

**The McKenzie Institute USA Orthopaedic Manual Physical Therapy Fellowship Program** is accredited by the American Physical Therapy Association American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE) and the Accreditation Council on Orthopaedic Manual Physical Therapy Education (ACOMPTE) as a post-professional fellowship program for physical therapists in Orthopaedic Manual Physical Therapy.



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Program

## 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 was reaccredited in 2014 for ten years by the ABPTRFE. In 2020, the program gained further Accreditation through the Accreditation Council on Orthopaedic Manual Physical Therapy Education (ACOMPTE) effective March 2020 – July 31, 2024. The program is a collaborative effort between several educational institutions and health systems including The McKenzie Institute USA (MIUSA), APTA/ABPTRFE, AAOMPT, and physical therapy facilities. Currently, program registrants will take courses offered through MIUSA 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 outcomes 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 ABPTRFE and/or ACOMPTE.

## 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 neuromusculoskeletal disorders as developed by Robin McKenzie. Furthermore, the program endeavors to encourage these Fellows-in-Training 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 McKenzie USA OMPT Fellowship builds on the MDT foundation provided by McKenzie courses A-D, Advanced Extremities, and the Diploma program which includes MDT based clinical mentorship. The McKenzie Fellow in Training will meet our eligibility criteria and then gains further knowledge and psychomotor skills through a program which includes OMPT mentorship, on-site and online coursework, and critical self-reflection.

## 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 examine and evaluate 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 neuromusculoskeletal pathology.
- b. ensure a strong foundation in MDT principles, provide training in evidence-based orthopaedic physical therapy examination and intervention for people with neuromusculoskeletal conditions.
- c. lead to analytical and psychomotor competencies in the management of patients with typical and more difficult neuromusculoskeletal disorders.
- d. provide mentorship of the Fellow-in-Training within selected clinical sites by mentors who hold credentials of FAAOMPT and either Dip. MDT or Cert. MDT.

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 Fellows-in-Training to develop a high level of competence in the theory and practice of Mechanical Diagnosis and Therapy of spinal and neuromusculoskeletal disorders based on the philosophy of Robin McKenzie and principles of OMPT.
- d. enable Fellows-in-Training to identify clinical conditions that are unsuitable for mechanical therapy or OMPT.
- e. enable Fellows-in-Training 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, encourage lifelong learning and improve self-growth.
- b. Provide activities that foster ongoing critical self-reflection.

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

*Objectives: MIUSA OMPT Fellowship Program will –*

- a. engage Fellows-in-Training 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 Fellows-in-Training 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.
- c. Provide the faculty opportunities to develop critical self-reflection skills related to role as mentor.

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 Fellows-in-Training 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 manual 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, a patient case report, development of an educational program or project, prepare educational session, poster or platform presentation for professional conference.

### **SPECIALIZATION**

Upon successful completion of the program, Fellow graduates will be eligible to submit the AAOMPT 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 neuromusculoskeletal (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 successful completion of The McKenzie Institute International Diploma Program.

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

- ▶ The Theoretical Component is comprised of learning activities with an appointed Fellow of American Academy of Orthopedic Manual Physical Therapists (FAAOMPT), who is also preferred to be Cert. MDT or Dip. MDT, online courses in Functional Anatomy and Pain Science and a Research Project, and a 45-hour Thrust Manipulation course.
- ▶ The Clinical Component is comprised of 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.
- ▶ Exams will include:
  - Written exam for Thrust Manipulation Course
  - Psychomotor skills exam for Thrust Manipulation Course
  - Psychomotor skill checkouts during 1:1 clinical mentoring
  - A final oral practical examination called the Objective Structured Clinical Examination (OSCE) will be conducted with two examiners addressing the application of clinical sciences, psychomotor competence, and clinical problem solving.



The expected average program completion period is two years. The minimum time to complete the MIUSA OMPT program is twelve months and maximum time is three years from the official program start date. *Our program timeline is in accordance with ACOMPT evaluative criteria to meet IFOMPT standards in that Fellowship programs are completed in no fewer than ten (10) months and in no more than sixty (60) months.*

Courses:

1. FMDT001: Thrust Manipulation course (in-person)
2. FMDT002: Functional Anatomy and Pain Science course (online)
3. FMDT003: Research Project course (online)

*Additional current readings and references will be provided before the courses.*

\*Distance Based Learning Activities (online):

**1. Journal article summaries**

10 Relevant Orthopedic Manual Physical Therapy Articles will be assigned to you. Critical analysis and completion of a Journal Article Summary Form is required. Each assignment includes answering 8 questions that will be reviewed and discussed via email to an assigned Fellowship Mentor. Approximately one article is due monthly or as assigned.

**2. Chapter Summaries**

A total of 10 Chapters from Chad Cook's book Orthopedic Manual Therapy – An Evidence Based Approach will be assigned. Upon completion of reading and studying each chapter, end of chapter questions from the text will be completed and submitted to an assigned Fellowship Mentor. Approximately one chapter is due monthly or as assigned.

