

**The McKenzie Institute USA Orthopaedic Manual Physical Therapy Fellowship Program** is accredited by the Accreditation Council on Orthopaedic Manual Physical Therapy Education (ACOMPTE) 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 Mechanical Diagnosis and Therapy® (MDT) and Orthopaedic Manual Physical Therapy (OMPT) practice and research in the United States and reaccredited successfully with ABPTRFE in 2014 for ten years. 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 has been a collaborative effort between several educational institutions and health systems including The McKenzie Institute International (MII), APTA/ABPTRFE, AAOMPT/ACOMPTE, and physical therapy facilities. Currently, Fellows-in-Training will take courses offered through The McKenzie Institute USA, clinical mentoring sites are located in the West Seneca, NY, New Bern NC, Myerstown PA, and Austin TX, and virtual mentoring options.

The purpose of the McKenzie Institute USA Orthopaedic Manual Physical Therapy Fellowship Program is to provide the Fellow candidates advanced training in MDT/OMPT while continuing 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 ACOMPTE.

## PROGRAM 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 Mechanical Diagnosis and Therapy for musculoskeletal disorders as originally developed by Robin McKenzie. Furthermore, the program endeavors to encourage these Fellows-in-Trainings to participate in research and education related to this method and be experienced in the clinical application of other manual physical therapy approaches and research.

The McKenzie Institute Fellowship 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.

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 Parts A-D and Advanced Extremities, Diploma didactic and clinical training in orthopaedic manual physical therapy.

## VISION

The McKenzie Institute OMPT 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: The McKenzie Institute OMPT Fellowship Program will –*

- a. Create vehicles to improve the psychomotor skill and clinical reasoning 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. Ensure 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 musculoskeletal disorders.
- d. Provide mentorship of the Fellow-in-Training within selected clinical sites by mentors who are FAAOMPT and certified in MDT or who demonstrate sufficient knowledge of MDT principles.

### 2. Deliver a postprofessional curriculum that includes didactic, psychomotor, and clinical training through its affiliated mentorship sites in orthopaedic manual physical therapy.

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

- a. Apply all aspects of the 2018 Description of Advanced Specialty Practice (DASP).
- b. Provide educational opportunities for continuing professional education throughout the Fellowship experience.
- c. Enable Fellows-in-Trainings 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 Fellows-in-Trainings to identify clinical conditions that are unsuitable for neuromusculoskeletal examination and intervention.
- e. Enable Fellows-in-Trainings 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 in clinical practice settings, including its affiliated mentorship sites.

*Objective: The McKenzie Institute OMPT Fellowship Program will –*

- a. Apply a mentoring process 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 in clinical practice settings, including its affiliated mentorship sites.

*Objective: The McKenzie Institute 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 Fellows-in-Trainings' 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: The McKenzie Institute OMPT Fellowship Program will –*

- a. Provide opportunities for Fellowship faculty and mentors to observe or assist MIUSA faculty on Institute courses, conferences, and online platforms i.e., Schoology, Linked In.
- 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: The McKenzie Institute OMPT Fellowship Program will –*

- a. Provide ongoing communication, current resources, annual review of documentation, Fellow-in-Training feedback, and conduct regular 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.**

*Objective: The McKenzie Institute 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,
- b. Require participation in and dissemination of knowledge gained through clinical research culminating in a thorough review of the literature or a patient case report.
- c. Encourage participation in the MIUSA Research Task Force during and if possible after completing the Fellowship.

**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 (FAAOMPT) 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 a credentialed 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 APTA and 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 are allowed to 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 Orthopaedic Manipulative Physical Therapists (IFOMPT) of which the AAOMPT is the representative organization from the USA.

