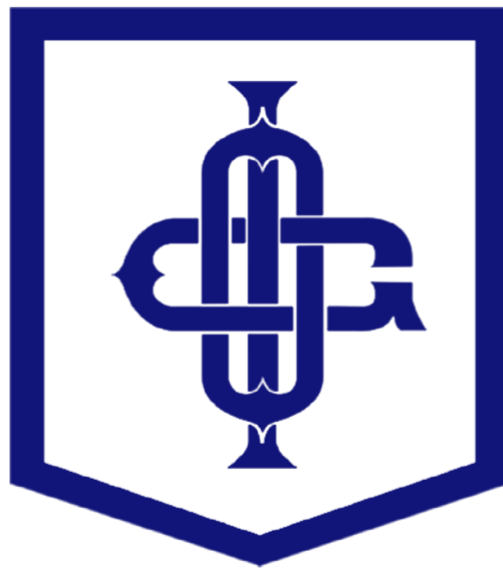




# Student Catalogue 2022



## Orthopaedic Manual Physical Therapy Programs

[www.olagrimbsby.com](http://www.olagrimbsby.com)  
409 S. Las Posas Rd.  
San Marcos, CA 92078

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## MISSION STATEMENT

The mission of the Ola Grimsby Institute is to provide the highest quality integrated manual therapy education to practicing orthopedic outpatient manual therapists and physicians. The Institute's programs aim to develop a competent and autonomous professional capable of diagnosing and caring for patients with neuro-musculo-skeletal dysfunction. The Institute serves to support, encourage and facilitate the pursuit of excellence in orthopedic patient care by advancing the skills and intellectual competency of the clinician and by encouraging and requiring clinically relevant research. The instructors exemplify the manual therapy clinician as well as enable the fellowship student to understand, synthesize and apply scientific knowledge, manual skills, and critical thinking to patient assessment and intervention. We do this by enabling our students, who are practicing manual physical therapists, to design scientifically-based treatments for the health of each individual patient, resulting in a reduced number of treatments and improved outcomes.

## PHILOSOPHY OF THE OLA GRIMSBY INSTITUTE

### PEOPLE HELPING PEOPLE

The faculty and administration of the Ola Grimsby Institute believe in the power of people helping people, and we strive to apply this belief to the students, faculty, staff, therapists and patients associated with the Institute. We believe that when one person is helped, everyone is a little better for it. We are therefore dedicated to helping as many people as possible by expanding the practice of orthopaedic manual physical therapy based on clinical expertise and the most current understanding of the human neuro-musculo-skeletal systems.

As an internationally-focused, professional, education consortium, we design all of our programs with respect to the social, cultural, and professional implications unique to each region in which our programs are offered. This means that elements such as curricula, presentation, and pricing structures are designed to serve the students and their patients in each unique part of the world where the Ola Grimsby Institute operates.

### KNOWLEDGE AND PRACTICE

The Institute believes that a physical therapist's competence is developed through the pursuit of active learning in two domains:

- Knowledge - Integrating a thorough understanding of anatomy, physiology and biomechanical function with the process of clinical reasoning, analysis, diagnosis and decision-making.
- Practice - Extensive hands-on experience with patients to achieve the advanced manual skills for assessment and intervention of movement dysfunction.

## ON-GOING EDUCATION

The Institute believes that the professional development of the physical therapist is an ongoing and continuous path; therefore, one of the Institute's responsibilities is to provide practicing physical therapists and other healthcare professionals with instructional programs in outpatient orthopaedic manual therapy that are current and inclusive of evolving research.

The progression of our ongoing professional education programs includes Clinical Certification, followed by our Doctoral Degree residency, both of which can be achieved in the course of one year. Our second-year residency results in a Fellowship Certification; both of these programs are credentialed by the American Physical Therapy Association (APTA).

Following the third year of clinical specialization, students may be awarded a Ph.D. in Orthopaedic Manual Therapy.

As a degree granting institution, the broad goal of our research program is to provide the profession with evidence-based information necessary to support the future development of physical and manual therapy



## QUALITY PATIENT CARE AT LESS COST

The Institute places quality of orthopaedic manual therapy above all else in the training of our students and the care of our patients. We have supporting evidence that by providing physical therapists with advanced training, in orthopaedic manual physical therapy, they become more effective and efficient. The achievement through this philosophy and practice is better patient outcomes in less time, resulting in the decreased cost of services.

Furthermore, there is evidence to suggest that physical therapists who complete our residency programs have a higher level of personal satisfaction in the performance of their work compared with physical therapists without our residency education.

Research also shows a radical increase in the perception of their clinical competence, as well as a reduction in the number of treatments necessary in order to gain full recovery from spinal as well as extremity interventions



Ola Grimsby, PT, DMT, FFAOMPT  
Honorary Fellow by the AAOMPT,  
"Teacher of the Year Award"  
"Teach I Must Award" by the AAOMPT.



Ola Grimsby Jr., PT, MOMT,  
AAOMPT/MNFF, Specialist  
in Manual Therapy  
Founder of Ola Grimsby  
Institute Europe

Dear Student:

I take great pride in welcoming you to the Ola Grimsby Institute Consortium! Our programs are the result of a forty-five years dream of mine to create an academic and clinical residency curriculum for Physical Therapists in the United States. The process has included teaching and administration of the National Program for Orthopaedic Manual Therapy in Norway, studies of the multi-national "schools of thought", and lectures throughout the world. Our faculty are highly qualified clinicians with broad experience in the many aspects of our profession. In 2007, we were granted the right to issue the world's first Ph.D. in Orthopaedic Manual Therapy.

Through an extensive curriculum, we are among the leaders of postgraduate training for Physical Therapists. For students who want to earn a Doctorate of Manual Therapy degree, become a Fellow of the American Academy of Orthopaedic Manual Physical Therapy (AAOMPT), or attain a Ph.D. in Orthopaedic Manual Therapy, in addition to the Certificate of Completion, current enrollment is available through the Institute's required registration under the Utah Postsecondary Proprietary School Act.

Although we seek a scientific rationale for our clinical skill, we will always put an emphasis on the art of our performance. In recognition of the need for scientific verification, it is important to remember that research has little value to us unless it is clinically applicable. Consequently, we do not offer you a finished product, but an opportunity to participate in a process of constant development, fostering the development of a lifelong learner.

The Ola Grimsby Institute is recognized as a provider of the Manual Therapy fellowship training by the American Academy of Orthopaedic Manual Physical Therapy and the American Physical Therapy Association. As of the summer of 1992, the APTA is a full member of the International Federation of Orthopaedic Manipulative Therapy, and the programs of the Institute will also meet the international standard. As of 2003, we are credentialed through the American Physical Therapy Association. Furthermore, the Ola Grimsby Institute is affiliated with numerous academic organizations throughout Europe and Asia.

In spite of our academic and professional achievements, we do not have all the answers. In humble admiration for the enormous potential of our profession, we challenge you to participate, to question, to learn and to share for the benefit of personal and professional growth and optimal patient care. I look forward to working and learning with you!

Sincerely,  
Ola Grimsby Sr.

