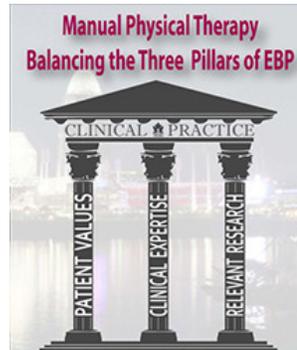


FMT TODAY

SEPTEMBER/OCTOBER 2013



This year's AAOMPT conference in Cincinnati October 16 – 20, 2013 has a great line up of presentations. Kudos to Chris Showalter PT, OCS, COMT, FAAOMPT, of Maitland seminars, for putting together the program.

The FMT approach is being well represented. We have a preconference course on foot and ankle with Gregg, Dean and Ryan. There are two breakout sessions: Vicky is presenting on the *FMT Postural Classification System* and Gregg and Ryan are presenting on the *Interregional Impact of Coccyx Mobilization*.

We also have the following poster presentations:

- 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 THERAPY™ ON BILATERAL SHOULDER IMPINGEMENT- A CASE REPORT by Jason Racca,
- TREATMENT OF MENISCAL DYSFUNCTION WITH FUNCTIONAL MANUAL THERAPY™ IN THE DIRECT ACCESS ENVIRONMENT by Matt Thomason.

In case you can not make it we will post pictures on the IPA Facebook page and provide a report in the next FMT Today.

CFMT 2013 RESULTS

We are very proud of the following graduates of the 2013 testing:

Distinction - Taylor McNair, Corey Silbert, Yohei Takada

Honors - Tara Gibson, Karin Hilfiker, Drew Scrimgeour, Yoshi Fujii, Laura Kolakowski O'Dell, Brent Bode, Oron Fiksel, Christopher Kaster, Marie Gephart

CFMT - Abigail Temple, Jessica Lehman, Fiona Smith, Eric Bates, Matt Bravard, Sally Kappen, Mike Binet, Anthony Tomaselli

Again Gregg and Vicky thank each of the testers for their dedicated service: Tim Crunk, Cheryl Wardlaw, Dean Hazama, Seth Blee, and Brent Yamashita. We all missed Kent Keyser this year. We are looking forward to 2014 in which we already have 28 signed up.

MY EXPERIENCE IN INDIA

Charlie King dedicated two years of service in the Dehli Vardan clinic mentoring and treating patients with FMT™. He is now completing his FMT Fellowship in IPA Manhattan.



Hey everyone:

It is really hard to believe that two years could go so quickly. I have had the once in a lifetime opportunity to be here in India for the genesis of this new company. It's been quite a ride! I just wanted to take this opportunity to share with you some of my experiences here in India. There are many reasons why this is an opportunity that some of you may wish to consider. Living in India offers (sometimes unexpected) opportunities for personal growth as well as professional growth and development.

- Everything is both extremes at once, but somehow not dichotomous. I read this in every travel book about India, but it never really made sense. It took about 9 months of being here, but then I got it. I don't know that I can explain it to anyone else without them having been here, too. The closest I can come is that I am accustomed to a culture with basically one unifying reality that every person fits into. It probably sounds like I'm crazy, but here every single person and every single interaction has a separate reality. When realities intermingle things get interesting!

- Stepping outside of learned cultural norms expands one's horizons. I have moved within the US, from Illinois to suburban upstate New York to NYC, and with each move my world view became larger. Moving to Delhi suddenly made me realize that even the huge and diverse metropolis of Manhattan is just a tiny part of this magnificent world. This realization was not something that sunk in with my previous international travels - you

have to live it for a while to really feel it. I think that everyone should have the opportunity to live in a culture that is significantly different from his or her own. My perceptions will be forever changed for the better by my time here.

- Travel: From Delhi, the entire “other” side of the world is easy to access! Visiting Bhutan, Singapore, Dubai, Hong Kong, not to mention the entire rest of India only takes short flights. Getting to these places from the USA is almost prohibitive due to cost and travel time. There is so much to see in Delhi alone, but once here the options for travel are huge.

