Krampitz – CFMT with Honors

After reading last month's newsletter, I was very touched about the experiences that this year's CFMT grads expressed. It took me back to 2008 when I tested and brought those wonderful goose bumps through my body, you all know the kind ☺ I immediately remembered, the good old Rabbit Ears, Studying at the local coffee shop early in the morning, and our course "end feel" on the shorts!!!!



As I am writing this I am in Cincinnati attending the AAOMPT conference spending time with some of the same colleagues I had the pleasure of testing with: Dawn Cox and Elliot Fishbein. It's amazing how you cannot see someone for several years and still have a unique bond with them by sharing the same experience together.

While here at AAOMPT conference, I am reminded how fortunate I am to being introduced the IPA "FAMILY" in 2006, taking my very first con ed course as student in PT school. To say the least I was blown away by the teaching and inspiration of Kent Keyser during FO 1 and propelled me forward through the rest of the classes, learning Mike Baum's "Don't Stop, Don't Stop" PNF energy, Vicky's specificity with body mechanics and movements through PNF principles, and Gregg opening me up to the importance of the coccyx and art of the FM approach.

Not only did I learn excellent physical therapy and manual techniques, most importantly I learned to not settle for the "Normal" and to also strive for efficiency. I also learned the confidence in not being afraid to try something new, look and search for a solution to the problem but studying your anatomy or always going

back to the basics of gait if you're stuck. I can honestly say I'm not afraid to treat someone and I welcome the challenge, striving for excellence and help bring out the potential each patient has.

Sitting here I am amazed by the foresight (again) that Gregg and Vicky had over the years with the foundation of PNF and the building/growing of those concepts, along with the help the rest of the wonderful faculty. I feel proud to be part of such an inspiring group of people and I'm excited to see such a great representation of the IPA at the AAOMPT conference this year.

Although evidence is obviously important I do want to thank the IPA also teaching the "ART" of therapy, and I look forward to helping the IPA continue to inspire others and contribute to the world of manual therapy.

Congratulations to the IPA on all the success this year at AAOMPT!!!

Dustin

We would greatly appreciate past CFMTer's to share memories of their testing week and the impact on your professional development. Please send your write-ups to Gregg at Gregg@ipaconed.com. But would appreciate for each of you to consider write ups, testimonies, and clinical insights for future newsletters.

NOTES FROM A RESIDENCY SITE DIRECTOR

Seth Blee

I have been involved as a residency site director for 2 ½ years. I recently graduated my first resident, Marie Gephart who will sit for CFMT this summer. My 2nd resident, Samantha Griffin is well on her way through the classes and will continue to be mentored over the upcoming year. I have found this experience to be even more impactful than I had expected. My favorite aspect is when I get to sit down with a resident after they come back



from a class and see all of the light bulbs go off in their heads. I have heard several times things like, "Oh now I get what they were talking about." As a faculty member, I like to think that when we teach a class, every student gets all that we are teaching and can immediately incorporate all of their new skills when they get back to treating patients. In reality, I now believe that the knowledge comes from the classes but the true understanding about how to incorporate that knowledge and how to problem solve comes from the residency and from the mentoring time. What I was not expecting to come from mentoring a resident was the impact that it would have on the entire clinic. I am in a clinic with 6 PT's and 1 PTA and while only 2 have done or are doing the formal residency, I have found that FMT is more contagious now than ever before. The culture of learning and collaborating and problem solving together has overflowed to affect all of my staff and we are fully immersed in FMT throughout the clinic. It has been a great experience for me, for my residents (at least I like to think so), and for my entire team. Thanks for yet another learning experience!

Seth M Blee, PT, DPT, CFMT
Clinic Director

Inova Physical Therapy Center- Sportsplex
6355 Walker Lane, Suite 404
Alexandria, VA 22310
[703-797-6900](tel:703-797-6900)