

The McKenzie Institute is credentialed by the American Physical Therapy Association as a post-professional clinical fellowship program for physical therapists in Mechanical Diagnosis and Therapy™ (MDT) and Orthopaedic Manual Physical Therapy (OMPT)



The MDT Fellowship program was developed in January, 2008 to further the education of physical therapists in MDT/OMPT practice and research in the United States. 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, Daemen College in Amherst, NY, and Partners in Rehab in West Seneca, NY.

The purpose of this program is to give the fellow registrants advanced training in MDT/OMPT while continuing clinical practice. Continuing clinical practice will make the training immediately applicable, thereby allowing for retention of information. 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 APTA

### **MDT Fellowship Program Overview**

#### **MISSION**

The Mission of the MDT 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 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 manual physical therapy approaches and research.

The MDT 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.

The MDT Diploma clinical component and additional OMPT clinical training is the primary means for achieving advanced psychomotor and analytical skills in MDT/ OMPT. Clinical training proceeds on the theoretical foundation presented in the MDT post-graduate courses A-E, Diploma distance learning component and coursework in manual physical therapy of the peripheral joints.

#### **VISION**

The MDT Fellowship Program serves fellow registrants, clinicians, patients and the medical community by promoting excellence in MDT/OMPT practice, education and research and by 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.

## **GOALS**

In order to address the Mission of the MDT Fellowship Program, the curriculum is designed:

- 1) To support the Institute Mission statement to educate health care providers in the principles and practical application of mechanical diagnosis and therapy by providing a recognized and accessible pathway where candidates may develop a high level of competence in the theory and clinical application of Mechanical Diagnosis and Therapy of spinal and extremity musculoskeletal disorders based on the philosophy of Robin McKenzie.
- 2) To train clinicians to develop skills in accessing, understanding and evaluating research relevant to MDT.
- 3) To develop professionals highly skilled in MDT who will contribute to education of medical professionals and the public through treatment, teaching and writing, conduct research related to MDT, and OMPT and serve as primary health care providers for patients seeking care for musculoskeletal conditions.
- 4) To develop highly skilled clinicians who can serve the health care community through individual service, education on prevention, and self management.

## GOALS FOR PROGRAM GRADUATES

1. Graduates are recognized by the public as health-care professionals prepared for autonomous practice in the diagnosis, management, and prevention of movement related disorders.
2. Program graduates are physical therapists with advanced problem solving abilities and enhanced psychomotor skill in MDT/OMPT.
3. Graduates are dedicated to providing examinations and interventions that are evidence-based. This motivation is reflected in the performance of clinical research in MDT/OMPT.
4. Graduates are effective patient educators and advocates.
5. Graduates are committed to professional and community service and the pursuit of continuing professional development.
6. Graduates serve as role models for the profession in engaging in ethical and legal practice.
7. Graduates assume leadership positions in physical therapy education, practice, and research.
8. Graduates promote the profession through involvement in the APTA and AAOMPT, McKenzie Institute USA and McKenzie Institute International

## **OBJECTIVES**

The curriculum is divided into theoretical and clinical components:

### **Objectives of the Theoretical Component**

This component of the program aims to:

1. 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.
2. Enable students to identify clinical conditions that are unsuitable for mechanical therapy.
3. Enable students to develop skills in accessing, understanding and evaluating research relevant to orthopedic manual physical therapy and Mechanical Diagnosis and Therapy.
4. Promote critical analysis and clinical reasoning skills.

5. Further develop interpersonal and communication skills.
6. Foster the students' awareness of their professional responsibilities, including legal, ethical and cultural issues.

**Objectives of the Clinical Component (which includes manual physical therapy Fellowship hours):**

At the completion of this component of the Diploma program, the student should be highly competent in:

1. The integration of the theory of Mechanical Diagnosis and Therapy and its application in the management of patients.
2. Examining patients using the history taking and physical examination procedures utilized in Mechanical Diagnosis and Therapy.
3. Using the information derived from the examinations to determine an appropriate classification for the patient.
4. Documenting the assessment and management of patients.
5. Effectively and safely managing patients and modifying management as appropriate.
6. Maximizing treatment efficiency, effectiveness by the appropriate provision of education, self-management procedures, therapist techniques and prophylactic measures.
7. The application of the therapist techniques utilized in Mechanical Diagnosis and Therapy.
8. The identification of contraindications to Mechanical Diagnosis and Therapy and the performance of the pre-manipulative testing procedures.
9. Communicating effectively with all persons involved in the management of the patient's problems.
10. Integrating other manual physical therapy approaches as an adjunct to patient management, including but not limited to thrust and non-thrust techniques for the peripheral joints.

**Specialization:**

Upon successful completion of the program, Fellow graduates may 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 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 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 Manipulative Therapist (IFOMT) of which the AAOMPT is the representative organization from the USA.

**MDT Fellowship Curriculum**

The MDT Fellowship Curriculum has as its foundation the teaching of Mechanical Diagnosis and Therapy (Spinal 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-E post-graduate courses and a pass in the Credentialing Examination.

The program consists of two components, Theoretical and Clinical, and an Examination:

- The Theoretical Component is composed of online training MII/Otago University affiliation, Orthopaedic Manual Physical Therapy (OMPT) problem solving experiences with an appointed Fellow of American Academy of Orthopedic Physical Therapists (FAAOMPT), who is also required to be Cert MDT or Dip. MDT, and a course in Thrust Manipulation.
- The Clinical Component is composed of residency clinical training with an appointed MII Diploma tutor supplemented by OMPT Mentorship residency hours with an appointed Fellow of American Academy of Orthopedic Physical Therapists (FAAOMPT).
- The Examination is conducted by MII upon successful conclusion of the Diploma theoretical and clinical modules.



