

**Teaching & Performing  
Grade V Mobilization:  
An Evidence Based Approach:  
General Techniques**

\*Physical therapists must attach a copy of their New York license.

**Registration Form:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Work Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Tuition: \$375 includes course notes, bibliography and CEU certificate. Space is limited!

Make check payable to: \_\_\_\_\_ and mail to:  
\_\_\_\_\_  
\_\_\_\_\_.

Payment must be in full. Credit cards cannot be accepted for payment.

**Registration deadline: 01/15/10**

**Questions/inquiries:**

Jeff Houck

Sponsors reserve the right to cancel course for insufficient enrollment.

**Teaching & Performing  
Grade V Mobilization:  
An Evidence-Based  
Approach: General  
Techniques**

**February 4-5, 2010**

**March 6, 2010**

**To complete course  
requirements  
participants must  
attend all 3 days**

**# CEUs (21.75 hrs)**

***Sponsored by*  
Ithaca College  
In collaboration with the  
California Orthopedic Manual  
Therapy Special Interest Group  
& California Academic and  
Residency Collaborative**

**Course location:  
Ithaca College – Rochester Center**

## **Course Description:**

This course is based on a course developed by academic program instructors and clinicians in California, (the California Orthopedic Manual Therapy Special Interest Group, formerly known as the California Academic and Residency Education Collaborative) for the clinical community. One of the purposes of COMPTSIG/CAREC is to organize and standardize entry-level education for physical therapy students in the classroom and clinic on a category of musculoskeletal manual therapy techniques known as high-velocity, low-amplitude passive movements. To enhance this effort, it has been considered necessary to augment the ability of clinician preceptors to supervise affiliating students on the appropriate application and performance of these techniques. This effort was a further outgrowth of the Manipulation in Education Manual and related efforts by the American Academy of Orthopedic Manual Physical Therapists (AAOMPT) in collaboration with the APTA.

- New APTA standards require physical therapy programs to teach all grades of joint mobilization, I-V.
- This course is designed for PT Clinical Instructors (CI) and PT clinicians who wish to learn or advance their skills in the use of Grade V Mobilization techniques.
- In California, terminology for high velocity manual therapy techniques is 'grade V mobilization' or 'graded passive movement-V' (GPM-V).
- Learn updated requirements in PT education and broaden your treatment repertoire in manual therapy. Hone your skills so that you are prepared to supervise students in GPM-V techniques.

## **Participants will**

- Utilize terminology in compliance with the PT Practice Act
- Integrate current best evidence on GPM-V in the management of musculoskeletal disorders.
- Utilize motor learning principles/psychomotor skills to assess readiness of PT students to utilize GPM-V techniques
- Identify difficulties with technique

implementation and devise strategies to improve performance.

- Apply clinical reasoning strategies for assisting PT students in making safe/appropriate intervention decisions
- Demonstrate confidence in teaching clinical reasoning and technique implementation
- Develop strategies for addressing problems with handling and clinical reasoning of clinicians and students

**Location:** Ithaca College - Rochester

**Tuition:** \$375 Includes comprehensive notebook; snacks provided; lunch on your own.

**Registration deadline:** 01/15/10

**Refunds:** \$50 cancellation fee (cancellations must be in writing to Deb Perkowski dperkowski@ithaca.edu). No refunds after 01/15/10

## **Course Objectives:**

1. Discuss legal and legislative issues affecting PT practice
2. Integrate current best evidence on GPM-V into the management of musculoskeletal problems.
3. Integrate motor learning principles and psychomotor skills into teaching and assessing readiness of PT staff and students to utilize GPM-V.
4. Analyze when PT staff and students are having difficulty with implementation of GPM-V and design strategies to improve performance.
5. Integrate clinical reasoning strategies for assisting staff/students to make safe, appropriate treatment decisions with GPM-V.

**This is a lecture/lab course designed for an excellent instructor:student ratio to provide you ample feedback!**

## **Intended Audience –**

- Current practice in an orthopedic PT setting
- Prior course work in manual therapy

- Clinical instructors who will be supervising PT students and/or PTs who wish to broaden their GPM-V skills

**Course Dates:** This course is being taught in one weekend (March 26-27) plus one day (April 25), spaced 4 weeks apart, to enable participants to practice/consolidate techniques and clinical reasoning. On day 3, participants will be asked to teach a technique and receive feedback from colleagues.

### **02/04, Thursday:**

|               |  |
|---------------|--|
| 8:30 – 9:00   | Course Registration                              |
| 9:00 – 10:00  | Background Info/APTA standards/terminology       |
| 10:00 – 10:30 | Indications/Contraindications; Evidence          |
| 10:30 – 10:45 | Break  |
| 10:45 – 12:15 | Indications/Contraindications; Evidence (cont'd) |
| 12:15 – 1:00  | Lunch  |
| 1:00 – 1:30   | Common Pitfalls                                  |
| 1:30 – 1:45   | Developing Speed                                 |
| 1:45 – 3:15   | Talocrural GPM-V                                 |
| 3:15 – 3:30   | Break  |
| 3:30 – 5:00   | Cuboid Whip                                      |
| 5:00 – 5:30   | Summary & Questions                              |

### **02/05, Friday:**

|               |   |
|---------------|---|
| 9:00 – 9:30   | Review of Day 1/Questions                             |
| 9:30 – 11:00  | SI Regional GPM-V                                     |
| 11:00 – 11:15 | Break   |
| 11:15 – 12:45 | Local Lumbar Rotation GPM-V                           |
| 12:45 – 1:30  | Lunch   |
| 1:30 – 3:00   | Thoracic Prone PA GPM-V                               |
| 3:00 – 3:15   | Break   |
| 3:15 – 4:45   | Thoracic Supine Gap GPM-V                             |
| 4:45 – 5:30   | Patient Consent; Summary & Questions; Goals for Day 3 |

### **03/06, Saturday:**

|               |                                |
|---------------|--------------------------------|
| 9:00 – 9:30   | Day 1 & 2 Questions and Review |
| Rest of Day:  | Cases, Technique               |
|               | Assessment/Critique, Practice: |
| 9:30 – 11:00  | Lumbar Rotation GPM-V          |
| 11:00 – 11:15 | Break                          |
| 11:15 – 12:45 | Thoracic Supine Gap GPM-V      |
| 12:45 – 1:30  | Lunch                          |
| 1:30 – 2:45   | SI Regional GPM-V              |
| 2:45 – 3:30   | Thoracic Prone PA GPM-V        |
| 3:30 – 3:45   | Break                          |
| 3:45 – 4:30   | Cuboid Whip GPM-V              |
| 4:30 – 5:15   | Talocrural GPM-V               |
| 5:15 – 5:30   | Summary/Future Directions      |

**Instructor:**

**David M. Selkowitz, PT, PhD, OCS, DAAPM** is a Professor in the Department of Physical Therapy Education at Western University of Health Sciences in Pomona, CA. His clinical experience in orthopedic physical therapy spans more than 25 years. He has been on university faculty for over 15 years, and has taught evaluation and management of musculoskeletal dysfunction, electrotherapy, and research. David has presented at numerous professional conferences at the state, national, and international level, and has published papers in peer-reviewed journals on these topics, as well as a book chapter on electrotherapy. In addition to teaching continuing education courses and extensive continuing education learning experiences, David also completed a post-graduate 14-month manual therapy program and a post-graduate summer internship (in residence) in Orthopedic Manual Therapy at Folsom Physical Therapy. David is a Board Certified Orthopedic Physical Therapy Clinical Specialist, and is a Diplomate of the American Academy of Pain Management.