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## BOARD OF DIRECTORS

The Institute is governed by a Board of Directors, in keeping with its incorporation status. All of the members of the Board are trained and experienced with the field of Orthopaedic Manual Therapy. These members include:

Ola Grimsby Jr.	Haxthausens gt. 4 0263 Oslo, Norway
Ola Grimsby Sr.	5619 Camber Place, San Diego, CA 92117
Vicki Luebbe	2417 197 <sup>th</sup> NW Shoreline, WA 98177
Stuart Eivers	7559 26 <sup>th</sup> Ave NW Seattle, WA 98117
Rick Hobusch	8890 South North Forty Road Sandy, UT 84093
Jim Rivard	534 32nd Ave S Seattle, WA 98144
Didrik Sopler	1207 A Neptune Encinitas, CA 92024
Jojo Sayson	840 Revere St. Bourbannais, IL 60914
Dan Washeck	9 Wingspan Court Lake Saint Louis MO 63367
Alec Kay	742 K Street Anchorage, AK 99501

## ADVISORY BOARD

Rebecca Catlin  
Chris Glatz  
Bill Hayner  
Eddy Miller

## ADMINISTRATORS

Chief Executive Officer	Ola Grimsby Jr.
Fellowship Director	Alec Kay
Residency Director	Dan Washeck
Independent Studies Director	Tom Mollsen
Certification Director	Joel Armstrong
Course Coordinator	Joyeeta Dutta
Research Chair PhD	Karen Dubrow
Research Chair DMT	Brent Harper
Chief Executive Consultant and Proprietor	Ola Grimsby Sr.

## Educational Technology Division

Develop policies and oversee the logistical operations of instructional materials regarding all areas of teaching (i.e. full-time residency, part-time residency, home-study residency, and short-term courses).

Responsibilities:

- Maintain Oversight of Instructional Tools.
  - Slides (Traditional and PowerPoint)
  - Residency Course Notes
  - Short Term Course Books
  - CDs, online video
- Development of New Instructional Materials.
  - Online video
  - Populi Data Base
- Development of Internet Technology
- Development of Interactive Learning and Evaluative Tools

## Internal Affairs Division

Purpose:

- Will serve as a liaison between the Students and the OGI Administration and between the OGI Administration and the Faculty.



#### Responsibilities:

- Develop, implement, and oversee policies that will ensure optimal communication and relationships between all components of the OGI (i.e. administration, faculty & students).
- Oversee graduation ceremonies in conjunction with the OGI office staff.
- Keep the OGI Administration informed regarding Faculty and/or Student needs, problems, successes, etc.
- Work with the OGI office staff to maintain an accurate directory of OGI graduates as well as those eligible to serve within the OGI in varying capacities.
- In conjunction with the OGI office staff, will maintain records of Student academic records and progression.
- Oversee Students on Academic Probation to insure they are moving towards academic progression. Keep the OGI Administration informed of Students having academic difficulty.
- Offer mechanisms to Students in academic difficulty to assist them.
- Oversee Student compliance in regards to all requirements:
  - Examination Scores
  - 1:1 Clinical Mentoring
  - Short Term Courses
  - Research Requirements
  - Student Attendance
- The Director of this division will serve as the Chairman of the Board of Instructors.

### External Affairs

#### Purpose:

- To provide communication to the OGI Administration regarding matters involving current and/or potential relationships with external agencies.

#### Responsibilities:

- Develop opportunities for inter-agency relationships between OGI and other companies.
- Insure that the OGI Administration is kept informed regarding activities and/or opportunities with other agencies/companies.
- Serve as a Liaison between the OGI and external agencies.

### Academic Affairs Division

#### Purpose:

- Will develop and monitor all policies relative to student academic affairs, credentialing, standards, testing measures, and curriculum.

#### Responsibilities:

- Will implement and/or monitor all policies regarding:
  - Academic Probations
  - Implementation of Testing
  - Maintaining Standards of Testing
    - Grading
    - Test Development
  - Minimal Standards of Completion of Residency

- Curriculum
  - Curriculum Content
  - Curriculum Assessment
  - Mechanisms to Deliver Curriculum
- All activities related to credentialing and/or accreditation
- Maintain arrangement with the Utah Department of Commerce in terms of degree granting privileges
- Develop and monitor policies regarding who is eligible to serve as:
  - An OGI instructor
  - Member on the Board of Examiners
  - Instructor for Short Term Courses
  - Instructor for Residency Courses
  - Supervisor for Independent Study Students
  - Supervisor for 1:1 Clinical Mentoring

## Professional Development Division

### Purpose:

- Based on Instructor evaluation, will support and guide Instructors towards achieving professional goals and objectives.

### Responsibilities:

- Develop training opportunities for Instructors.
  - OGI Forum
  - Guidelines for Apprenticing
  - Mentoring for Research, Residency Teaching, Short Term Teaching, and speaking at professional conferences.
- Develop guidelines to oversee orientation to:
  - Teaching Short Term Courses
  - Teaching Residency Courses
  - Becoming a member to the Board of Examiners
- Developing a mechanism for periodic re-certification to serve on Board of Examiners
- Will oversee annual assessment of Instructors in terms of implementation, but will not perform evaluation. Evaluation of Instructors will remain the duty of the Chairman of the Board.
- Develop, implement, and monitor the Peer Review Process.
- Develop and implement employer and graduate surveys.

## Business Affairs

### Purpose:

- To carry out operational functions of the OGI that will support and promote all other aspects of the OGI mission of teaching.

### Responsibilities

- Daily operational of business matters
- Develop and maintain contracts
  - Students

- Instructors
- Facilities
- Other business-related contracts
- Maintain student records
- Oversee logistics of Short Term Courses
  - Develop schedule
  - Appoint Instructors
  - Select facilities
  - Provide course materials
- Oversee logistics of Residency Programs
  - Coordinate Student Orientation
  - Assist Instructor with all matters related to business operations of the residency
  - Assist with Student Recruitment
  - Maintain Student contracts and ensure that Student files are kept up to date
- Assist other Divisions with the implementation and management of the OGI
  - Implementation of Faculty Evaluation
  - Correspondences with APTA/AAOMPT

## Research Division

### Purpose:

- To supervise and oversee all aspects related to the OGI mission of increasing the current body of knowledge within the physical therapy profession through research

### Responsibilities

- Develop, implement, and monitor all policies related to OGI Research
- Supervise Research Projects of Instructors and Students
- Continue to Develop a Research Community within the OGI
- Mentor Instructors and Students towards presentation and/or publication of completed Research Projects



Alec Kay  
Fellowship Director



Dan Washeck  
Residency Director



Tom Mollsen  
Independent  
Studies Director



Joel Anderson  
COMT Director



Karen Dubrow  
Research Chair PhD



Brent Harper  
Research Chair DMT



Freddy Kaltenborn, Mariano Rocabado, Ola Grimsby Sr.

## **ADMISSION REQUIREMENTS**

### **Year I Orthopaedic Residency (On-Site/Independent Study)**

1. Graduate of a physical therapy program accredited and recognized by the national parent body.
2. Proof of licensure to practice physical therapy within their current practice setting.
3. Demonstrated interest in further professional development as documented in the OGI Orthopaedic Residency Application.
4. Demonstration that the Resident is actively working in an orthopaedic setting.
5. Demonstrate that they are eligible for membership within the national parent body.
6. Applicants must provide all history of professional academic training
7. Applicants are required to submit an autobiographical statement.
8. Applicants are required to provide references from two employers or professional associates.
9. Self photograph
10. Official transcripts

### **Year II Manual Therapy Fellowship**

1. Invitation to apply once the student has successfully completed the Orthopaedic Residency (On-Site/Independent Study)
2. Demonstrated interest in further professional development as documented in the OGI Manual Therapy Fellowship Application.
3. Demonstration that the student is actively working in an orthopaedic setting.
4. Proof of licensure to practice physical therapy within their current practice setting.
5. Demonstrate that they are eligible for membership within the national parent body.

