

**The McKenzie Institute USA Orthopaedic Manual Physical Therapy Fellowship Program** is accredited by the American Physical Therapy Association as a post-professional fellowship program for physical therapists in Orthopaedic Manual Physical Therapy.



## OVERVIEW

The McKenzie Institute USA Orthopaedic Manual Physical Therapy Fellowship Program commenced in May 2008 to further the education of physical therapists in MDT/OMPT practice and research in the United States and reaccredited successfully in 2014 for ten years. The program is a collaborative effort between several educational institutions and health systems including The McKenzie Institute International (MII), APTA, AAOMPT, and physical therapy facilities. Currently, program registrants will take courses offered through MII and Daemen College in Amherst, NY; clinical sites are in the greater Buffalo NY area, New Bern NC, Portland OR, Myerstown PA, and Austin TX.

The purpose of this program is to give the Fellow candidates advanced training in Mechanical Diagnosis and Therapy® (MDT) and Orthopaedic Manual Physical Therapy (OMPT) while continuing their clinical practice. Continuing clinical practice will make the training immediately applicable, thereby allowing for improved retention of information as well as manual skill implementation.

The anticipated outcome for those completing the training are:

- Development of high level clinical reasoning and psychomotor skills in MDT/OMPT.
- Eligibility to apply for Fellowship in the American Academy of Orthopedic Manual Physical Therapists (AAOMPT).
- Recognition of Fellowship training by the APTA.

## MISSION

The Mission of The McKenzie Institute USA Orthopaedic Manual Physical Therapy Fellowship Program is to develop and provide to licensed physical therapists an organized guided pathway to develop advanced skills in the understanding and application of the principles of MDT for musculoskeletal disorders as developed by Robin McKenzie. Furthermore, the program endeavors to encourage these students to participate in research and education related to this method and be experienced in the clinical application of other OMPT approaches and research.

The program also provides post professional orthopedic manual physical therapy (OMPT) education with emphasis in providing evidence-based examination and intervention. The foundations of clinical science and research are integrated with respect to maintenance of the highest ethical standards, while advancing the profession in providing a high quality of care and practice that is evidenced based.

The MDT Diploma clinical component and additional OMPT clinical and didactic training is the primary means for achieving advanced psychomotor and analytical skills in MDT/OMPT. This advanced clinical training proceeds on the theoretical foundation presented in the MDT post-graduate courses A-D, Advanced Extremities, Diploma distance learning component and problem solving coursework in orthopaedic manual physical therapy.

## VISION

The McKenzie Institute USA Orthopaedic Manual Physical Therapy Fellowship Program serves fellow candidates, clinicians, patients and the medical community by promoting excellence in MDT/OMPT practice, education and research and collaborating with local educational institutions, health care facilities, and national and international associations.

## PHILOSOPHY

Physical therapists trained in MDT/OMPT are movement specialists uniquely skilled to assess pain, and/or difficulties in movement or function across the lifespan. The program policies and curriculum are based on a belief that examination and intervention procedures should be evidenced based and delivered in a compassionate manner with respect to all individuals. The focus of intervention is on education and treatment to enable the patient to understand and manage his condition independently as much as possible.

## OVERALL PROGRAM GOALS AND OBJECTIVES

1. Support the mission of The McKenzie Institute.

*Objectives: MIUSA OMPT Fellowship Program will –*

- a. create vehicles to improve the psychomotor skill and problem solving abilities of orthopaedic manual physical therapists, thereby expanding the quality of care delivered to individuals across the lifespan with orthopaedic related impairments and functional limitations resulting from musculoskeletal pathology.
- b. insure a strong foundation in MDT principles, provide training in evidence-based orthopaedic physical therapy examination and intervention for people with musculoskeletal conditions.
- c. lead to analytical and psychomotor competencies in the management of patients with typical and more difficult musculoskeletal disorders.
- d. provide mentorship of the Fellow-in-Training within selected clinical sites by mentors who are familiar with MDT principles.

2. Deliver a postprofessional curriculum that includes didactic, psychomotor, and clinical training in orthopaedic manual physical therapy.

