

Long Term Course of Study
August 2006 to May 2007

Orthopedic
Manual Physical
Therapy
For the
Physical Therapist

Instructor:
Robert D. Johnson
PT, MS, OCS

Chicago, IL

Course Description

This 10 month long-term course addresses the clinical analysis of the neuro-musculoskeletal system as related to the spine and extremities. A clinical problem solving approach is used to develop an in-depth understanding of the structural and functional interdependence of the neuro-musculoskeletal system during normal movement. This model is used as a reference for understanding movement dysfunction of specific tissues and joints and their inter-relationships at multi-segmental levels.

Emphasis throughout the curriculum is focused on a clinical problem solving thought process as applied to examination technique and treatment selection options. The development of skill as related to manual examination and treatment procedures is also consistently reinforced. A broad spectrum of manual therapy philosophy and technique is presented and supplemented with recent research material and case study presentation discussion.

Course Format

Monday evenings from 6:00pm-9:00pm beginning in August and ending in May the following year (or 38 consecutive weeks). In addition, the course is scheduled one Saturday a month beginning September (total of 7 Saturdays). Total contact is approximately 150 hours.

The course will be held at the Achieve Orthopedic Rehabilitation Insitiute clinic located at 100 East Walton, at Michigan Avenue, in Chicago.

Between class sessions, the participant is encouraged to review selected reading assignments and practice techniques relevant to course material already covered. Participants are also encouraged to bring specific clinical questions and case histories to class as a forum for discussion and as a means of integrating the material.

Course Objectives

Upon completion of this course the participant should be able to:

1. Apply the principles of biological science, kinesiology, biomechanics and clinical phenomena, using a clinical problem solving process, as a rationale for examination and treatment of the neuro-musculoskeletal system.
2. Demonstrate the clinical skills necessary for examination and treatment of the neuro-musculoskeletal system:
 - a. Discuss the findings of a subjective examination and their clinical significance.
 - b. Plan an appropriate objective examination based on findings from the subjective examination.
 - c. Determine the properties of the various tissues tested during the objective examination, as well as the mechanical components of the associated joint complexes.
 - d. Demonstrate the ability to alter an objective examination based on clinical findings.
 - e. Choose and defend an appropriate treatment plan based on interpretation of objective examination findings.
 - f. Alter the treatment plan based on the patient's response to treatment procedures.
 - g. Demonstrate safe and mechanically efficient manual technique when performing examination and treatment procedures.
3. Discuss and demonstrate various manual therapy examination and treatment techniques applicable to the neuro-musculoskeletal system.

Instructor
Robert D. Johnson
PT, MS, OCS

Mr. Johnson earned his Bachelor of Science in Physical Therapy from Northwestern University as well as a Master of Science (Orthopedic Manual Therapy tract). From 1987-2000 he served as a faculty member at Northwestern University, contributing to the entry-level Musculoskeletal courses as well as lecturing in the graduate orthopedic curriculum. Mr. Johnson worked and studied with both Norwegian and Australian trained manual therapists. He is presently a faculty member with David Butler's Neuro-Orthopedic Institute (NOI), teaching "Mobilization of the Nervous System" throughout the US and Canada.

He received his board certification as an Orthopedic Clinical Specialist in 1992 and has been chosen as one of 12 Orthopedic Subject Matter Experts in the United States by the Orthopedic Specialty Council of the American Board of Physical Therapy Specialties. He is currently Chair of the Orthopedic Specialty Council of the American Board of Physical Therapy Specialties for the American Physical Therapy Association.

Mr. Johnson has presented lectures, inservices and short courses on a broad range of clinically relevant musculoskeletal topics. This is Mr. Johnson's OMPT course here in Chicago. He is currently Owner/Director of the Achieve Orthopedic Rehabilitation Institute.

Course Content

The general course sequence is as follows:

- SCIENTIFIC BASIS/PRINCIPLES OF OMPT (15 hours)
- LUMBAR SPINE (18 hours)
- HIP/PELVIS (16 hours)
- FOOT/ANKLE (12 hours)
- KNEE/PATELLOFEMORAL (9+6 hours)
- THORACIS SPINE (9 hours)
- CERVICAL SPINE (12 hours)
- UPPER CERVICAL SPINE (12 hours)
- SHOULD GIRDLE (12 hours)
- ELBOW-FOREARM / WRIST-HAND (9 hours)

Within each course module the following topics will be covered:

- Functional anatomy
- Pathomechanics and Pathology (general)
- Examination:
 - Palpation of relevant surface/clinical anatomy
 - Selective tissue tension exam
 - Passive movement testing (accessory and physiological motion)
 - Neurological/Neurodynamic examination
 - Special tests
- Treatment:
 - Soft tissue mobilization technique (general)
 - Muscle stretching (specific)
 - Neurodynamic mobilizations
 - Passive treatment techniques (accessory/physiological motion)
 - Case study

Some modules may not include all of the above information depending upon the particular region being presented.

Participant Requirements

Note: A maximum of 20 course participant will be accepted, on a first come first serve basis, pending enrollment requirements.

- Attend 38 weekly course meetings, on Monday evenings 6:00pm to 9:00pm
- Attend Saturday course meetings (9:00am to 4:00pm)
- Complete all readings and participate in class discussions and case presentations.
- Practice evaluation and treatment techniques on a daily basis.

Enrollment Requirements

- Graduate of an accredited school as a physical therapist or physical therapy assistant
- Practicing in a clinical environment, where manual skills are utilized on a daily basis.

Cost: \$2,950

Payable as three installments:

\$950 due at time of application

\$1,000 payable August 2006 (first day of class)

\$1,000 payable February 2007

Refund Policy: Refunds are granted to those individuals who are accepted but decide to withdraw from the course prior to the First class session. No refunds are given once the long term course commences.

A certificate of completion will be awarded pending successful completion of the course. CEU's have been applied for.

Application Form

Complete and return with current resume, copy of PT license and deposit by: August 12, 2006. Please include your continuing education.

Make checks payable to: OMPT

Name: _____

Address: _____

City: _____

State/Zip: _____

Phone (W): _____

Phone (H): _____

Mail to: OMPT
Robert D. Johnson
C/o Achieve Orthopedic Rehab
100 East Walton Suite 700
Chicago, IL 60611

Phone: (W) 312-642-3963