## Year III Ph.D. in Orthopaedic Manual Therapy

1. Invitation to apply once the student has successfully completed the Orthopaedic
2. Residency (On-Site/Independent Study) and the Manual Therapy Fellowship.
3. Demonstrated interest in further professional development as documented in the OGI Ph.D. in Orthopaedic Manual Therapy Application.
4. Demonstration that the student is actively working in an orthopaedic setting.
5. Proof of licensure to practice physical therapy within their current practice setting.
6. Demonstrate that they are eligible for membership within the national parent body.

## PH.D. PROGRAM REQUIREMENTS/TRACKS

For current and past OGI students and graduates, the attainment of a Ph.D. degree is achieved by building upon previous curricular studies and research. OGI graduates will need to complete the following Curricular and Research Components based on the level of previous Ola Grimsby Institute study.

### Curricular Component

For students who have completed the previous Part I Manual Therapy as DPT or MOMT:

You will need to complete the second year (Fellowship) and the third year (Clinical Specialization in Manual Therapy).

**Fellowship Graduates** - For students who have completed the previous Part I as DPT, MOMT *and* the Fellowship year:

Requirements are completion of the **third PhD year** (Clinical Specialization in Manual Therapy), completing all coursework, clinical requirements and research.

**Previous Part I as DPT, MOMT, and the previous Part II section**, (but no Fellowship year):

Requirements:

1. One additional weekend course in STEP1-6 (unless you have taken the STEP certification program)
2. One additional weekend course in High Velocity Thrust Manipulation (MT6, MT8, MT9)
3. One additional weekend course in Medical Screening. (MT10–unless taken in 2006 or later)
4. One Clinical Problemsolving course (MT5–unless taken in 2006 or later)
5. One weekend course in Radiology and in Pharmacology (to be announced)
6. Retake the practical Exam for Part III.

**Third Year Graduates:** For students who have completed the previous Part I as DPT, MOMT, completed the Fellowship year *and* the Clinical Specialization year in 2006 or earlier:

You will have to take:

1. One additional weekend course in STEP (unless you have taken the STEP certification program)
2. One additional weekend course in High Velocity Thrust Manipulation (MT6, MT8, MT9)

3. One additional weekend course in Medical Screening (MT10–unless taken in 2006 or later)
4. One 5-day course in Clinical Problem Solving (MT5–unless taken in 2006 or later)
5. One weekend course in Radiology and in Pharmacology (to be announced)
6. Retake the practical Exam for Part III.

## Research Component

• ***For those who completed the DMT curriculum*** (with or without a pilot study) and those who completed various segments of the clinical curriculum (including those who completed the three years versions): You will need to select a topic from the current list, or request approval of an unlisted topic.

• ***For those who began work on (but did not finish) either a proposal or a dissertation:*** You can either retain your topic and begin where you left off, or select a new topic from the current list, or request approval of an unlisted topic.

• ***For those who finished a proposal (but not a dissertation):*** You can either retain your topic and begin where they left off, or select a new topic from the current list, or request approval of an unlisted topic.

• ***For those who began work on (but did not finish) a dissertation:*** You can either retain your topic and begin where you left off, or select a new topic from the current list, or request approval of an unlisted topic.

• ***For those who finished a dissertation:*** You can either retain your topic and pursue one or more of their Recommendations for Further Research, or select a new topic from the current list, or request approval of an unlisted topic.

• ***For those who are currently working on a second dissertation:*** You can either retain your topic and continue from where you are now, or select a new topic from the current list, or request approval of an unlisted topic.

## NEW RESIDENT RECRUITMENT

New Resident recruitment occurs throughout the world and takes place at workshops and continuing education courses sponsored by the Institute. At these meetings the faculty members describe the Institute's activities and enrollment materials are distributed to interested people. The Institute does not utilize "agents", employees or independent contractors who are hired to recruit new residents. All enrollment agreements for admission are submitted to the Institute's central administrative office. The Institute does not grant prior credit such as reduced hours in the program or any tuition discount for any previous education or training completed. Please visit our website [www.olagrimsby.com](http://www.olagrimsby.com) for further information.



## ACADEMIC CALENDAR IN THE US

- The academic calendar begins every January, ending with examinations in Salt Lake City, Utah, the following December.
- For the Clinical Certification Program, there are 6 seminar weekends of class including a 7<sup>th</sup> weekend for review and examinations.
- **DMT Programs**, when completed on-site in the US, involve 12 class weekends throughout the year. In addition, 3 weekend seminars are required (STEP1, STEP4, and MT6). All attempts are made to schedule these seminars in the city of an on-site residency, but travel may be necessary to complete these courses. A 4<sup>th</sup> seminar is required, the MT5 Clinical problem solving course, which is presented in December the week of examinations.
- **Independent study residents** must maintain weekly contact with assigned faculty members for 8 or 12 months dependent on resident's enrollment, as well as attend six mandatory short-term courses (MT2, MT3, STEP1, STEP4, MT5, MT6). Students are required to schedule these courses based on the courses offered nationally or internationally, listed on the OGI website. *In addition, all DMT residents are required to complete 150 hours of full time clinical supervision and their research components to receive the degree.*
- **Transition from COMT:** For students transitioning from Clinical Certification Program (CCP or COMT) completion of online modules is required, much like the Independent Study Residency program listed above. Additional seminars are required, if not previously completed outside the Certification program (STEP1, STEP4, MT5, MT6). Students are required to schedule these courses based on the courses offered nationally or internationally, listed on the OGI website. Special seminar requirements include MT2i and MT3i. These are lab courses designed to review previous techniques in the Certification courses, MT2 and MT3, but also to provide the additional techniques and tests required for full Residency. *In addition, all DMT residents are required to complete 150 hours of full time clinical supervision and their research to receive the degree.*
- **Fellowship programs** begins in January, with examinations completed the following December. Students are to complete 16 class days (8 week-end, depending upon local scheduling). Additional mandatory short-term courses include (MT8, MT9, STEP2, STEP5). *Besides all Fellowship students are required to complete 150 hours of full-time clinical supervision and a poster presentation at a national conference.*

## OPERATING SCHEDULE

Classes generally meet from 8:00 am to 5:00 pm on Saturday and 8:00 am to 5 pm on Sunday. Schedules may vary depending on location. Important scheduling information such as specific operating hours and class schedules will be announced to residents in advance once determined.

## ENGLISH AS A SECOND LANGUAGE

The Institute does not provide English as a second language instruction. All class sessions conducted within the United States will be taught in the English language.



## **POLICIES AND REGULATIONS**

Our program is registered under THE POST SECONDARY PROPRIETARY SCHOOL ACT, Title 13, Chapter 34, Utah Code. Registration under the Utah Postsecondary Proprietary School Act does not mean that the State of Utah supervises, recommends, nor accredits the institution. It is the resident's responsibility to determine whether credits, degrees, or certificates from the institution will transfer to other institutions or meet employers' training requirements. This may be done by calling the prospective school or employer. As part of our registration with the Utah Division of Consumer Protection, the OGI maintains a surety bond.