- Mentoring causes immense growth of one’s own knowledge. It is commonly known that in order to really learn something you should be able to teach it to someone else. That opportunity is given on a daily basis here in the form of mentoring. You spend time everyday living the FMT paradigm, answering questions from 10+ inquisitive minds, guiding them on sequence, clinical decision making, end feel assessment, you name it! Additionally, when Gregg and Vicky are here for training sessions with the therapists, spending time with them teaching the material and watching their process of mentoring the staff results in immense growth of one’s own knowledge. I am leaving with a much more in depth knowledge than I came with.

- For those interested in one day having a private practice, the opportunity to be a leader and a decision maker without the financial risk is amazing. You will be the direct manager of the staff and you are involved in decisions regarding supplies, schedules, hiring, etc. These skills will be invaluable in setting up a private practice.

- Patient diversity: Back to the idea of extremes. On one hand you have glamorous movie stars, top politicians, elite professional athletes and Olympians, and Fortune 500 CEOs. On the other you have security guards, household help, etc. One of the blessings of this company is that there is a provision for serving the economically challenged as a method of training the staff. There are those “standard” orthopedic cases, but most are multi-factorial with diet, co-morbidities, etc. Differential diagnosis is huge here – pain could be from myofascial dysfunction or from diseases such as Chikungunya, TB, etc. There is a solid base of neurological patients as well. Anyone interested in visceral manual therapy will have a field day here, as 9/10 patients have GI complaints of some sort.

- Comforts of home are available, once you know where to find them. You can really live the lifestyle you choose to here. The company provided housing is safe, clean and in general on par with any nice apartment in a major city. You can choose to live an entirely transplanted “western” life if you want – there are huge shopping malls filled with Armani Exchange, Pizza Hut, etc. Even Starbucks just moved in. There are tons of restaurants (although most international cuisines are “Indian-ified” meaning they are spiced to appeal to the Indian taste bud). The medical services are great – my daughter was born here and the hospital experience was terrific. The climate can be rough, but you can completely ensconce yourself in air conditioning, water and air filters, and uninterrupted power sources, etc. The company goes to very great lengths to ensure that you are comfortable and you can enjoy all the comforts of home. You can also choose to immerse yourself in this new culture and land. Go local! You would be amazed to find that so many things that are taken for granted in the US and deemed as “necessity” are actually just supplementary.

The best food I have had was the home cooked meals my staff brought to share with us and the slightly dubious street corner paratha and samosa vendors (just don't eat the non-vegetarian options...) We had far more fun going dancing with the staff in their hangouts then going to the mega malls and 5 star restaurants. I will confess, though, that every once in a while I needed to go to TGI Fridays or Chili's for some "American" food.

- Friends – Just the other week I had to say goodbye to one of my staff members, who is moving to Mumbai and won't be back before I leave. She is recently married and will plan to have a family in the next few years. As we both were tearing up, she said, "I'll let you know when you'll be a grandfather" which perfectly summed up how close they have all become for me. Now not a day goes by without sharing a hug and an, "I'll miss you so much," with someone. These exceptional, gifted professionals have moved out of the status of colleagues and into the closeness of family. Each one will always have a special place carved out in my life. I know that regardless of what road my professional life takes me down, I'll definitely be back here to visit someday.

I don't mean to paint a picture of a perfect utopia! There are ups and downs with everything, but taken as a whole I can say without any reservation that I am very happy to have been here and had this incredible experience. Professionally and personally I feel I have grown and benefited, as has my family. I would be happy to share more and answer any specific questions if anyone would like. Just write me at charleskingdpt@gmail.com.

Charlie

CFMT MUSING

Corey Silbert –CFMT Distinction



Here are some things I want to say about my CFMT experience.