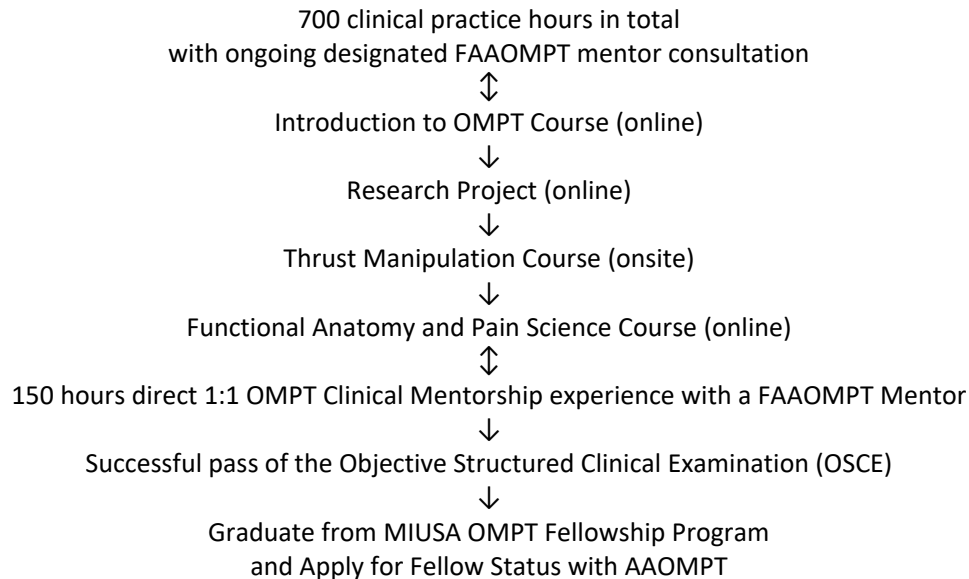
**FELLOWSHIP CURRICULUM**

The McKenzie Institute OMPT Fellowship Program curriculum has as its foundation the teaching of Mechanical Diagnosis and Therapy for the spine and extremity as originally developed by New Zealand physiotherapist, [Robin McKenzie](#), CNZM, OBE, FCSP(Hon), FNZSP (Hon), Dip MDT (1931-2013).

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

- The Theoretical Component is composed of the OMPT didactic learning activities, Introduction to OMPT course, Functional Anatomy and Pain Science course, Research Project, and the Thrust Manipulation course 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 Clinical Component is composed of 150 hours of direct 1:1 clinical mentorship provided by an appointed Fellow of American Academy of Orthopedic Manual Physical Therapists (FAAOMPT), who is also preferred to be Cert MDT or Dip. MDT.
- A successful pass of the Objective Structured Clinical Examination (OSCE).

**THE MCKENZIE INSTITUTE USA OMPT FELLOWSHIP PROGRAM PATHWAY**



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: Introduction to OMPT Course (online)
2. FMDT002: Thrust Manipulation Course (in-person)
3. FMDT003: Functional Anatomy and Pain Science Course (online)
4. FMDT004: Research Project Course (online)

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

Introduction to OMPT Course

This lecture and laboratory course is designed to teach the theory, rationale, and evidence supporting orthopaedic manual physical therapy (OMPT). Although the course is designed to enhance psychomotor skill in utilizing non thrust manipulation for the management of musculoskeletal disorders, systems review, diagnostic imaging, and lab, tests/measures will be addressed in the context of appropriate referral and interprofessional collaboration. The areas emphasized will be based on evidence from the literature.

In a modular format, faculty will utilize technology such as asynchronous video recordings as well as remote synchronous laboratory instruction to integrate the medial screening process and the attainment of clinical decision making and psychomotor skill attainment in non-thrust technique. A manual of selected techniques will also be provided to the students to enhance self-assessment and skill development. Immediate feedback regarding performance will be provided to the students throughout the synchronous session unit. Schoology will be utilized for discussion, analysis, and critique of the literature where appropriate.

Ten modules will be covered in these areas using activities that include Article Review/Analysis, Chapter Summaries from *Orthopedic Manual Therapy – An Evidence Based Approach* by Chad Cook, Case Studies, Systems Review Articles, Discussion Boards, and Synchronous review of biomechanics, arthrokinematics, and OMPT non-thrust techniques (20 hours) Pre-clinical, Biomechanics and arthrokinematics self-study (15 hours), asynchronous study of technique videos.

- Module 1 Cervical Spine
- Module 2 Temporomandibular Joint
- Module 3 Thoracic Spine
- Module 4 Shoulder Complex
- Module 5 Elbow-Wrist-Hand

Module 6 Lumbar Spine  
Module 7 Sacroiliac Joint and Pelvis  
Module 8 Hip Complex  
Module 9 Knee  
Module 10 Foot and Ankle

#### Research Project

This course will involve collection of data, interpretation of results, and/or analysis of a research question. The outcome product of the course may be a thorough review of the literature on a specific topic or meta-analysis, case study, case series, or involvement in a study that is suitable for publication or professional presentation.

#### Thrust Manipulation Course

This lecture and laboratory course is designed to teach the theory, rationale, and evidence supporting spinal and extremity thrust manipulation. The course is designed to enhance psychomotor skill in utilizing thrust and non-thrust manipulation for the management of spinal and extremity joint musculoskeletal disorders. The main focus of the program will be on determining the indications and contraindications in application of techniques to assure both safety and treatment effectiveness. The areas emphasized will be based on evidence from recent clinical trials using manipulation to treat the spine and extremities.

#### Functional Anatomy and Pain Science Course

This online course provides the Fellow-in-Training an advanced understanding of an application of human anatomy and its relationship to both normal functional movement as well as dysfunction of the neuromusculoskeletal system in order to effectively examine, evaluate, and provide interventions for their clients in a clinical practice setting. This course will involve a detailed analysis of specific anatomic structures and their function as relates to clinical physical therapy practice. Basic mechanics, biomechanics, kinematics, kinetics and functional anatomy of the spine and extremity joints and the foundations of pain neuroscience and relationship to chronic neuromusculoskeletal conditions will be explored and examined.

#### OMPT Mentoring: Clinical Experience

This component consists of 150 hours of 1:1 mentorship under the direction of a FAAOMPT. The Fellow mentor is preferred to also be certified in MDT. However, Fellows who do not possess the Cert. MDT or Dip. MDT credential may apply to be mentors. Appropriate candidates will be determined at the discretion of the McKenzie Institute OMPT Fellowship Program Director, Academic Advisor, and Institute Executive Director following receipt of the prospective mentor candidates CVs, letter of interest, and an interview to determine if the background of the Fellow PT is commensurate to achieve our program goals and objectives.