The Ola Grimsby Institute is not accredited by a regional or national accrediting body recognized by the US Department of Education.

## **STUDENT TUITION RECOVERY FUND**

California law requires that, upon enrollment, a fee be assessed in relation to the cost of tuition. These fees support the Student Tuition Recovery Fund (STRF), a special fund established by the California Legislature to reimburse students who might otherwise experience a financial loss as a result of untimely school closure. Students may be reimbursed by STRF only for prepaid but unused tuition moneys. Institutional participation is mandatory. (Education Code: Section 94342) Students abroad who may cancel their participation are committed to cover their share of expenses until completion of the program in which they registered.

It is mandatory that enrollees keep a copy of any enrollment agreement, contract or application to document enrollment; tuition receipts or canceled checks to document the total amount of tuition paid; and records which will show the percentage of the course which has been completed. Such records would substantiate a claim for reimbursement from the STRF, which to be considered, must be filed within 60 days of school closure.

If a student has obtained a judgment against the Institution for any violation of the law, and the student certifies that the judgment cannot be collected after diligent effort, a claim can be made to the STRF within two years upon which the judgment becomes final.

Disclosure: We are registered with the State of California. Registration means we have met certain minimum standards imposed by the state for registered schools on the basis of our written application to the state. Registration does not mean we have met all of the more



extensive standards required by the state for schools that are approved to operate or licensed or that the state has verified the information we submitted with our registration.

### **BUYER'S RIGHT TO CANCEL: Refund Policy for Tuition\*\***

Cancellation: A resident may terminate enrollment by submitting a written notice in person or by CERTIFIED MAIL to Ola Grimsby Institute, 8550 United Plaza Blvd., St. 1001 Baton Rouge, LA 70809

- A. Any written contract or agreement signed by a prospective resident shall not become operative until the resident attends the first class or session of instruction.
- B. The effective date of cancellation is the date the written notice is received (if submitted in person) or is postmarked (if sent by CERTIFIED MAIL). The Institute will provide any refunds due within 30 days.
- C. Cancellation after the first day of class: You may cancel your contract for school without any penalty or obligations on the fifth business day following your first class session by providing written confirmation of your desire to cancel enrollment.
- D. If cancellation occurs after the five day recession period, the refund shall be the amount the resident paid for instruction multiplied by a fraction, the numerator of which is the number of hours instruction which the resident has not received but for which the resident has paid and the denominator of which is the total number of hours of instruction for which the resident has paid.

**Example from US programs:** Students pre-pay tuition. Assume your DMT 12-month Residency Program tuition is \$9,933. The quarterly pre-payment is \$2,483.25 which is for 87.5 hours of instruction (one quarter of a 350 instructional hour program). Assume you cancel after completing 50 hours of instruction and before completing the remaining 37.5 hours of the total 87.5 hours (per quarter).

Exception for foreign students contracting 5 mandatory courses. The student is financially responsible for his/her part of expenses related to the instructor's room, fare and board for the completion of the program. For example:

$$\frac{\$2,483.25 \times 37.5 \text{ (instruction hours not received)}}{87.5 \text{ (total hours paid for)}} = \$10,64.25 \text{ refund}$$

Refunds will be sent within 30 days after the Institute receives notice in writing of the cancellation.

**\*\*See Enrollment Agreement for additional information regarding the refund policy.**

**Textbooks/Other Materials:** Once purchased, textbooks and other materials are the property of the resident, although copyrighted by the Institute. The Institute does not accept returns and makes no refunds for books or other materials that are ordered through the Institute.

## TUITION PRICING FOR THE U.S.

The following pricing information is for the current OGI programs presented in the U.S. For descriptions of the programs listed below, please see our Residencies section.

Payment options include four quarterly payments, or monthly payments for the duration of the program.

### Clinical Certification Program (COMT)

- Total tuition covers course registration, material and exam fees for the program .....\$3,093

### Year I DMT Program – 12-months On-site Orthopedic Residency

- Residency Tuition .....\$8,950
- Exam fees (written and practical) .....\$990
- 2 days exam prep. class in Utah (Not mandatory).....\$250
- 150 hours of clinical supervision .....Free
- Total \$9,940**

Additional Fees if completing required Research Portion for DMT

- Research Fee (\$150 monthly) .....\$1,800

### Year I DMT Program – Independent Study – 12-months residency

- Residency Tuition.....\$6,445
- Exam fees (written and practical) .....\$990
- 2 days exam prep. class in Utah (Not mandatory).....\$250
- 150 hours of clinical supervision .....Free
- Total \$7,435**

Additional Fees if completing required Research Portion for DMT

- Research Fee (\$150 monthly) .....\$1800

### Transitional Residency following COMT Completion

- Research Fee.....\$3,965
- Exam fees (written and practical).....\$990
- 2 days exam prep. class in Utah (Not mandatory).....\$250
- 150 hours of clinical supervision .....Free
- Total \$4,955**

Additional Fees if completing required Research Portion for DMT

- Research Fee (\$150 monthly) .....\$1800

### Year II Fellowship Program – 12 months program

- Pre-requisite: Year I DMT Residency Program
- Residency Tuition.....\$7,995
- Exam fees (written and practical) .....\$990
- 2 days exam prep. class in Utah (Not mandatory).....\$250
- 150 hours of clinical supervision .....Free
- Total \$8,985**

Additional Research Fees (Poster presentation mandatory – free support)

- Research Fee (\$150 monthly for research support toward dissertation)...\$1800

### Year III: PhD in Orthopedic Manual Therapy Program – 12 months program

• PhD Tuition (includes \$500 non-refundable registration fee).....	\$11,400
• Exam fees (written and practical) .....	\$990
• 2 days exam prep. class in Utah (Not mandatory).....	\$250
• Research Fee (\$150 monthly if completing required Research for Dissertation).....	\$1,800
• 150 hours of clinical supervision .....	Free
	<b>Total \$12,390</b>

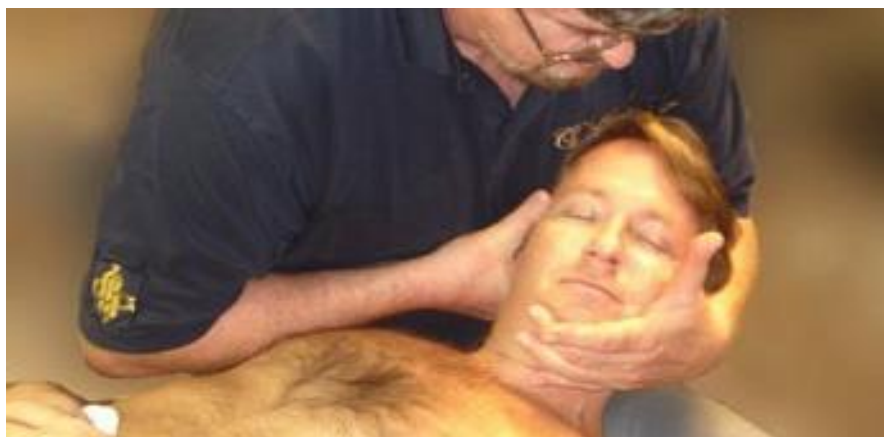
\* Prices are subject to change. There is a non-refundable application fee of \$75, which must be mailed with all applications. Additional educational expenses such as travel and lodging costs are not included in above pricing.

