



Foundations of Orthopedic Physical Therapy Practice

The goal of this course is to enhance the clinician's confidence, effectiveness and sense of professional fulfillment during clinical practice, and to lay the groundwork necessary for rapid progression towards expertise as the clinician matures in the profession.

Course Description

The Foundations course sets the stage for clinicians to gain early clinical proficiency and rapidly progress towards expertise by focusing on clinically relevant knowledge, reasoning and skills. The course consists of interactive lecture, discussion and practicum which the instructors adjust to best facilitate the clinicians' professional growth.

Participants will learn to recognize the interplay between the components of a clinical presentation, streamline the evaluation process, hone observation and palpation skills, and devise interventions based on clinical presentations. After completing this course, clinicians will be capable of confidently interfacing with the wide variety of presentations encountered in orthopedic PT clinical practice regardless of diagnosis, body region or comorbidities present. This course yields 32 California and Nevada approved continuing education units.

Course Objectives

By the end of the series, engaged course participants should be capable of:

1. Handling patient treatment with ease and confidence despite the constraints or obstacles clinicians may encounter in an outpatient setting
2. Understanding the clinically relevant structure, function and interplay between the fascial, lymphatic, nervous/hormonal, musculoskeletal and neuromotor systems that create patients' clinical presentations
3. Quickly screening key indicators for the relative health, or type and magnitude of dysfunction present in each patient's unique presentation
4. Producing safe and effective interventions for the most common types of clinical presentations regardless of diagnosis, body region or comorbidities
5. Demonstrating the foundational knowledge and skills necessary to facilitate progression towards clinical expertise

Course Content

The Foundations course consists of lecture, discussion and practicum of the following:

1. Introduction to a fully integrated clinical model based on Systems Thinking that provides a practical method of applying the Biopsychosocial model into clinical practice
2. Lecture and discussion regarding the structure, function and interplay between the fascial, lymphatic, nervous/hormonal, musculoskeletal and neuromotor systems that create patients' clinical presentations



3. Streamlining the initial evaluation process to a quick screening of key aspects of the patient's presentation.
4. Honing observation, palpation and movement testing skills required for quick assessment of the relative health or dysfunction present, and monitoring the moment to moment direction and rate of change occurring during intervention necessary for proficient and artful interface in the clinical setting
5. Instructions in the skillful application of treatment variables necessary to coax deviant findings towards health in all pertinent aspects of a patient's presentation
6. Instructions in devising, implementing and progressing effective interventions for the most common presentations therapists encounter in an orthopedic outpatient physical therapy clinic regardless of diagnosis, body region or comorbidities

Course Resources

Primary Course Resource:

- Tim McGonigle, P.T. 2020. Enhancing Clinical Proficiency, - Provided with the course
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Additional Supportive Resources:

- Butler, David, Moseley, Lorimer. 2003. Explain Pain. Adelaide, Noigroup Publication.
- Evjenth, Olaf and Hamberg, Jern. 1984. Muscle Stretching in Manual Therapy. The Spinal Column and the Temporo-Mandibular Joint. Alfta: Alfta Rehab Forlag.
- Evjenth, Olaf and Hamberg, Jern. 1984. Muscle Stretching in Manual Therapy. The Extremities. Alfta: Alfta Rehab Forlag.
- Evjenth, Olaf and Gloeck, Christian. 1997. The Symptom Localization in the Spine and the Extremities. Oslo
- Foldi M, Foldi E, Strobenreuther C, Kubik S. 2012. Textbook of Lymphology: for Physicians and Lymphedema Therapists. Elsevier.
- Kaltenborn, Freddy M. 2019. Manual Mobilization of the Joints. Volume 1. The Extremities. 8th ed. Translated by Dennis Morgan and Eileen Vollowitz. Oslo: Olaf Norlis Bokhandel.
- Kaltenborn, Freddy M. 2018. Manual Mobilization of the Joints. Volume II. The Spine. 7th ed. Translated by Dennis Morgan and Eileen Vollowitz .Oslo: Olaf Norlis Bokhandel.
- Krauss, John, Evjenth Olaf, Creighton, Doug. 2006. Translatoric Spinal Manipulation for Physical Therapists. Michigan: A Lakeview Media L.L.C. Publication.
- Stecco, Carla. 2015. Functional Atlas of the Human Fascial System. New York: Churchill Livingstone.
- Tim McGonigle, P.T. 2017. The Primer Of Orthopedic Manual Physical Therapy
- Tricas JM, Hidalgo C, et al. 2015. Myofascial Mobilization and Self-Mobilization in OMT. Vol. 1: Extremities. 1st ed. in English. OMT-Espana. www.omtspain.es