

## VICKY SALIBA JOHNSON, PT, FAAOMPT

Co-Founder Functional Manual Therapy™

Co-Founder/Co-Director Institute of Physical Art

Co-Owner Johnson and Johnson Physical Therapy, Steamboat Springs, CO

Partner/Owner IPA Manhattan, A FMT Physical Therapy Services Clinic

Partner: Vardan Functional Manual Therapy Services, New Delhi, India

Chairman of the Board, Functional Manual Therapy Foundation

Director, APTA Credentialed Orthopedic Residency Program

Administrator, APTA Credentialed AAOMPT Functional Manual Therapy Fellowship Program

Honorary Fellow: AAOMPT: November 2012.



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**Steamboat Springs, CO 80487**

**IPA: 970-870-9521**

**Vicky Saliba Johnson, PT, FAAOMPT** has 34 years experience as an educator and clinician in the area of neuromuscular facilitation and motor control training. Her post professional training includes studies with Paris, Grimsby, Maitland, McKenzie, Johnson, Rocabado, Wetzler, Hodges, and the six month intensive in PNF at Kaiser, Vallejo under Maggie Knott. As *co-founder of The Institute of Physical Art* and *co-developer of the Functional Manual Therapy™ approach* to patient care, Vicky Saliba Johnson has facilitated the training of over 40,000 physical therapists in the US and internationally in the area motor control and neuromuscular facilitation for both orthopedic and neurologic patient care. In addition she has provided corporate training for preventative care at large companies such as PG&E and 20 Mile Coal Mine (at the time the largest underground mine in the world). Ms. Johnson is Chariman of the Functional Manual Therapy™ Foundation (a non-profit 501 (c) 3 foundation whose mission is to promote research in manual therapy), Director of the APTA credentialed IPA/FMT Foundation Orthopedic Residency, senior faculty for the APTA credentialed AAOMPT FMT Fellowship program, and adjunct faculty at Touro College of Physical Therapy. Her primary professional contribution to Physical Therapy is her work as the developer of the CoreFirst™ Strategies approach to posture and movement training which facilitates an automatic core response during functional activities for life, work, and recreational activities. She has co-authored several chapters in various Physical Therapy textbooks and has presented at multiple state and national conferences, including IFOMPT in 1994 and the World Conference for Physical Therapy in Amsterdam June of 2011. She is currently involved in state of the art research exploring the correlation between alignment and functional strength.

Vicky Saliba Johnson, PT was honored at the **2012 IFOMT/AAOMPT** conference to receive an *Honorary Fellowship* designation.

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### EDUCATION

Medical College of Georgia

Bachelor of Science, Physical Therapy, 1977

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## PROFESSIONAL CAREER

- 1978 – Present** Out-patient clinician treating neurological and orthopedic patients, specializing in neuromuscular reduction and motor control training.
- 1978 – Present** Co-Founder: Institute of Physical Art  
Co-Founder: Functional Manual Therapy

In July 1978, Gregg and Vicky Johnson developed and established The Institute of Physical Art, a nation-wide continuing education organization. Through this organization, Gregg and Vicky developed and wrote the manuals for ten continuing education courses. They each teach and train faculty 18-20 times a year. In addition, they have trained over 40 faculty nation-wide which together with Gregg and Vicky Johnson teach over 100 seminars internationally each year.

The following professional milestones occurred through this organization:

- The first short-term PNF courses to be taught nation-wide which reflected the teaching of Maggie Knott. (PNFI and PNFII)
- The first Soft Tissue Mobilization continuing education course offered to the PT profession (FOI, now FMI), developed by Gregory Johnson, PT, FFFMT, FAAOMPT
- The first advanced Soft Tissue Mobilization continuing education course taught in the physical therapy profession. (FOII) Developed by Gregg Johnson, PT, FFFMT, FAAOMPT
- Development of the first spine education class which combined principles of body mechanics with vigorous exercise routines. (Back Education & Training, now CoreFirst™ Strategies)
- Development of Functional Mobilization™ courses together with Gregory Johnson, PT which integrate soft tissue and joint mobilization with neuromuscular reeducation.
- Development of a Functional Gait course
- FMT Certification 1997 to present: a process in which a physical therapist is extensively trained in manual therapy through seven continuing education courses offered through the IPA and then tested for competency.
- FOC: 1995 to present: a process in which a physical therapist or physical therapy assistant is extensively trained in manual therapy through four IPA courses and one basic spine mobilization course and then tested for competency.
- The development and implementation of an APTA credentialed AAOMPT Functional Manual Therapy™ Fellowship program.
- The development of a Functional Manual Therapy™ Residency program,
- The development of a Functional Manual Therapy™ Foundation, a non-profit organization whose mission is to promote education and research in the field of functional manual therapy.

- A FMT certification program in Japan (2011) and in Brazil (2013)
- A FMT clinic and training program in India (Vardan) (2010)

The IPA began by offering three courses in 1978 and currently offers over 100 courses annually. The IPA offers 10 different continuing education courses throughout the United States yearly. Gregg Johnson and Vicky Saliba Johnson have trained a faculty of over 40 highly successful and recognized Physical Therapists who teach for the IPA throughout the US, Japan, and India.

**2005 – Present** Director / Senior Faculty for the APTA credentialed AAOMPT Functional Manual Therapy Fellowship in Steamboat Springs, Colorado.

**2009 – Present** Board Member, Functional Manual Therapy Foundation

**2010 – Present** Partner, Vardan Clinic and FMT Educational Program, India

**2011 – Present** Partner, IPA Manhattan Functional Manual Therapy Services

In addition to many courses taught through the Institute of Physical Art, Ms. Johnson has presented at many state and national conferences. Some of the more notable are listed below:

Ongoing	Lectures to graduating class at USA on FMT
Jun 2011	Co-Presenter at <b>WCPT</b> in Amsterdam on CoreFirst Strategies
2011	Began training of Residents in India as part of a FMTF Residency
Jan 2009	IPA Treatment Forum, Denver, CO
Mar 2008	Colorado State Chapter Presenter
Aug 2007	Iowa State Chapter Presenter
Aug 2007	Speaker OGI Competency Forum
Oct 2005	Speaker <b>AAOMPT</b>
1997-2003	Associate faculty, University of St. Augustine entry level Master's Physical Therapy program, 30 hours PNF 2-3 times a year.
Jan 99-Dec 00	Corporate Back Prevention at Seneco Mine, over 400 employees
Nov. 1997	One day workshop for the Colorado State Conference
Feb. 1996	Speaker at the Orthopedic Section at APTA MCSM in Atlanta
May 1993	Keynote Lecture on the Orthopedic Application of PNF to <b>IFOMPT</b> , Vail, CO
1993-1994	In-services on body mechanics to Pacific Gas and Electric employees
1985,87,89	Speaker at the Challenge of the Lumbar Spine, San Francisco, CA
May 1987	Two day workshop on PNF to the New York State Chapter Meeting
April 1985	Two day workshop on "The Orthopedic Application of PNF", Ohio State Conf.
Sept. 1982	Two day workshop for the Colorado State Conference
Feb. 1981	Lecture to the Orthopedic Section of the APTA at the MCSM
Feb. 1981	Lecture to the National Geriatric Section of the APTA at the MCSM