### FINANCIAL ASSISTANCE

The Institute does not offer financial assistance at this time.

### INTERNATIONAL PROGRAMS

Schedules, tuition, mentoring and programs offered will vary from country to country. OGI is offering US degrees, but not accreditation for programs offered abroad.



## ATTENDANCE REQUIREMENTS

**Excused and Unexcused Absences:** Residents are required to attend every class in order to receive their certificate. We recognize that extenuating circumstances do occur. Absences are therefore considered excused or unexcused as follows:

**Excused** - Illness, death, birth, accidents and extraordinary circumstances. These must be substantiated in writing and are excused at the discretion of the Chairman of the Board.

**Unexcused** - All other absences, including class cuts.

When absences occur notify the school before the missed class. Residents are responsible for course work outlined in their resident syllabus. It is the resident's responsibility to make up any quizzes and/or exams if applicable.

**Maximum absences:** A maximum of three class sessions may be missed. To maintain satisfactory progress, these classes must be made up within the specified time period. If more than three class sessions are missed for whatever reason, the resident will be placed on academic probation. Further absences will result in interruption of the training program. The resident may be required to repeat a course and be subject to additional tuition charges if the absences were unexcused.

**Interruption for Unsatisfactory Attendance:** Residents with three unexcused absences in any class will receive written notification of academic probation for a one-month period. Further absences during this period, for whatever reason, will result in interruption of the training program. (See maximum absences).

**Make-up Work:** All work must be made up within 10 days of the missed class. Makeup work cannot be substituted for hours of class attendance.

**Leave of Absence:** Written requests for a leave of absence will be considered by the Chairman of the Board. If granted, residents have two years to resume the program, when and if it is offered again. The Resident will be responsible for paying all tuition fees related to any remaining program requirements. If a leave of absence exceeds two (2) years, the Resident will be required to retake the entire curriculum.

**Lateness:** As a courtesy to the faculty members and your fellow classmates, it is expected that all residents will be on time to class. Tardiness, without legitimate reason, on three occasions will be treated as an unexcused absence.

## PROGRESS/GRADING SYSTEM

A. The Institute's grading system:

Excellent	90-100	A
Above Average	80-89	B
Average	70-79	C
Below Average	60-69	D
Unsatisfactory	59 or below	F

Average required for certified completion of the course is a minimum passing grade of 80%.

B. Unsatisfactory Progress: Residents, who are not performing at a satisfactory level, during the course of the residency, will be notified in writing by the Chairman of the Board and given feedback as to how they can improve their performance. If the resident continues with poor performance they may be placed on Academic Probation. If this occurs, the Resident will be given specific guidelines as to what the deficiencies are, guidelines of what is expected to be corrected, a mechanism and/or suggestions of how the deficiencies can be corrected, and a timetable for when the corrections will be expected to be completed.

C. Re-enrollment: Re-enrollment will be approved only after evidence is shown to the Chairman that conditions which caused the interruption for unsatisfactory progress has been remedied.

D. Satisfactory Completion of any program is dependent on successful completion of the evaluation conducted by the Board of Examiners appointed by the Chairman of the Board and the Board of Directors. (See Practical Examination Policies and Procedures). The Certificate of Completion document is to be issued upon satisfactory completion of the Orthopaedic Manual Physical Therapy Program. The certificate of completion is certifying/recognizing the competency of the graduate.

E. Graduation Rates: historical graduation rates are not available but the OGI currently tracks graduation rates of its students for accreditation reporting.

## RESIDENT CONDUCT POLICY

At the discretion of the Chairman, a Resident may be dismissed from the Institute for a serious or repeated incident of an intoxicated or drugged state of behavior, possession of drugs, alcohol or weapons, as well as, behaviors creating a safety hazard to other persons, disobedient or disrespectful behavior to another Resident, administrator, faculty member, or any other stated or determined infraction of conduct.

## RESIDENT COMPLAINT PROCEDURE

Any complaints may be directed either orally or in writing to any faculty member, administrator, or directly to the Chairman of the Board. The resident will receive notification in writing that the complaint has been received within ten days.

Upon receipt of the complaint, the Chairman, along with the Vice-President of Academic Affairs (see Administrative Chart) will then investigate the complaint thoroughly. If it is determined that the complaint is legitimate, the Institute will implement responsible policies or procedures to avoid similar complaints in the future. Filing a complaint will in no way affect a Resident's rights or remedies.

## PLACEMENT ASSISTANCE & EMPLOYMENT RATES

As a rule, residents in the program are already employed as physical therapists and therefore the Institute offers no placement assistance to its graduates, but will be rendering the service of referrals of graduates to employers when regional positions are available. As students are gainfully employed physical therapist prior to and during the Institute's programs, 100% of graduating therapists remain gainfully employed at the time of graduation.

Students may refer to the Student Examination Guide for details on exams and graduation requirements. Students have three opportunities to take and pass written and practical exams at 80% or greater. Institute records show that 95% of students successfully complete and graduate the OGI programs.

## RECORDS RETENTION

Enrollees are advised and cautioned that state law requires this educational institution to maintain Institute and resident records for only a ten-year period.

## DESCRIPTION OF LOCATIONS

The Institute utilizes the physical facilities of private, outpatient physical therapy practices and/or hospitals in each of its locations. Because these facilities are employed in the treatment of patients when they are not being used for instruction, they contain all the features required for instructional purposes. Below are listings of the existing and potential locations where classes may be conducted.

### **Anchorage, Alaska**

United Physical Therapy is located in Anchorage. The facility has 2400 ft facility with 4 private treatment rooms and a large gym area equipped with STEP rehabilitation equipment. Audio visual equipment, required books for reading, CD-ROM of curriculum and internet access are all available for instruction. Since the facility is used to treat patients when the Institute does not utilize it, all health and safety requirements are met.

### **Birmingham (Vestavia Hills), Alabama**

Physical Therapy Solutions is a privately-owned outpatient facility on a hillside with commanding views of forests and valleys. The exercise room is fully equipped with 8 fully adjustable pulley systems, free weights, cardiovascular equipment from elliptical trainer to treadmill and recumbent bike, shuttle jumper, lower body trainer, all modalities, and other equipment. There are five private areas for evaluations and treatments, as well as two offices, waiting area, laundry, storage room, restroom and shower. At present the facility employs one manual therapist, a part time physical therapist, a PTA, a massage therapist, four rehabilitation technicians, a business and development manager, an office manager and an office assistant.

### **Prescott, Arizona**

Located in northern Arizona, Center for Physical Excellence is a 3700 square foot facility equipped with treatment rooms, a large open exercise gym, a wellness center for post care and an aquatic therapy pool. The center is a state of the art facility. All treatment rooms are private and are equipped with hi-lo tables to provide better interaction between patient and therapist. The center is equipped with Lojer pulleys (regular and speed), mobile pulleys, cardio equipment, Cybex (leg press, seated row, lat pull), Elliptical trainer, UBC, multiple modalities, stair-master, Lojer pulley station, internal trainer, trampoline, balance equipment, and FCE/work task equipment. There are three full-time therapists and three part-time therapists available.