*Objectives: The Program curriculum, which includes didactic, clinical, and research components, will –*

- a. address all aspects of the 2008 Manual Therapy Description of Advanced Specialty Practice (DASP).
- b. provide educational opportunities for continuing professional education throughout the Fellowship experience.
- c. enable students to develop a high level of competence in the theory and practice of Mechanical Diagnosis and Therapy of spinal and musculoskeletal disorders based on the philosophy of Robin McKenzie.
- d. enable students to identify clinical conditions that are unsuitable for mechanical therapy.
- e. enable students to develop skills in accessing, understanding and evaluating research relevant to orthopedic manual physical therapy and Mechanical Diagnosis and Therapy.

3. Engage physical therapists in a deliberate and systematic use of reflection in delivering patient-centered care.

*Objectives: MIUSA OMPT Fellowship Program will –*

- a. provide mentoring to ensure that the Fellows-in-Training are integrating information from the didactic portion of the curriculum to the clinical environment, and through discussion and consultation with mentors, reflect on patient encounters to improve clinical performance.

4. Provide opportunities for physical therapists to practice ethical behaviors and clinical decision-making.

*Objectives: MIUSA OMPT Fellowship Program will –*

- a. engage physical therapists in discussions of ethical analysis and moral culture applicable to orthopaedic physical therapy practice.
- b. promote critical analysis and clinical reasoning skills.
- c. further develop interpersonal and communication skills.
- d. foster the students' awareness of their professional responsibilities, including legal, ethical and cultural issues.

5. Develop the clinical and didactic teaching skills of the Fellowship faculty to foster enhanced instruction and delivery of care to patients.

*Objectives: MIUSA OMPT Fellowship Program will –*

- a. provide opportunities for adjunct teaching in the McKenzie Institute.
- b. provide the Fellowship faculty with resources, including but not limited to continuing education opportunities to develop, practice, and refine their teaching skills.

6. Develop clear, consistent program guidelines and materials for dissemination to all program personnel and sites.

*Objectives: MIUSA OMPT Fellowship Program will –*

- a. provide ongoing communication, current resources, annual review of documentation, Fellow-in-Training feedback, and meetings to ensure uniformity with program goals and objectives with all in each clinical site.

7. Promote advancement in the field of orthopaedic manual physical therapy by engaging physical therapists in a research process that advances the profession through scholarly activity.

*Objectives: MIUSA OMPT Fellowship Program will –*

- a. require the Fellow-in-Training to contribute to the body of knowledge in orthopaedic physical therapy through matriculation in evidence based practice coursework, participation in and dissemination of knowledge gained through clinical research culminating in a thorough review of the literature or a patient case report.

## **SPECIALIZATION**

Upon successful completion of the program, Fellow graduates will have earned Diploma in MDT and, submit the AAOMPT Fellow application to, become Fellows of the AAOMPT.

## **WHAT IS A FELLOW OF THE AAOMPT?**

"Fellow" status in the AAOMPT is both a membership classification and a professional credential. As a professional credential, a "Fellow" in AAOMPT is an international recognition of competence and expertise in the practice of orthopaedic manual physical therapy by a physical therapist licensed in the USA. To achieve the Fellow credential, a physical therapist must complete an accredited fellowship program in orthopaedic manual physical therapy. The "Fellow" is a physical therapist who has demonstrated advanced clinical, analytical, and hands-on skills in the treatment of musculoskeletal (orthopaedic) disorders. Fellows serve their patients and the public by demonstrating excellence in clinical practice, education, and research.

To maintain the professional credential of Fellow, a physical therapist must be a member in good standing in the AAOMPT. The Fellow membership classification affords the member special privileges to vote on issues related to practice standards, international affairs, and bylaw changes. Additionally, only Fellows can serve on the executive committee as President, Vice-President, Secretary, or Treasurer (any member in good standing may serve on the executive committee as Member-at-Large). These requirements are in place to comply with the constitution and bylaws of the International Federation of Manipulative Therapist (IFOMT) of which the AAOMPT is the representative organization from the USA.

## **FELLOWSHIP CURRICULUM**

The McKenzie Institute USA Orthopaedic Manual Physical Therapy Fellowship Program curriculum has as its foundation in the teaching of Mechanical Diagnosis and Therapy for the spine and extremity as developed by Robin McKenzie.

