

## **Additional Requirements for Postprofessional Clinical Fellowship Programs In Orthopedic Manual Physical Therapy**

The American Physical Therapy Association (APTA) and the American Academy of Orthopedic Manual Physical Therapists (AAOMPT) merged their credentialing of postprofessional clinical fellowship programs under APTA's Committee on Residency and Fellowship Program Credentialing. All orthopedic manual therapy physical therapy programs must meet the "Requirements for Postprofessional Clinical Residency or Fellowship Programs for Physical Therapists" and the following **additional requirements** developed through AAOMPT.

### **Introduction**

A post-professional Orthopaedic Manual Physical Therapy (OMPT) clinical fellowship extends over a period of time to develop advanced clinical reasoning and allow time for reflective practice. The fellowship combines opportunities for ongoing clinical supervision/mentoring, informal and formal feedback to the physical therapy fellow, including practical examinations with patients, and small group clinical problem-solving experiences.

The curriculum integrates clinical/practical course work with theoretical course work throughout the fellowship and includes scientific inquiry. The fellow should also be exposed to current OMPT issues.

### **Post-professional experience**

An OMPT fellowship is a post-professional, planned learning experience in a focused area of physical therapist clinical practice (OMPT) which is frequently entered post-doctoral, post orthopaedic-residency prepared, or post orthopaedic board-certified (OCS).

Fellowship programs also prefer the fellowship applicant to have a minimum of 1-2 years of postprofessional orthopaedic clinical experience prior to entering a fellowship program.

### **Curriculum**

The curriculum of each fellowship program will reflect the practice dimensions described in the Description of Advanced Specialty Practice for Orthopaedic Manual Physical Therapy (DASP-OMPT 2007, formerly DACP-OMPT 1998).

### **Standards**

Each fellowship program will uniquely construct the theoretical and clinical portions of its curriculum to meet the stated outcome measures and encompass the OMPT practice dimension.

The standards include theoretical curriculum guideline recommendations, required minimum number of hours of theoretical, practical and clinical training

and competence measures. They meet national and international manual physical therapy standards developed by the APTA, AAOMPT and IFOMT. The minimum number of hours for clinical supervision and clinical practice hours are absolute minimums, which must be demonstrated by all recognized fellowships.

The prescriptive elements (minimum number of hours) reflect the national and international consensus regarding curricular hours for postprofessional OMPT programs. The standard of the fellowship student is measured by examination and by achievement of levels of clinical competence.

### **Faculty Requirement**

All OMPT Fellowship programs must have at least one faculty member who is a FAAOMPT (Fellow of the American Academy of Orthopaedic Manual Physical Therapy). The FAAOMPT should also be instructing in the clinical practice setting.

### **Fellowship Duration and elements**

OMPT Fellowship training should be completed in no less than **eleven (11) months and no longer than 36 months**, for a full-time fellowship program. Part-time fellowship models will take longer. Programs whose timeframe falls outside of these parameters will be reviewed on a case-by-case basis. The fellowship will be a structured period of study and clinical supervision of a minimum total of **1,000 hours** that will include:

1. Theoretical/cognitive and scientific study in OMPT knowledge areas (**200 hours minimum**)
2. Pre-clinical practical (lab) instruction in OMPT assessment and treatment techniques (**160 hours minimum**; including 100 spinal, 60 extremity. The instruction should ideally be with a maximum ratio of 12:1 student to instructor)
3. Mentored/supervised clinical practice with defined instructor to student ratios (**440 hours, 130 hours of which are under direct supervision**. See details below).
4. The clinical instructor(s) should be a Fellow of AAOMPT or have recognized manual physical therapy credentials.

### **Clinical Practice Parameters**

The patient population available to the fellowship student should be a minimum of 90% orthopaedic.

OMPT practice encompasses chronic and acute conditions in all body regions of the axial and appendicular skeleton including: the spine, cranio-mandibular, rib cage, shoulder girdle, pelvic girdle, upper and lower extremities. Frequently within one episode of OMPT care, the management includes advanced clinical reasoning, assessments and interventions directed to multiple areas of dysfunction that may be inter-related in a single multifactorial patient/client.