First I want to say it was an amazing experience, like what everyone says (even though I didn't believe that at the time). Let me add it was also an incredibly stressful and anxiety ridden process. But once there and going through it, it was one of the most valuable moments of my career thus far. I felt like I got to really put the pieces together. More than anything else it made me really start to believe in myself. I think up until this point, while studying, I was focusing so much on what I don't know, and to have the chance to actually demonstrate what I do know, altered my feelings about myself as a clinician. The testing process gave me much needed confidence in my abilities and myself. The last year of hard work, stress, and doubt finally paid off. Once I got into the room for testing, (even though I was shaking like a leaf and couldn't string sentences together leading up to it), it all came together once testing began. A calm came over me that I think I would not have felt if I didn't work my butt off to master the material and challenge myself everyday to use all that I had studied. The prep itself was daunting and hard, and challenging, but in the end, I don't think I would be the therapist I am if I didn't choose to sit for the test. I think it was the

preparation more than the test that got me where I am right now. The test was just the confirmation.

It also gave me a huge respect for my fellow test takers, who all did a great job! It is inspirational to be around other people who have dedicated themselves so much to their profession. It also gave me a huge respect for the testing staff and board. It is a huge undertaking to take an entire week out of your life and away from your family just to test us and then grade all those tests! I mean really, knowing my own chicken scratch and all the arrows and brackets and scribbles, could have made anyone's eyes cross. Every moment of that week I was in awe of the energy and passion that Gregg and Vicky have for what they do and for teaching. I truly appreciated every moment in the practicals, as well and every little tidbit of knowledge the testers gave me. I just wish it could have been more, but then again not much time for that in 30 minutes! I could have used a suggestion for how to work those buckles on those straps!!!

I just can't believe it's over!!!! Thanks again for everything. I truly feel so grateful to have followed this path in my career. (A lot of things I am grateful for would not have happened if I hadn't felt so inspired by the material that Cheryl taught me in the FMI class. So in more ways than one, thank you for introducing me to the IPA world, and ALL it has to offer including one very special person. 😊) I would have never thought, still can't believe, that when I sat in that FMI class, I would be in the group of people that they talk about when we get to the yellow sheet of paper of CFMT graduates in the back of the binder. I really hope I can inspire the next generation of test takers to work towards this, and I encourage everyone who has taken the courses to strive towards this ultimate goal. Take care, thanks again,

Corey

Yohei Takada – CFMT Distinction

There is no doubt that it was one of the most intense and the hardest weeks, but at the same time it was the most rewarding week in my life. I do remember I was in a beautiful resort town, Steamboat CO, however I don't remember anything but Heritage Christian School, Starbucks, my roommate Yoshi, our hotel, very supportive instructors (examiners), and, of course, studying, studying and studying. All the process, including the period before arriving at Steamboat, allowed me to grow in my knowledge and clinical skills tremendously. After I went through all this, I feel I have a deeper understanding of each IPA course and that I am able to combine these techniques more efficiently. Now, I know there is so much more to learn and I am excited to grow my FMT skills.



高田洋平 Yohei Takada

Yoshi Fujii - CFMT Honors

"First of all, that CFMT week was one of the most challenging weeks, but also the best learning week that I have ever experienced. It was the best con-ed that I have taken; having an intensive review time with both Gregg and Vicky, as well as all the input from the colleagues who are all very passionate. The actual testing was pretty nerve wracking, but all the instructors were very fair, and they're there to help you succeed to be a better manual therapist. I would encourage everyone to test for CFMT! "



Yoshi Fujii, DPT, CFMT

Anthony Tomaselli - CFMT

CFMT week and all that led up to it was one of the most amazing experiences of my life and career! The CFMT study/google group was helpful to push me to think about concepts I had not considered, and a great venue to get many of my questions answered as I studied.



When it came to the week before CFMT, I still felt like I could use another 3 months to memorize & be quizzed on the progressions. However, during CFMT week and once I took my first oral/practical, I was actually excited to take these exams. I felt I was doing well and when one works so hard toward a goal, it becomes exciting to see how well you will fare. Thankfully I did well in the areas I had anticipated. I was very pleased to see how there was so much on-the-spot teaching that occurred by the instructors. They shared information that I will never forget & has already changed how I practice.