**3. Case Studies**

Ten (10) OMPT cases which require advanced problem-solving skills learned during the Fellowship program will be assigned. Each case will include a completed MDT assessment form with accompanying questions. The cases will cover both Spinal and Extremity patients and encourage utilization of OMPT skills beyond typical MDT procedures. Cases will be assigned monthly and, upon completion of a review by an assigned Fellowship Mentor, answers will be provided on how the patient was treated and responded to treatment.

**4. Clinical Questions - 40 questions from independent clinical practice**

A Total of 40 clinical questions regarding real patient encounters while performing your clinical hours will be submitted to an assigned Fellowship Mentor. These questions will demonstrate clinical decisions regarding OMPT and can range from advice from the mentor, discussion about appropriate classification, treatment progressions or anything relevant to OMPT practice. Your mentor will review the questions and return with comments and discussion points. Approximately one question will be due on a weekly basis although no more than 15 of the 40 questions are to be done before attending the Thrust Manipulation Course.

**\*\*IFOMPT Requirements:**

1. Written exam (following completion of the Thrust Manipulation course)
2. 150 direct 1:1 clinical hours with mentorship
3. Five (5) psychomotor assessments (during 1:1 mentorship but not counted in the 150 hours)
4. Two (2) live patient exams (during 1:1 mentorship but not counted in the 150 hours)
5. Oral/practical exam (OSCE) following completion of the didactic and clinical work

**TUITION**

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The current program costs are as follows and include:

**\$5275**

- ▶ OMPT Learning activities
- ▶ 150 hours 1:1 clinical mentoring completed with Fellows of AAOMPT at an approved Clinical Location. Current locations include (subject to change):
  - New Bern, NC
  - West Seneca, NY (Buffalo area)
  - Myerstown, PA
  - Austin, TX

**\$675**

Thrust Manipulation Course  
45 hours comprised of 21 hours onsite (typically in July annually, locations may vary) and additional pre-course readings and post-course assignments including a written exam.

*Additional expenses incurred by the candidate for the OMPT Mentorship may or may not include professional liability and health insurance, licensure fees, and 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 are required to meet criteria 1-3 and at least ONE criterion of 4:

1. Minimum bachelor's degree (BS) in physical therapy
2. Current license and state registration to practice physical therapy in the United States
3. Hold the Diploma in MDT
4. **One of the following additional qualifications\*:**
  - a. American Board of Physical Therapy Specialties (ABPTS) specialist certification in the related area of specialty as defined within the DFP, and/or
  - b. Completion of an ABPTRFE-accredited residency in a related specialty area as defined within the DASP, and/or
  - c. Demonstrable clinical skills within a particular specialty area:
    - Current practice in Ortho setting (minimum two years attested to by a supervisor/practice owner)
    - Broad training in OMPT with documentation of training attended (minimum two OMPT post-professional courses)
    - Open minded to learning and applying OMPT principles where appropriate with MDT principles
    - Desire to improve communication between OMPT practices and conduct research

**\*Only those applicants who meet criteria 4a or 4b will be eligible for recognition by ABPTRFE and ACOMPTE as a Fellow. Candidates only meeting 4c will be solely recognized by ACOMPTE.**

**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 3-5 applications will be accepted annually into the program.

Candidates apply directly to MIUSA. The application cover sheet and all supporting documentation identified in the application must be submitted electronically by email. Applications will be reviewed by a selection committee consisting of the Program Director, Academic Advisor, and MIUSA Executive Director.

## **The McKenzie Institute USA Orthopaedic Manual Physical Therapy Fellowship Program**

Applications are accepted annually on a rolling basis and those submitted on or before October 15 will be considered for the following January commencement.

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) Two Letters of Professional Recommendation (Acceptable: Recent Diploma Mentor, current coworkers or supervisors; **one must attest to your current clinical competence and minimum two years in ortho setting.**)
- h) Current work environment
- i) Personal Essay

Once the digital application has been accepted, you will be contacted to arrange an interview with the Fellowship Program Director: Joe Lorenzetti PT, DPT, MS, OCS, FAAOMPT, Dip. MDT, MTC. 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.

Fellows-in-Training will be placed in OMPT clinical sites for mentorship based on progress through the requisite coursework, Learning Activities, and availability of clinical site and mentor and compatibility with Fellows-in-Training schedule to participate.

### **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 Fellows-in-Training 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**

#### **OMPT Clinical Mentoring**

The Fellows-in-Training when participating in 1:1 OMPT clinical mentoring 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.

In addition, we have approved clinical sites in Pennsylvania and Texas that will be considered based upon need.

Depending on the current licensure of the candidate, the candidate may require physical therapy licensure in the state of the mentorship location.

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 ensure 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.