### **Loma Linda, California**

At Physiotherapy Associates the clinic is comprised of 7000 sq ft, with 4500 ft dedicated exclusively to physical therapy. There are 4 to 8 private rooms furnished with high/low electrical tables. The 2000 sq ft. gym is equipped with 4 high-low electrical tables, 2TM, 1 electrical/recline bike, 1 upright bike, 1 lab bar, 3 speed pulleys, 2 portable pulleys, 4 mobilization benches, a throwing trampoline and a 500 sq ft. dance floor with mirrors for functional training. Three full-time practitioners are available, each trained at different levels of manual therapy.

### **Chicago, Illinois - Bourbonnais**

Jojo Sayson's Performance Physical Therapy Services is a 4000 sq. ft. out-patient facility with 7 private treatment room surrounding a spacious gym with 7 wall pulleys, 7 benches, 3 bicycle ergometers, a stair stepper, a treadmill, and free-weights. It has a separate conference room, a break room, and 2 wheelchair accessible bathrooms. For exercise buffs, runners can enjoy a large open space track just behind the clinic and is open to the public. The clinic is just south of Chicago in Bourbonnais, IL.

### **Chicago, Illinois - Des Plaines**

Midwest Manual Physical Therapy is located in Des Plaines, Illinois. Des Plaines is a suburb of Chicago and is just north of O'Hare International Airport. This facility is fully equipped with STEP rehabilitation equipment. A library with required books and references for reading and internet access are available for instruction.

### **Chicago, Illinois - Peoria**

Rehabilitation Services for Midwest Orthopaedic Center, in Peoria, Illinois is a physician owned practice servicing 13 residency trained orthopaedic surgeons. The surgical specialties are spine, hand and microvascular surgery, foot/ankle, sports medicine/

arthroscopy, joint revision/ replacement, and knee, shoulder surgeries. All surgeons have specific specialty within their field of training, with no general orthopedists on staff. The Physical Therapy department has 2 locations with a total of 10 PT's, 6 PTA's, 2 OT's and 2 ATC's. The gym is equipped completely for all S.T.E.P exercises. It has 6 wall mounted speed pulleys, 1 overhead pulley/gantry/unloading cage, portable pulleys, mobilization benches and tables in the gym, straps, harnesses, hi-low manual therapy tables (Lojer series 2), mobilization belts, wedges, bolsters. The gym also has a full range of power lifting equipment and heavier exercise equipment for local sports medicine contracts with a professional indoor football team, area colleges and high schools. Residents can observe orthopaedic surgery, read x-rays and observe X-ray taking on site.

### **Chicago, Illinois - Roundlake Beach**

Condell Rehab Services consists of an outpatient clinic that is owned and operated by Condell Medical center. The center is comprised of a waiting room and reception center and offices that totals approximately 1000 sq. feet. The open gym includes two high-low mat tables and two treatment tables. Other gym equipment includes Cybex stations, Elgin pulleys, step benches, parallel bars, stay master, free weights, multipurpose benches, angle bench, prone bench, balance equipment and stationary bikes. The clinic has five treatment areas that provide high/low tables. The overall size of the center measures 2200 sq feet and has three full -time clinicians providing care.

### **Portland, Oregon**

New Heights Physical Therapy has been operating for seven years and specializes in manual therapy. The center employs massage therapists and certified Pilates practitioners. Yoga class are offered in the evening. Most of our referring practitioners are chiropractors and naturopaths. The center typically secures patients that have a long history of dysfunction. The facility covers 2,400 square feet and includes equipment such as Lojer pulleys, incline boards, two layer benches, a speed pulley, gymnastic balls and free weights. There are four full-time practitioners and three part-time practitioners available.

### **Memphis, Tennessee**

Jennifer Holbourn's Physical Therapy clinic is a 3500 sq.ft. out-patient facility with 1 private treatment room and a spacious gym with 1 free standing pulley, 7 benches, 1 traction machine, 3 bicycle ergometers, 1 stair-stepper and 2 treadmills. There is a variety of Cybex exercise equipment to include 1 Lat-pull down, 1 leg press, 1 abdominal and back extensor, 1 seated row, 1 hip, 1 hamstring and 1 quadriceps machine. There are a variety of free-weights, a re-bouncer, wooden steps and boxes and a hot pack and ice pack machine. The clinic has a separate conference room, a break-room, 2 offices, a reception area and two wheelchair accessible bathrooms. The clinic is in the parking area of Healthsouth Hospital, which provides students access to a large in ground heated therapy pool. The clinic is opposite Methodist Central Hospital on Union St. and I 240 a major intersection in Memphis, TN.

### **San Angelo, Texas**

Shannon's Clinic is staffed by a multi-trained group of physicians who have joined together to furnish complete ambulatory or out-patient, diagnostic and treatment services.



### **Salt Lake City, Utah**

Westwood Physical Therapy Clinic is the Salt Lake City program location. This facility has 4492 sq ft with 11 private treatment rooms and two gym areas fully equipped with STEP rehabilitation equipment. Audio visual equipment, a library of required books and references for reading, CD-ROM of curriculum and internet access are all available for instruction. There is also a lounge area for meal storage and preparation as well.

### **Bellevue, Washington**

MTI Physical Therapy is the program location for an OGI full time Residency and Fellowship programs in the Seattle area. MTI Physical Therapy has 7 clinical locations with OGI instructors and mentorship staff in each location. The primary location for teaching is the 3100 sq ft facility in Bellevue, which has 10 private treatment rooms and two gym areas fully equipped with STEP rehabilitation equipment. Audio visual equipment, required books for reading, CD-ROM of curriculum and internet access are all available for instruction. Since the facility is used to treat patients when the Institute does not utilize it, all health and safety requirements are met. MTI Physical Therapy • Bellevue clinic is located 5 miles for downtown Seattle.

### **Seattle, Washington**

MTI Physical Therapy • Fremont is one of the MTI clinical site locations in Seattle. The facility consists of four closed treatment rooms which meet all health and safety standards and an exercise room utilizing Lojer pulley systems. The clinic is located on the Lake Washington Ship Canal next door to Sound Mind and Body Gymnasium, a fully equipped health club. Resource material includes a small in house library, internet access and the University of Washington Medical Library (2 miles).

### **Seattle, Washington**

Advanced Manual Therapy & Sport Rehabilitation has been recently remodeled its outpatients facility. The complex covers 4,200 square feet and includes fourteen treatment tables, three private rooms, offices for clinicians and staff. It features the latest rehabilitation equipment that include unloading and auto traction capabilities. Though not stressed as the state of the art, electro and thermal modalities are available. The facility shares a lobby with eight sports medicine physicians and has access to their expertise and support on an open basis.

## **THE OLA GRIMSBY FACULTY**

### **Rebecca Catlin, PT, DMT, OCS, FAAOMPT**

Rebecca Catlin received her Bachelor of Science degree in Human Biology in 1998 and her Masters of Science in Physical Therapy in 2000 both from University of Indianapolis. Becca completed three years of post professional orthopaedic manual therapy through the OGI including Residency in 2009, Fellowship in 2010, and PhD in 2012. She is a board certified clinical specialist (OCS) through the American Physical Therapy Association (APTA) and a fellow in the American Academy of Orthopaedic Manual Physical Therapy (AAOMPT).