The expected program completion period is 2 years. The maximum period of time to complete the program is 3 years from the date of commencement into the program.

## TUITION AND FEES

The 2010 tuition and fees are currently listed as follows:

- ◆ MII Diploma Program (Theoretical distance learning component and Clinical component)

\$14,500 St. David's PT & Spine Center  
Austin, TX (9 week residential option)  
Accommodation provided in a fully furnished unit

-OR-

\$12,500 Montclair PT Associates  
Montclair, NJ (Three x 3-week residential option)  
Accommodation is not provided, however assistance with options is available

-AND-

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

\$3500 Completed with Fellows of AAOMPT

Current Locations (subject to change):

Partners in Rehab, West Seneca, NY

OMPT Mentor - Ron Schenk PT, PhD, OCS, FAAOMPT, Cert. MDT

-OR-

WNY Physical and Occupational Therapy Group, Williamsville, NY

OMPT Mentor: Erson Religioso III DPT, MS, MTC, CertMDT, CFC, CSCS, FAAOMPT

\$615 Thrust Manipulation Course  
Daemen College, Buffalo, 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 insurance, licensure fees, travel and accommodations.*

## ELIGIBILITY CRITERIA

Applicants to the Fellowship program must meet the following requirements:

- ◆ Minimum bachelor's degree (BS) in physical therapy
- ◆ License to practice physical therapy
- ◆ Current State registration to practice
- ◆ Satisfactory completion of MDT courses A-E and passing Credentialing Examination

## APPLICATION PROCESS

Admission to the MDT Fellowship program is highly competitive and requires a significant monetary and professional commitment. It is expected that 2-3 applications will be accepted in the first 2 years of the program.

Application to the MII Diploma Program and MDT Fellowship Program is a two-part process with applications provided successively. *(Note: Applicants of the MII Diploma Program are not required to also pursue the MDT Fellowship Program.)*

Candidates first apply through The McKenzie Institute International for acceptance into the MII Diploma Program. [To review current MII Diploma Program application procedures, click here.](#)

Applicants having already attained Diploma including the Otago component are eligible to apply for the Fellowship. Interested Diplomats who attained Diploma before the Otago component are eligible to apply for the Fellowship, but may need to complete additional requirements. Please contact [slyon@mckenziemdt.org](mailto:slyon@mckenziemdt.org) for the application.

Upon successful enrollment into MII Diploma program, the OMPT Mentorship component application may then be submitted to MIUSA. Applications will be reviewed by a selection committee consisting of the Program Director, Clinical Advisor, MII Director of Education and MIUSA Educational Facilitator.

The application deadline for OMPT Mentorship annually is October 1 and notification of acceptance will be acknowledged by December 1.

In addition to the Diploma application requirements, OMPT Mentorship applicants will be evaluated based on the following criteria:

- ◆ Letter of acceptance into the MII Diploma Program (or verification of Diploma achievement).
- ◆ At least two letters of recommendation with at one attesting to the applicant's clinical competence.
- ◆ At least 2 years clinical experience with at least 1 year in an orthopaedic physical therapy setting.
- ◆ An interview with the MDT Fellowship Program Director will also be required as part of the application.

The applicant will be notified of application status 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.

Fellow applicants will be placed in clinical sites for mentorship in order of the date of approved application. As additional sites are established for OMPT clinical mentoring, placements will be considered in order of the date of approved application and various location openings.

#### **LICENSURE REQUIREMENTS**

For the Diploma Clinical Residency in Texas, Diploma candidates function as "students" under the direct supervision of Diploma mentors licensed in TX, and therefore, do not require temporary licensure. Per state law, Diploma candidates in New Jersey will require temporary licensure in NJ.

Fellow applicants must be licensed physical therapists in the state(s) of the OMPT mentor prior to commencing the OMPT Clinical Mentorship. Applicants may inquire where mentors are available and mentors traveling to the applicant's clinic may also be available.

#### **LIABILITY INSURANCE**

Fellow applicants shall obtain and maintain at all times appropriate professional liability insurance at his or her expense throughout enrollment in the MDT Fellowship. Proof of liability insurance must be provided before commencement of clinical mentoring.

#### **Retention for the OMPT mentorship will be based on the following criteria:**

- ◆ Earning satisfactory score ("S") in OMPT problem solving activities
- ◆ Passing written and oral/practical examinations I and II - (80%) minimum score in the Thrust Manipulation Course
- ◆ Continually demonstrating appropriate ethical and professional behavior

#### **A fellow will be dismissed from the Program if he/she: (\*Clinical Experience)**

- ◆ Does not pass Otago Theoretical component modules
- ◆ Does not pass Diploma clinical residency\*
- ◆ Does not pass both sections of Diploma final exam
- ◆ Does not pass OMPT Problem Solving activities (which include evidence of integration of other manual physical therapy approaches)
- ◆ Does not pass OMPT mentoring components and Thrust Manipulation Course\*
- ◆ Is duly sanctioned with dismissal for reasons of academic dishonesty
- ◆ Loses license to practice during any point of the program

Remediation and an appeals process are available. Further details will be available in the Policy and Procedure Manual provided to applicants accepted into the program.