



**PHYSICAL  
THERAPY  
FIRST**

## **PTF Orthopaedic Manual Physical Therapy Fellowship**

**At Physical Therapy First, we offer an orthopaedic manual physical therapy fellowship program focused on all aspects of orthopaedic physical therapy practice. We strive to help create the next generation of clinical musculoskeletal experts.**

### **What is a clinical fellowship?**

As defined by the American Physical Therapy Association (APTA), a clinical fellowship program is a postprofessional planned learning experience comprised of a curriculum encompassing the essential knowledge, skills, and responsibilities of an advanced physical therapist within a defined area of subspecialty practice. Similar to the medical model, a clinical fellowship program is a structured educational experience (both didactic and clinical). The PTF's OMPT Fellowship program is accredited by the APTA through the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE), approved by the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT), in compliance with the standards set nationally and internationally by International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT).

A fellowship candidate has either completed a residency program in a related specialty area or is an American Board of Physical Therapy Specialties (ABPTS) board-certified specialist in a related area of specialty.

### **About PTF's clinical fellowship**

In 2010 Physical Therapy First (PTF) and North American Institute of Orthopaedic Manual Therapy (NAIOMT) developed Maryland's first APTA accredited orthopaedic manual physical therapy fellowship program. The fellowship program consists of 5 educational blocks with 4 onsite didactic / laboratory courses (over 6 weekends), self-paced learning material, written exams,

treatment technique exams, capstone project and live patient exams. Fellows-in-training will also treat patients under the direct and indirect supervision of a faculty clinical mentor who is fellowship trained in orthopaedic manual physical therapy and who is recognized as a fellow of the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT). PTF's fellowship program meets all the elements of the APTA's 2022 Description of Fellowship Practice (DFP): Orthopaedic Manual Physical Therapy.

### **Admission Requirements**

- Complete a program application form
- Hold a current license to practice physical therapy in the state of Maryland.
- Proof of liability insurance
- One-page letter of intent for application to the fellowship
- Curriculum Vitae
- American Board of Physical Therapy Specialties (ABPTS) specialist certification in the related area of specialty as defined within the Description of Fellowship Practice (DFP), or completion of an ABPTRFE-accredited residency in a related specialty area as defined within the DFP.
- Fellowship candidates will undergo an interview process by phone or in person.
- All fellowship mentoring must be conducted at an affiliated fellowship clinical site. Out of state applicants are required to obtain a Maryland state physical therapy license.

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## Why choose PTF's Orthopaedic Manual Physical Therapy Fellowship Program?

PTF's Orthopaedic Manual Physical Therapy Fellowship is a 12-36-month structured program that allows participants to work while taking classes, with laboratory courses done over 6 weekends. In addition, the program provides a mentorship with fellows of American Academy of Orthopaedic Manual Physical Therapists who are fellowship-trained physical therapists and who provide intense, hands-on learning and real-world experience.

Our didactic courses are led by content experts through NAIOMT, and Myopain Seminars providing fellows-in-training with opportunities to interact with world-renowned physical therapists.

## Fellowship Requirements

### DIDACTIC LEARNING

- 383 Hours – (162 laboratory hours – Saturday/Sunday, 221 hours of didactic reading/study)
- 124 Hours – Independent Study Material
- 75 Hours – Capstone Project
- Written exams / Quizzes
- Technique exams
- Live Patient exams

### CLINICAL LEARNING

- 150 hours of direct clinical mentorship
- 400 hours of clinical practice with mentor accessible
- 300 hours of independent clinical practice in orthopaedics

## Our staff

PTF's highly trained staff evaluate, diagnose and manage treatment plans, customizing them for each individual patient's needs. They include:

- 4 Orthopaedic Clinical Specialists
- 6 Fellows of the American Academy of Orthopedic Manual Physical Therapy
- 1 Certified Strength and Conditioning Specialists

## Cost

\$16,500 which includes all courses and materials

## Contact us

Email John Baur, PT, DPT, OCS, FAAOMPT at [baur@physicaltherapyfirst.com](mailto:baur@physicaltherapyfirst.com) to request an application or questions.

Visit <https://www.physicaltherapyfirst.com/fellowship/>

**ABPTRFE**

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Program

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Manual Physical Therapy Education