

Learning Objectives

MedBridge

Functional Manual Therapy®: A Comprehensive Patient Management System

Vicky Saliba Johnson, PT, FFFMT, FAAOMPT

Gregory S. Johnson, PT, FFFMT, FAAOMPT

Course Objectives:

- Describe the principles and philosophy of the FMT patient management system including the FMT interregional and integrated system approach to patient care
- Discuss the importance of mechanical capacity for all patients for the tissues assessed and treated in the patient demos in the course series
- Explain the importance of differentiating neuromuscular function from motor control and utilization of advanced skills of manual assessment and facilitation
- Describe strategies for maximizing the impact of motor control training and ensuring patients perform all ADL with Automatic Core Engagement® (ACE) and CoreFirst® Strategies
- Demonstrate the Vertical Compression (VCT) and Elbow Flexion (EFT) Tests, and explain the role of these tests in the FMT patient management system

Chapter 1: Introduction to Functional Manual Therapy®

In this chapter, Vicky Saliba Johnson presents the principles and philosophy of the FMT patient management system, highlighting the FMT interregional and integrated system approach to patient care.

Chapter 2: Mechanical Capacity

Understanding the body's interdependency from a mechanical perspective: In this chapter, Gregory Johnson discusses the importance of mechanical capacity for all patients, regardless of pathology. This section highlights the various tissues which will be assessed and treated in the live patient demonstrations.

Chapter 3: Neuromuscular Function

Initiation, Strength and Endurance: Vicky Saliba Johnson discusses the importance of differentiating neuromuscular function from motor control and how to utilize advanced skills of manual assessment and facilitation to identify the presence or absence of appropriate synergistic muscle contractions. This chapter also discusses the specifics of designing a NM home program.

Chapter 4: Motor Control

Training the brain with specific manual CoreFirst® strategy facilitation through guidance, resistance, and repetition: Once mechanical capacity is restored and the patient has the ability to initiate with the correct motor patterns, the reeducation of motor control must round out the care of all patients. This chapter discusses the principles that a therapist can utilize to maximize the

impact of motor control training for ensuring the patient performs all ADL with Automatic Core Engagement® (ACE) and CoreFirst® Strategies.

Chapter 5: IPA Functional Tests

Vertical Compression (VCT) and Elbow Flexion (EFT) Tests: In this chapter, Vicky Johnson discusses the reliability and validity of the VCT and the EFT and the skills necessary to ensure both intra-rater reliability and inter-rater reliability. The patient demonstration is utilized to train the participant to efficiently perform both test and properly analyze the findings to direct the clinical intervention.