### **Clinical Practice Hours**

A minimum of 440 hours of clinical practice must be completed in a facility with an orthopedic manual physical therapist instructor available. The clinical instructor may be available on-site or off-site but must be easily reachable by the fellow for routine or urgent questions. The instructor to student ratio should not exceed 1:6.

### **Clinical Supervision Hours**

A minimum of 130 hours (of the 440 hours) clinical practice hours must be under direct clinical supervision.

Direct clinical supervision is defined as on-site, one-on-one instructor supervision of the manual physical therapy fellow while actively engaged in patient/client management. The fellow must serve as the primary clinician responsible for the patient/client care for a minimum of 110 of the 130 hours. The remaining 20 hours may be devoted to observation or the instructor providing care to the instructor's patient/client(s) and/or discussion with the instructor on patient/client management.

### **Clinical Instructor Interaction - Non-Patient Contact Hours**

A minimum of 40 hours (within the 440 hours) of interaction with clinical instructors must be included in the curriculum. The focus of these hours should be related to **clinical problem solving**. Various methods may be employed including small group tutorials and "chat room" discussions between peers and clinical faculty.

### **Evaluation Methods for Assessing Competence in Orthopedic Manual Physical Therapy**

The Program will use a variety of methods to assess the clinical competence of the fellow. The fellow must demonstrate safe and effective patient/client management in a clinical setting with an examiner present. At a minimum, the following methods of assessment will be included in the program:

1. One written examination
2. Four technique examinations on models and/or patients with a minimum of one technique demonstrated during each exam.
3. One patient examination with a spinal/axial focus (Ideally one evaluation and two follow-ups). The fellowship student is required to demonstrate skill in application of low velocity and high velocity manipulative (thrust) techniques.
4. One patient exam with a peripheral/appendicular focus (Ideally one evaluation and two follow-ups). The fellowship student is required to demonstrate skill in application of low velocity and high velocity manipulative (thrust) techniques.
5. Oral defense: the fellowship student should be able to orally defend the examination and treatment decisions following each patient examination
6. Ongoing informal assessments of clinical competence

7. OMPT programs typically also require a research project of a peer-reviewed scholarly and original written presentation, case study or research paper, which demonstrates the physical therapist's ability to undertake and present a research study

**Program Curriculum Addresses the AAOMPT DASP Practice Dimensions**

This table relates to the practice dimensions outlined in the "Description of Advanced Specialty Practice for Orthopedic Manual Physical Therapy" (DASP-OMPT). This table should be used by fellowship program directors and faculty as an opportunity to reflect on how the curriculum addresses various practice dimensions of the DASP.

This is meant to be global in nature; therefore it is not necessary to indicate how each specific competency within the practice dimension is met. Rather, the reviewers would like to see how the program globally addresses the areas of advanced clinical practice in orthopedic manual physical therapy. Only 1-3 examples are requested for each area and if these examples have been submitted as evidence elsewhere, their location in the document may simply be referenced for the reviewers. It is not expected that every program will be strong in each area. However, areas noted as areas of development should be supplemented with plans for enhancing growth in those particular practice dimensions. This table should be included in the information provided for Evidence 3.1.3.A.

	<b>Where practice dimension is addressed in fellowship curriculum</b>	<b>Examples (1-3 only) of methodology used to achieve competencies within practice dimension</b>	<b>Indicate whether practice dimension is a program strength (S) or area of development (D) and comment briefly</b>
<b>2.I. Patient Examination and Evaluation</b>			
<b>2.II. Diagnosis and Prognosis</b>			
<b>2.III. Prioritization and Plan of Care</b>			
<b>2.IV. Implementation of Plan of Care</b>			
<b>2.V. Re-examination</b>			
<b>2.VI. Outcomes</b>			
<b>2.VII. Documentation</b>			
<b>4. Professional practice dimensions</b>			
<b>6. Critical inquiry and evidence-based practice</b>			

## Resource and Reference Documents for Orthopaedic Manual Physical Therapy Fellowships

Items available from the American Physical Therapy Association (APTA)

[www.apta.org](http://www.apta.org)