CFMT week was meaningful also for me to be able to connect with so many of my colleagues & IPA instructors and staff. These bonds are memories and relationships I will always cherish. During the CFMT reviews what was most helpful for me was how Gregg quizzed us & simulated oral/practicals as he asked someone to demonstrate a technique. Also, I was very thankful for Tim's de-escalating many of our fears about Foundations, condensing the material & adding a very pragmatic thought process to most of the mobility & screening tests.

There were aspects of that week that were personally very challenging, particularly related to the timed written exams. I think of CFMT analogous to how a friend described a black belt in martial arts, "it's not the end all, it's the entry point into your learning & growth as an expert in that field."

Lastly, I'll end with what I had stated at the closing/feedback session on Saturday of CFMT

week, words that came amidst tears I could not hold back as I thought of how I came to this point. "...I am very thankful to Gregg + Vicky and all the Instructors. You took a clueless traditional PT and made him into a Manual Therapist with skills that I know I can help others with and make a difference in their lives."

Thanks again to all who made possible such an amazing experience!
God Bless, Anthony J. Tomaselli, PT, CFMT

IPA OPPORTUNITIES

We continue to have some amazing opportunities for therapists (both for CFMT graduates and those preparing) interested in becoming more involved with the IPA and FMT. The Southern California project is continuing to unfold and if all continues as planned we will need some high quality FMT therapist to man the rehabilitation and outpatient clinics early next year.

INDIA

There are 2 positions still available for next year in India. Please visit the Vardan.com web site to learn more about this amazing venture. We are now able to expand that opportunity to those already signed up for CFMT next year where you can undergo your CFMT review and testing with the Indian PTs.

Charlie King and Adam Lindsey have completed their time in the clinic and returned to the USA. Charlie will continue his FMT fellowship training at IPA Manhattan. Karin is returning back to India after successfully completing CFMT testing and will remain until next spring. Jevene Summers has once again extended her time until next spring. You are amazing, Jevene, thank you! Foster King and his wife Kristin are settling into the Indian environment and Peter Rumford is doing a great job of managing the Mumbai office.

SOUTHERN CALIFORNIA

The Southern California project is continuing to unfold and if all continues as planned we will need some high quality FMT therapist to man the rehabilitation and outpatient clinics early next year. We are taking applications for positions in both the neurorehabilitation center and the orthopedic clinic. A major meeting with the Hospital will be occurring on November 1st and we should be able to provide more information in the next FMT Today.

FMT FELLOWSHIP

If you have completed your CFMT and are interested in enrolling in the fellowship for either/or the Steamboat or Manhattan clinics please let Gregg know and he will send you an application.

IPA ORTHOPEDIC RESIDENCY

There is an ongoing need for residency mentors and sites. We have over 20 FMT residents presently undergoing training. If you have your CFMT and would like to apply to be a residency site mentor or if you are working towards CMFT and desire to enter a residency program please contact Tyler Sam Johnson at tyler@ipaconed.com.

If you are interested in becoming involved with these exciting opportunities contact Gregg at Gregg@ipaconed.com.

HELP NEEDED – WOULD YOU LIKE TO VOLUNTEER?

Gregg needs monthly help in the following categories

1. **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 additional PTs to provide weekly assistance. This is actually a very rewarding process of staying updated with the present research. The time requirement is approximately 1 hour per week. He wants to thank the five who are presently assisting him: Jason Racca, Odessa McHart, Sakar Sharma, Rob Stanborough, Eileen Wu, and Shashikant Mishara.
2. **Abstract organization** - Assist with inputting all past abstracts into End Notes.
3. **Wikispaces assistance** - Assist Heather in posting the monthly abstracts onto the Wikispaces site.
4. **FMT TODAY** – Contribute articles and write ups for upcoming editions. This could include personal information, case studies, clinical pearls, and the impact of IPA on your clinical approach. Gregg is still encouraging all faculty, past fellows and residents to prepare a write up to provide insights and the impact of these programs and positions.