**Shala Cunningham, PT, DPT, DMT, OCS, FAAOMPT, CSCS**

Shala Cunningham has completed Part 1 and 2 with the Ola Grimsby Institute receiving her DMT and is currently pursuing her PhD. She is an Orthopaedic Clinical Specialist and is a Fellow of the American Academy of Orthopaedic Manual Physical Therapy. She currently practices in an outpatient orthopedic setting in Indiana and participates as adjunct faculty with the University of Evansville Physical Therapy program.

**Cathy Doll, PT, DMT**

Catherine Doll has been a licensed physical therapist since 1990, when she graduated Summa Cum Laude with a Bachelor's degree in Physical Therapy from The Chicago Medical School - University of Health Sciences. She has worked in a variety of clinical settings while devoting the large majority of her time and efforts to orthopaedics. She received her Master's Degree in Orthopaedic Manual therapy in 1996 from The Ola Grimsby Institute and received her Doctoral Degree in 1999. During her post-graduate studies, she has simultaneously been working as a full time clinician and is continuing to do so now as a private practice associate in San Diego, California. In 2003, she was officially brought on board as a faculty member for the Ola Grimsby Institute. In addition, Catherine Doll has retained active membership with the American Physical Therapy Association and the American Academy Orthopaedic Manual Therapy.

**Karen Dubrow, PhD, PT, DMT, MS, FAAOMPT, CGS**

Karen Dubrow has owned her practice of orthopedic manual physical therapy since 1990. She has practiced orthopedic physical therapy since 1987. She received her PhD from the Ola Grimsby Institute and was the first to receive the Doctorate of Orthopedic Manual Physical Therapy from the Ola Grimsby Institute. She is a Certified Golf Fitness Specialist from the GoLo Golf Performance Institute, and is certified in Dry Needling from the American Dry Needling Institute. She graduated with Bachelor's Degree in Physical Therapy from Washington University, St. Louis. Karen then began her clinical work at the same time pursuing and achieving a Master of Science Degree from the Graduate School of Texas Woman's University School of Physical Therapy. She continued with postgraduate work in Manual Therapy, receiving her Equivalency of a Nordic Specialty in Manual Therapy by the Nordic Group of Specialists. She continued her studies with the Ola Grimsby Institute, completing her Part II Manual Therapy Certification, her Master's of Orthopedic Manual Therapy, the Doctorate of Manual Therapy, and the PhD. Dr. Dubrow has been a Fellow of the American Academy of Orthopedic Manual Physical Therapy since 1998. Karen treats patients full time. She has been a Dissertation Mentor since 2001, Director of Research of the OGI from 2011-2015 and currently is the Research Chair for PhD. Additionally she mentors Fellowship students.

Karen lives with her husband and two rescue dogs in Plano, Texas. She enjoys diving, martial arts, water skiing, cycling, hiking, and essentially any sport she tries. She has served various Boards including the Animal Shelter Advisory Committee of Plano.

**Stuart Eivers, DPT, OCS, FAAOMPT**

Stuart Eivers is the clinical director of MTI Physical Therapy in The Washington Athletic Club. Stuart has been working the field of outpatient orthopedics for the past 18 years. He completed his Masters of Physical Therapy from Chapman University in 1992. Dr. Eivers received his Masters of Orthopedic Physical Therapy in 1997 and completed his DPT in 2000 from the Ola Grimsby Institute. He became a board certified Orthopedic Clinical Specialist in 2003 and is the former chairman of the Seattle Orthopedic Interest Group

(OSIG). He has also been involved with teaching and consulting at the University of Washington's Physical Therapy program. Stuart has been on the board of instructors for OGI since 2008.

### **Yousef Ghandour, PT, MOMT, FAAOMPT**

Yousef Ghandour, a graduate of California State University, Long Beach, he has been practicing clinician for over 28 years. He completed Part I Manual Therapy in 1991, sitting before the Norwegian Board of Examiners in Manual Therapy, receiving Equivalency of Nordic Manual Therapy Certification. He then received his Masters in Orthopedic Manual Therapy from the Ola Grimsby Institute in 1991. He completed Part II Manual Therapy with the OGI in San Diego in 1993 and joined the Board of Instructors and examiners of the OGI that same year until 2010. Presently, he is multi-site manager with Physiotherapy Associates actively mentoring candidates in preparation for their fellowship application. He has been a fellow in the American Academy of Orthopedic Manual Therapy (AAOMPT F011) and has been an APTA member since 1985. Voluntary Clinical Instructor at UCSD Family and Preventative Medicine; Voluntary Adjunct faculty at San Diego State University – Doctoral granting Physical Therapy Program. Yousef is the owner of QTEKPRODUCTS and the developer of the TheraPulley™. The TheraPulley™, bridges the gap between the clinical setting and the clients at home, on the road and on the field. He has consulted with many manufactures on product innovation and optimizing the applications from the acute stages into the full athletic and functional performances.

### **Chris Glatz, PT, OMT**

Chris has been practicing outpatient orthopedic physical therapy since 1995 with an emphasis on sports medicine and graduated from the University of Missouri with B-HS in Physical Therapy. He completed a 3-year Residency/Fellowship/Advanced post-graduate training in orthopedic manual therapy from the Ola Grimsby Institute. He has been practicing manual orthopedic therapy since 2002 and has been an instructor with the OGI since 2007. He also is one of few to graduate from the Institutes first S.T.E.P. (Scientific Therapeutic Exercise Progressions) residency. He is an examiner and clinical instructor and currently teaching certification and short-term courses and assisting with residency and fellowship programs. He has taught nationally and has co-authored several chapters in the book series Science, Theory and Clinical Application in Orthopedic Manual Physical Therapy. Chris is the OGI Mentoring and Professional Standards Chair. He currently works in Seattle at Advanced Manual Therapy providing manual orthopedic and sports rehabilitation to athletes of all ages and demographics. Seattle, WA

### **Dave Grant, PT, MOMT**

David Grant began working in the field of physical therapy in 1998 and completed his physical therapy education at Old Dominion University. After practicing for several years he moved to Seattle to complete three years of post-graduate training specializing in orthopaedic manual therapy with the Ola Grimsby Institute. Working and training in this environment helped him refine his clinical skills and become an expert in treating a wide range of orthopaedic injuries. David enjoys working with a large variety of patients and has previously worked with collegiate, recreational, and professional level athletes including the Houston Astros and Stars on Ice. In addition to clinical practice, David was became an instructor for the Ola Grimsby Institute in 2014 and is actively involved in teaching, lecturing on manual therapy and exercise to clinical certification, residency, and

fellowship students. He is currently practicing at both the Downtown and Festus Clinics in St. Louis.

**Ola Grimsby, PT, DMT, F.FAAOMPT**

Dr. Grimsby has received international recognition for his expertise as a clinician and instructor in Orthopedic Manual Therapy. He graduated from a sports college prior to graduating from the Norwegian State Physical Therapy School. He continued his four years of post secondary education with the Nordic Group of Specialists in Manual Therapy and the Special Interest group in Manual Therapy, Norwegian Physical Therapy Association. Dr. Grimsby later became the Chairperson of both these organizations as well as Norway's first Executive Member of the International Federation of Orthopaedic Manual Therapists. (IFOMT) He is a Founding Member of the American Academy of Orthopedic Manual Physical Therapy and a life time Honorary Member of this organization. Ola Grimsby is currently a Director of the International Accrediting Commission for Physical Therapy Residencies. He has served as a professor and docent at numerous universities, initiated degree granting, postsecondary educational programs in Europe, Asia, Africa and throughout the US, and has authored numerous books and articles in several languages.