Once approved, the initial mentorship will be limited to 40 hours of 1:1 mentorship to allow for an appraisal of the clinical exposure and work assessed through our reporting forms. This will also allow for consultation between the Program Director, Fellow-in-Training, and the mentor to determine the effectiveness and progress of the learning experience. If the work is deemed satisfactory, the Fellow-in-Training will be eligible to continue additional hours without limitations.

Satisfactory proficiency in the Clinical Component of the OMPT Fellowship is determined by performance in patient care and formal assessments. The Program Director will identify the location, mentor, and start date for all candidates.

#### Virtual Mentoring

The depth, breadth, and volume of patients seen throughout the program has been enhanced by aligning continuity of patient care with the virtual mentoring component of the curriculum. The Fellow-in-Training will be seeing conditions in their own clinical practice, as well as during the 1:1 mentoring experience. The Fellow-in-Training will receive virtual mentoring of their own caseload being managed at their own facility for approximately 1 hour/week over the course of up to 50 weeks in the program.

In addition to addressing cases that are challenging or complex, this virtual mentoring will provide the opportunity for the Fellow-in-Training and mentor to identify less commonly seen medical conditions/lower diagnostic categories, in which instance, additional learning opportunities will be provided. These opportunities will include case studies and assigned readings pertinent to the less commonly seen medical conditions/lower diagnostic categories.

**TUITION**

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**The current tuition and fees are listed as follows (effective 1.1.2024):**

*Tuition and fees are subject to change.*

**Program Tuition:** \$8500

Tuition covers these OMPT Mentorship Activities Completed with Fellows of AAOMPT:

- Didactic Learning Activities
- Clinical Components (available at various locations and virtually)
- Thrust Manipulation course (Dates and locations will vary; includes access to Tufts University library)
- MIUSA membership while active in the program
- Payment can be made by installments

Cancellation Policy

Once a candidate has been accepted for the Fellowship, a Letter of Appointment-Agreement will be provided. Once the Letter is signed by the candidate, refunds for the OMPT component fee will be considered accordingly as follows:

- If no work has commenced, refund less application fee of \$250
- If no work has commenced, but administrative fees to Director and Academic Advisor have been disbursed .....75% refund
- If no clinical hours, but Didactic Learning Activity has commenced .....50% refund
- If clinical hours and Didactic Learning Activity hours have commenced .....25% refund

The conditions for withdrawal will be reviewed on a case-by-case basis i.e., medical reasons, family hardship, if the candidate is being performance managed, etc.

*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 these criteria:

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. Demonstrable clinical skills within a particular specialty area:
  - o Current practice in Ortho setting (minimum two years attested to by a supervisor/practice owner)
  - o Broad training in OMPT with documentation of training attended (minimum two OMPT post-professional courses)
  - o Open minded to learning and applying OMPT principles where appropriate with MDT principles
  - o Desire to improve communication between OMPT practices and conduct research

**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.

Applications are accepted annually on a rolling basis and those submitted on or before December 1 will be considered for the following January commencement.

The following application documentation is required:

1. A copy of your active license in Physical Therapy
2. Proof of professional liability insurance

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3. Curriculum Vitae (Be sure to highlight continuing education experiences, particularly in manual physical therapy; any teaching experience, leadership, and volunteer activities.)
4. 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.**)
5. Description of clinical experiences as a licensed PT (*up to five years depending on experience*).  
**Note:** Clinical experience descriptions should include the following information for each organization in which you have performed direct patient care:
  - a) Name, address, and phone number of the facility
  - b) Name of your clinical supervisor (if any), or supervisor
  - c) Type of facility
  - d) Job description
  - e) Date employed (or dates of internship)
  - f) Description of patient load
  - g) Description of any clinical supervision or mentoring
  - h) Time (in hours) involved in direct patient care *for the past two years*:  
Total hours = (number of hours per week) x (number of weeks per year) x (number of full-time years).
7. Personal Essay. Please provide a short essay (not to exceed two pages) which clearly states why you are interested in OMPT aspects of the MIUSA Fellowship training. To assist you, it may be helpful to refer to the Fellowship Full Program Details Mission, Goals & Objectives, and also address the following questions:
  - a) How may the Fellowship OMPT components contribute to your musculoskeletal clinical decision making?
  - b) Where do you see manual physical therapy procedures improving treatment efficacy?
  - c) How may the MIUSA OMPT Fellowship Program contribute to making MDT an integral part of musculoskeletal care?

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
- h) Current work environment
- i) Personal Essay

Once the paper 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. The Director and applicant will determine a plan for commencement of the OMPT Didactic Learning Activities and 1:1 Clinical Mentorship.

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.

**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 program and do not discriminate on the basis of race, creed, color, gender, age, national or ethnic origin, sexual orientation, and disability or health status.

**DISABILITY STATEMENT**

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

## 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, approved sites for OMPT Clinical Mentorship are in New York, North Carolina, Pennsylvania, and Texas. 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 medical 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.