The prerequisite for application into the Fellowship is completion of The McKenzie Institute Program of Certification – Parts A-D and the Advanced Extremities post-graduate courses and passing the MDT Credentialing Examination. In addition, it is preferred the candidate has the OCS or has completed an APTA accredited residency in a related specialty area.

The program consists of Theoretical and Clinical components, and Examinations:

- The Theoretical Component is comprised of the MII Diploma Program online training through MII appointed University affiliations, the Orthopaedic Manual Physical Therapy (OMPT) problem solving experiences with an appointed Fellow of American Academy of Orthopedic Manual Physical Therapists (FAAOMPT), who is also preferred to be Cert. MDT or Dip. MDT, and a post-professional course in Thrust Manipulation taught through Daemen College in Amherst, NY.
- The Clinical Component is comprised of the MII Diploma Program residential clinical training with an appointed MII Diploma Educator supplemented by OMPT Mentorship 1:1 clinical hours with an appointed Fellow of American Academy of Orthopedic Manual Physical Therapists (FAAOMPT), who is also preferred to be Cert. MDT or Dip. MDT.
- The Diploma Examination is conducted by MII upon successful conclusion of the Diploma Theoretical and Clinical modules.



The expected average program completion period is two years. The minimum time to complete the program is eleven months and maximum time is three years from the date of starting the Diploma Theoretical Component of the program.

#### **TUITION AND FEES**

The current tuition and fees are currently listed as follows:

- ◆ 2018 MII Diploma Program in the USA (Theoretical component via distance learning)

Clinical Component Venues:

- \$17,000 St. David's PT & Spine Center  
Austin, TX (9-week residential option)  
Fully furnished accommodation is provided.
  - \$15,000 Montclair Physical Therapy  
Cedar Grove, NJ (9-week residential option)  
Accommodation is not provided but the Clinical Educator at New Jersey will assist students to secure appropriate accommodation.
- Final Diploma External Examination Fee \$1450 (Conducted over two days)

-AND-

- ◆ OMPT Mentorship (Problem Solving Distance Learning & Clinical Components)

\$4000 Completed with Fellows of AAOMPT

Approved Clinical Locations (subject to change):

- New Bern, NC
- West Seneca, NY (Buffalo area)
- Williamsville, NY (Buffalo area)
- Portland, OR
- Myerstown, PA
- Austin, TX

- \$615 Thrust Manipulation Course  
Daemen College, Amherst, NY—Various Dates  
Course fee includes CD-Rom of techniques, full access to Daemen College library facilities

*Additional expenses incurred by the candidate for the OMPT Mentorship may or may not include professional liability and health insurance, licensure fees, travel and accommodations. In the instance of a Mentor traveling to the Fellow candidate's clinic, additional compensation and travel expenses to the Mentor may be warranted.*

## ELIGIBILITY CRITERIA

Applicants to the MIUSA OMPT Fellowship Program must meet the following requirements:

- ◆ Minimum bachelor's degree (BS) in physical therapy
- ◆ Current license and state registration to practice physical therapy in the United States
- ◆ Satisfactory completion of MDT Parts A-D and the Advanced Extremities post-graduate courses and a pass in the Credentialing Examination.
- ◆ Acceptance has been confirmed into the MII Diploma Program in MDT.
- ◆ Possess OCS or completion of an APTA accredited residency in a related specialty area is preferred

**In accordance with ABPTRFE evaluative criteria to meet IFOMPT standards, satisfactory completion of both the Diploma component (Phase 1) and OMPT component (Phase 2) must be attained within 36-months.**

## APPLICATION PROCESS

Admission to the MIUSA OMPT Fellowship Program is highly competitive and requires a significant monetary and professional commitment. It is expected that a total of 2-3 applications will be accepted annually into the program.

The application is a two-part process with applications provided successively. *(Note: Applicants of the MII Diploma Program are not required to also pursue the Fellowship OMPT mentorship component.)*

Candidates first apply through The McKenzie Institute International (MII) for acceptance into the MII Diploma Program. The current MII Diploma Program application and application procedures can be found on the [MII Website](#).

Upon notice of successful enrollment into MII Diploma program, the OMPT Mentorship component application must then be submitted to MIUSA. Applications will be reviewed by a selection committee consisting of the Program Director, Academic Advisor, and MIUSA Executive Director.