Jan 2013 CSM, San Diego conference sessions  
 Feb 2012 CSM, New Orleans pre-conference and conference  
 Feb 2011 CSM, New Orleans pre-conference and conference  
 Nov 2010 World Congress on Pelvic and LBP, Los Angeles  
 Oct 2010 AAOMPT  
 Feb 2010 CSM, San Diego pre-conference and conference  
 Jan 2010 VMII with Gail Wetzler, Barral Institute  
 Oct 2009 AAOMPT, Pre Conference with Paul Hodges  
 Feb 2009 CSM Las Vegas  
 Feb 2009 VM I, Gail Wetzler, Barral Institute  
 Oct 2008 Explain Pain, Butler  
 Aug. 2007 Competency Forum, OGI 16 hours  
 Jun. 2007 Various lectures at National Conference  
 Jun. 2007 Test Don't Lie, APTA National Pre-Conference 8 hours  
 Aug. 2006 Neural-Fascial Mobilization 16 hours  
 Oct. 2005 Various lectures at AAOMPT  
 Jun. 2002 Pilates Mat Certificate 20 hours  
 May 1996 Nags, Snags, and More, IFOMPT, Vail CO, 16 hours  
 June 1989 Training the patient with low back pain, Michael Moore, PT  
 Instructor, 16 hours  
 July 1980 Advanced Upper Thoracic, Cervical and Cranial Mobilization, Ola  
 Grimsby, PT instructor, 45 hours  
 June 1980 Evaluation and Treatment of Low Back and Sciatic Dysfunction,  
 Robin McKenzie, PT Instructor, 24 hours  
 April 1980 Awareness Through Movement, Moshe Feldenkrais, PhD  
 Instructor, 16 hours  
 June 1979 Upper Cervical and Temporo-Mandibular Joint Dysfunction,  
 Mariano Racabodo, PT Instructor, 24 hours  
 June 1979 Oral Facial Dysfunction, Leslie Davis, OTR Instructor, 8 hours  
 Feb. 1979 S-2, Advanced Thoracic, Lumbar, and Pelvic Mobilization, Stanley  
 Paris, PhD, PT Instructor, 36 hours  
 Jul 1978 Maitland Approach to Joint Mobilization, Linda Van Husan, PT and  
 Peter Edgelow, PT Instructors, 104 hours  
 Jan 1978 Six Month Course on PNF at Kaiser Rehabilitation Foundation,  
 Vallejo, CA  
 July 1977 Workshop on Aphasia, 4 hours  
 April 1977 Musculo-Skeletal Screening and EMG testing, Roger Nelson, PhD,  
 PT Instructor, 30 hours, included actual patient testing with needle  
 EMG  
 Aug. 1976 Joint mobilization, Gordon Cummings, PT Instructor, 16 hours  
 Aug. 1976 Nancy Finny Workshop, evaluation and treatment of the CP child,  
 16 hours  
 Apr. 1976 Dogwood Festival, Ron Peyton, PT Instructor, 16 hours

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## **PUBLICATIONS AND CONSULTATIONS**

Currently completing a chapter on "Functional Mobilization" for publication in  
*Orthopedic Manual Therapy*, Editor: Christopher Wise, Publication date is anticipated  
 spring of 2013.

- 2002 “The Application of the Principles and Procedures of PNF for the Care of Lumbar Spinal Instabilities”, Johnson, Saliba Johnson. *The Journal of Manual & Manipulative Therapy*, Vol. 10, No. 2
- 1993 “Proprioceptive Neuromuscular Facilitation”, Johnson, Saliba Johnson, Wardlaw, *Rational Manual Therapies*, Basmajian and Nyberg.
- 1991 “The Lumbar Protective Mechanism”, Johnson, Saliba Johnson, Conservative Care of Low Back Pain, White and Anderson.
- 1991 “Soft Tissue Mobilization”, Johnson, Saliba Johnson, Conservative Care of Low Back Pain, White and Anderson’s
- 1988 Co-wrote and co-produced a 110 minute videotape on *Exercise for the Lumbar Patient*.
- 1985 Wrote and produced a forty minute videotape entitled *Pre-Natal Back Care*.
- 1985 Consultant to Krames Communication for publication on Neck Pain
- 1984 Consultant to Krames Communication for publication on Low Back Pain
- 1983 Consultant to Krames Communication for publication on Physical Therapy