- Orthopaedic Physical Therapy: Description of Specialty Practice (for background information on orthopedic residencies)  
Cost: \$26 plus shipping and handling for APTA members  
\$42 plus shipping and handling for nonmembers  
Order ID: KIT-ORTHO  
To obtain, call the APTA Service Center at 800/999-2782, ext 3395  
Or order online at <http://www.apta.org/store>; click on Specialty Areas
- Postprofessional Clinical Residency or Fellowship Program Credentialing Application Packet  
To obtain, download from [www.apta.org](http://www.apta.org); click on Professional Development; click on Residency/Fellowship.
- Postprofessional Clinical Residency or Fellowship Program Credentialing Application Resource Manual  
*This valuable guide is designed to assist postprofessional clinical residency or fellowship programs in the formulation of their application for APTA credentialing. Practical examples for each requirement provide the reader with aids to identify the most appropriate documentation to include.*  
To obtain, download from [www.apta.org](http://www.apta.org); click on Professional Development; click on Residency/Fellowship
- **CSM Residency/Fellowship Annual Forum**  
*This interactive session is offered at APTA's Combined Sections Meeting held annually in February. Participants will be able to meet with residency/fellowship program directors with similar curricular and business models in roundtable discussions. No registration is required. For more information, go to [www.apta.org/events](http://www.apta.org/events); select CSM.*
- Additional information and support are available from APTA's Professional Development Department at 1-800-999-2782, X 8514.

Items available from APTA's Section on Orthopaedics

[www.orthopt.org](http://www.orthopt.org)

- Guidelines for Curriculum Development for Postprofessional Residencies/Fellowships in Orthopaedic Physical Therapy & Orthopedic Manual Physical Therapy  
*The document provides examples of part-time and full-time models for residency /fellowship education in various health care settings. Recommendations on how to design the mission, philosophy, program goals, and performance outcomes of a residency/fellowship, and how to integrate theoretical content with clinical course content are also described. Numerous examples of instructional objectives, learning activities, methods for practical and written examinations, and forms for program evaluation are presented. Factors to consider in selecting and training faculty are discussed along with financial considerations for developing a residency/fellowship budget.*  
  
Cost: \$45 for Orthopaedic Section and AAOMPT members

\$65 for APTA members  
\$80 for nonmembers  
Make check payable to: "Orthopaedic Section, Inc."  
Orthopaedic Section  
American Physical Therapy Association  
2920 East Avenue South, Suite 200  
La Crosse, WI 54601-8231  
Phone: 800-444-3982  
FAX: 608-788-3965

Items available from the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT)

[www.aaompt.org](http://www.aaompt.org)

- DASP-OMPT - Orthopaedic Manual Physical Therapy: A Description of Advanced Specialist Practice (2<sup>nd</sup> edition in press 2007)  
To obtain: download from [www.aaompt.org](http://www.aaompt.org)

*This document describes the practice dimensions of OMPT and the knowledge, skills and professional behaviors of the OMPT practitioner.  
It is used by the APTA Clinical Residency and Fellowship Credentialing Committee as the basis for assessment of manual physical therapy fellowship programs.  
It is also used by OMPT fellowship programs as the core document for development and revision of OMPT fellowship curricula.*

- The Standards for Orthopaedic Manual Physical Therapy Residency\*. 2nd rev 1999  
American Academy of Orthopaedic Manual Physical Therapists.  
To obtain: download from [www.aaompt.org](http://www.aaompt.org)

*This document outlines the educational requirements and outcome measurements for residency (fellowship) training developed by AAOMPT and based on the International Standards of IFOMT*

\*In 2001, APTA designated OMPT programs as Fellowships

To obtain further information on any of these documents, contact AAOMPT at:  
[www.aaompt.org](http://www.aaompt.org)

or write to

American Academy of Orthopaedic Manual Physical Therapists (AAOMPT)  
2104 Delta Way, Unit 7  
Tallahassee, FL 32303

- Additional information and support are available from the AAOMPT Standards Committee and the Executive of AAOMPT.  
Reach them at [www.aaompt.org](http://www.aaompt.org)

Items available from the International Federation of Manipulative Therapists (IFOMT)

[www.ifomt.org](http://www.ifomt.org)

- IFOMT Standards Document, Appendix 2. (2000)  
To obtain, download from [www.ifomt.org](http://www.ifomt.org)