Applications for the OMPT Mentorship component are accepted annually on a rolling basis dependent on notice of MII Diploma Program admission to commence the following January. Final OMPT Mentorship component application deadline for consideration will be November 30. The applications will be evaluated based on the following criteria:

- a) Academic education
- b) Continuing education in manual therapy
- c) Clinical education and mentoring experiences
- d) Clinical experience in Mechanical Diagnosis and Therapy and Orthopaedic Manual Physical Therapy
- e) Research, Publications, and Teaching Experience
- f) Volunteer activities: Professional and Community
- g) References/Letters of Recommendation

Once the paper application has been accepted, you will be contacted to arrange an interview with the Fellowship Program Director: Ron Schenk PT, PhD, OCS, FAAOMPT, Dip. MDT. This is the final step to be considered for program acceptance.

Notification of acceptance into the MIUSA Fellowship Program will be within four weeks of the interview. The Director and applicant will determine a plan for commencement of the OMPT Problem Solving Experience and 1:1 Clinical Mentorship understanding it will not be before the successful award of the Diploma Certificate.

Fellows-in-Training will be placed in Diploma clinical sites for mentorship in order of the date of approved application. The sites for OMPT clinical mentoring placements will be considered in order of the date secured for the Diploma Exam and various location openings.

## DISABILITY STATEMENT

Any Fellow-in-Training who requires accommodations to complete the requirements and expectations of this program or a course because of a disability is invited to make his or her needs known to course instructors or to the MIUSA Fellowship Program Director.

## NON-DISCRIMINATORY STATEMENT

The McKenzie Institute is an equal opportunity employer and provider of educational programming. We hire those best qualified candidates for employment and admit all qualified students to our training and do not discriminate on the basis of race, creed, color, gender, age, national or ethnic origin, sexual orientation, and disability or health status.

## LICENSURE REQUIREMENTS

### MII Diploma Clinical Residency

For the Diploma Clinical Residency in Texas, Diploma candidates are granted 60-day temporary licensure to cover the entirety of their stay.

### OMPT Clinical Mentoring

The Fellows-in-Training when participating in 1:1 OMPT clinical mentoring may require licensure in the state in which they are receiving mentorship. Currently, our primary sites for OMPT Clinical Mentorship are in New York and North Carolina.

Fellows-in-Training who are licensed in a state other than New York, who receive mentoring in the state of New York, these Fellows-in-Training will be classified as “physical therapy students receiving training” as per the New York State Education department. This provision only applies to situations in which affiliation agreements between the clinical facility (mentoring facility) and The McKenzie Institute (umbrella organization) have been established PRIOR to the commencement of the mentoring experience.

Fellows-in-Training who are licensed in a state other than North Carolina, and receive mentoring in the state of North Carolina, must attain licensure in North Carolina prior to beginning any 1:1 clinical mentoring.

In addition, we have approved clinical sites in Oregon, Pennsylvania and Texas that will be considered based upon need. Licensure requirements will be discussed at that time.

There may be instances where other clinical sites are arranged for temporary or long-term relationships. In the instance where an affiliation agreement with The McKenzie Institute *does not exist*, and the Fellow-in-Training desires to seek mentoring with a new clinical facility in his or her state; or in a state where he or she does not have licensure, the Fellow-in-Training may consult with the MDT Fellowship Program Director and the Executive Director of the McKenzie Institute to discuss if an affiliation agreement can be established between the clinical facility that would provide mentoring and the Institute. The Fellow-in-Training will be responsible to insure the clinical facility has a FAAOMPT mentor, determine the state requirement for licensure of out-of-state Physical Therapists, and if an agreement can be reached, pursue physical therapy licensure in the state where the clinical mentoring will take place.

It is understood by the Fellow-in-Training, the Program, and the clinical facility that any requirements noted must be in place prior to commencing the mentorship experience.

## PROFESSIONAL LIABILITY AND HEALTH INSURANCE

Fellows-in-training shall obtain and maintain at all times appropriate and active professional liability insurance and health insurance at his or her expense throughout enrollment in the OMPT Fellowship. Proof of both insurances must be provided before commencement of clinical mentoring. Professional Liability insurance coverage may be covered by your present employer. However, we recommend the purchase of your own professional liability insurance policy through the APTA endorsed Health Providers Service Organization [HPSO](#), which would provide appropriate coverage.