

2016

Physical Therapy: Manual Therapy Certificate Programs

Nova Southeastern University

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NSUWorks Citation

Nova Southeastern University, "Physical Therapy: Manual Therapy Certificate Programs" (2016). *Health Professions Divisions Course Catalogs*. 42.

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Nova Southeastern University
Department of Physical Therapy
Manual Therapy Certification Program

PHT 7435 - Vertebral Column I (VC I) (5 credits/24 CEHs): This course will address orthopedic evaluation and intervention of the lumbar, thoracic, and cervical spine and address in detail the evaluation, diagnosis, prognosis, intervention, and outcome assessment of orthopedic disorders. The anatomy, physiology, biomechanics and pathophysiology of all joints of the spine will be covered emphasizing an evidenced based approach to physical therapy and medical intervention of the joints of the spine. Patient examination and intervention will include manual therapy techniques, special tests and exercises. Intervention methods will include classic manipulative therapy procedures for the spine (including traction), stability exercises, stretching/strengthening exercises, and directional preference exercises for common disorders of the vertebral column. The course will also address indications and contra-indications for manipulative therapy for neuromuscular and rheumatologic conditions. The campus session will focus on psychomotor skills, with the online portion focusing on theory.

PHT 7436 - Vertebral Column II (VC II) (4 credits/16CEHs):

This course will address advanced manipulative therapy of the lumbar spine and sacroiliac joint. It will review the anatomy and biomechanics of the lumbar spine and address the anatomy and biomechanics of the sacroiliac (S-I) joint. Advanced examination (with a variety of special tests) and intervention techniques for the lumbar spine and sacroiliac joint will be covered. The manipulative therapy procedures provided for the lumbar spine will be more advanced than those provided in VC I, with interventions for the lumbar spine covering examination and intervention procedures requiring higher psychomotor skills in this course. In addition, the course will cover examination and treatment of common lumbar/SI musculoskeletal disorders resistant to physical therapy intervention as well as uncommon lumbar/SI musculoskeletal syndromes that respond well to manipulative therapy. The campus session will focus on psychomotor skills, with the online portion focusing on theory. (Recommend VCI as a pre-requisite)

PHT 7440 - Vertebral Column III (VC III) (4 credits/16CEHs):

This course will address advanced manipulative therapy of the cervical and thoracic spine as well as the rib cage. It will review the anatomy and biomechanics of the cervical and thoracic spine as well as the rib cage. It will address advanced examination (with more variety of special tests than VC I) and intervention techniques for the cervical, thoracic, and rib cage. The manipulative therapy procedures provided for the cervical spine will be more advanced than the ones instructed in VC I and will include specific techniques for the upper cervical spine. The manipulative therapy interventions for the cervical and thoracic spine will cover examination and intervention procedures requiring higher psychomotor skills than those covered in VC I. In

addition, the course will include examination and treatment of common cervical/thoracic musculoskeletal disorders resistant to physical therapy intervention as well as uncommon cervical/thoracic musculoskeletal syndromes that respond well to manipulative therapy. The campus session will focus on psychomotor skills, with the online portion focusing on theory. (Recommend VCI as a pre-requisite)

PHT 7437 - Peripheral Joints I (PJ I) (4 credits/CEHs):

This course will address orthopedic evaluation and intervention of all peripheral joints of the body (shoulder, elbow, wrist/hand, hip, knee, and ankle/foot), including evaluation, diagnosis, prognosis, intervention, and outcome assessment of orthopedic disorders. The anatomy, physiology, biomechanics and pathophysiology of all joints of the extremities will be discussed in detail. Physical therapy and medical intervention of the joints of the extremities will be addressed with focus on evidence-based practice. The course will cover a plan of care for patients with common neuro-musculoskeletal disorders of upper and lower extremities. Intervention methods will cover classic manipulative therapy procedures for the peripheral joints (including distraction), stability exercises, stretching exercises, and strengthening exercises. The course will also address indications and contra-indications for manipulative therapy of neuro-musculoskeletal and rheumatologic conditions. The campus session will focus on psychomotor skills, with the online portion focusing on theory.

PHT 7438: Peripheral Joints II (PJ II) (3 credits/12CEHs):

This course will address advanced manipulative therapy of the peripheral joints, reviewing the anatomy and biomechanics of these joints. Included is advanced examination (with more variety of special tests than PJ I) and intervention techniques for peripheral joints (including thrust techniques) that require higher psychomotor skills than those covered in PJ II. In addition, the course will cover examination and treatment of common peripheral musculoskeletal disorders resistant to physical therapy intervention as well as uncommon peripheral musculoskeletal syndromes that respond well to manipulative therapy. The campus session will focus on psychomotor skills, with the online portion focusing on theory. (Recommend PJ as a pre-requisite)

PHT 7439: Soft Tissue Mobilization (4 credits/16CEHs):

This course will address soft tissue manipulative techniques for the spine and peripheral joints. It will address connective tissue biomechanics and muscle tone physiology. The course will cover examination/evaluation, diagnosis/prognosis, and plan of care for patients with common soft tissue connective disorders of the spine and peripheral joints. It will also address procedures as coadjutant to classic joint manipulative therapy. Intervention methods will cover classic soft tissue manipulative therapy procedures for soft tissue tightness, hypertonicity, and inflammation.

Certification in Musculoskeletal Manipulative Physical Therapy (4 credits/16CEHs):

This course will serve two purposes: (1) Review the material instructed in all manipulative therapy courses and (2) Evaluate the competence of the graduates in the material covered from the 5 core courses in manipulative therapy (VC I-III and PJ I-II). The course will include three days of review and two days of examination. After successful completion of the written and practical examination of the material, the student will receive a certification entitled Certified

Musculoskeletal Manual Therapist (CMMT). Students must complete the five core courses (VC I, II, III, PJ I, II) in order to sit for the Certification Examination.