**Ola Grimsby, Jr., PT, MOMT, FAAOMPT / MNFF, Specialist In Manual Therapy**

Ola Grimsby Jr. received his Physical Therapy degree from Hogeschool van Amsterdam in Holland, and completed his Manual Therapy masters degree and the PhD program from the Ola Grimsby Institute in the US. He has been trained by world -recognized authorities and has the highest standard of performance. Currently he is practicing as an authorized Specialist in Manual Therapy in Oslo, Norway. As the founder of the Ola Grimsby Institute, Europe, he is developing an academic and clinical milieu, which is based on the international programs of the Ola Grimsby Institute Consortium, USA; where he also serves as the new CEO of the Ola Grimsby Institute Inc..

**Bill Hinson, PT, MOMT, OCS, FAAOMPT**

Mr. Hinson received his Bachelor of Science degree in Physical Therapy from the University of Puget Sound in 1988. Bill completed a two year residency program with the Institute in 1991, (received his Master of Orthopedic Manual Therapy degree from the Institute in 1996), and completed the Part II program in San Diego in 1995. In addition to co-teaching the Seattle residency program for the Institute and teaching several short-term courses, Bill is employed as Clinical Director for Physiotherapy Associates in Olympia, Washington. He is currently teaching the Part I program in Seattle.

**Frederick Hobusch, PT, MOMT, (Hon)FAAOMPT**

Mr. Hobusch received the Bachelor of Science degree in Physical Therapy from the University of Utah in 1975 and certification in Orthopedic Manual Therapy Part I (1986) and Part II (1990) from the Nordic Specialty Group for Manual Therapy examination Board in Norway. As a faculty member of the Institute, he has successfully conducted four Clinical Residency programs since 1987. He has coordinated clinical education for interns from the University of Utah, the University of Southern California and the University of Illinois at Chicago. He is currently President of (and a physical therapist in) the Westwood Physical Therapy Clinic in Salt Lake City, Utah, as well as the instructor of the San Francisco Part I program and co-teaching Part II in San Diego.

**Jennifer Holbourn, PT, MOMT**

Mrs. Holbourn graduated from Newcastle Royal Victoria School of Physiotherapy in England, before moving to Norway and becoming certified in Orthopedic Manual Therapy (Part 1) in 1982. She managed and assisted in the operation of a private clinic in Norway for 11 years, and then she moved to Spain where her patients consisted mainly of professional golf and tennis players. Upon moving to the United States in 1983, she began the OGI Part II Residency Program in San Diego, California and graduated in 1997. She now has a career with Healthsouth, as Administrator and Clinical Specialist for six of Healthsouth's Sports Medicine and Rehab Centers in the Memphis Market. She teaches many of the short term courses offered by OGI.

**Alec Kay, PT, MOMT, DMT, OCS, FAAOMPT, ATC**

Alec Kay received his Masters of Science in Physical Therapy from the University of the Pacific in 1990. He completed the Ola Grimsby Institute's Part I, masters in Orthopedic Manual Therapy in 1997 and the Part II program in 1999. Alec obtained certification as an athletic trainer in 1988 after completing a Bachelor of Science in Exercise Physiology from the University of California, Davis. He earned his Doctor of Manual Therapy through the OGI in 2000. Alec has taught multiple Residency and Fellowship programs in addition to weekend courses. He has taught manual therapy and exercise concepts in Europe and South America. He believes practicing full time in Anchorage, Alaska at United Physical Therapy keeps him humble and able to connect with clinicians trying to improve their physical therapy skills.

**Keith Kocher, PT, MOMT, FAAOMPT**

Keith Kocher is a graduated from Washington University in St. Louis with a degree in physical therapy in 1987. He is an Area Vice President and is practicing in an outpatient sports orthopedic clinic with Physiotherapy Associates, in Tempe, Arizona. He has successfully completed both Part I and Part II Manual Therapy with the Ola Grimsby Institute. He received his MOMT for the OGI in 1993. He is a member of the American Shoulder and Elbow society. His practice is primarily focused on the rehabilitation and injury prevention of throwing athletes and injured athletes from the NBA and NFL. He has been involved with the rehabilitation and training of MLB players and professional players around the globe for over 20 years. He is also on the medical team with the Phoenix Suns.

**Vicki Luebke, MS, PT, OMT, FAAOMPT**

Vicki Luebke graduated with concurrent Bachelor's and Master's Degrees in Physical Therapy from the University of Southern California in 1978. She has worked in a variety of clinical settings over her 30 plus year professional career. Her pursuit of manual therapy excellence began with a certification from the University of St. Augustine; that led her to postgraduate work the Ola Grimsby Institute, culminating in completion of the Orthopedic Manual Therapy Year III. She is a member of the American Physical Therapy Association and a Fellow of the American Academy of Orthopaedic Manual Physical Therapy.

**Laura Markey, PT, DPT, CSCS, FAAOMPT**

Ms. Markey graduated in 1989 with her Bachelor of Science in Physical Therapy from Daemen College in Amherst, New York. She completed her Master of Orthopedic Manual Therapy Degree in 1993 from the Ola Grimsby Institute and Part II in 1997. In 1991 along with her husband, Laura opened a private practice in Phoenix, Arizona, which emphasizes Orthopedic Manual Therapy. She has been the chairperson for the Payor Relations

Committee for the Arizona Chapter of the American Physical Therapy Association since 1996 and has been co-teaching the Part I Program in Arizona as well as the Part II program in San Diego.

**Tom Mollsen PT, DMT, MPT, A.T., C., FAAOMPT**

Tom has over 25 years of extensive experience in the rehabilitation of musculoskeletal injuries and conditions as a licensed physical therapist, licensed athletic trainer, and certified massage therapist. Tom served as the head athletic trainer for 9 years at Elmhurst College. In this capacity, Tom coordinated the medical care of individuals participating in 16 men's and women's NCAA Division III sports programs. He was also the head athletic trainer for the Nike-sponsored Michael Jordan, Scottie Pippen, Kendall Gill, and BJ Armstrong Youth Basketball Camps for 8 years. Tom graduated from Midwestern University's College of Health Sciences with a Master of Physical Therapy degree in 2002. In 2014, he completed the Ola Grimsby Institute (OGI) residency program earning a Doctorate of Manual Physical Therapy degree. Tom completed the OGI's fellowship program and was named a Fellow of the American Academy of Orthopedic Manual Physical Therapists in 2016. Through the Roy Matheson program, Tom is a certified work capacity evaluator. Tom is a full-time clinician and owner of Midwest Manual Physical Therapy, an outpatient manual physical therapy clinic in Des Plaines, Illinois.

Outside of work, Tom holds a fourth-degree blackbelt in Gangi's Kung Fu System/Kang Chuan Do, a kung-fu based martial arts system.

**Rett Nicolai, PT, DPT, FAAOMPT**

Rett Nicolai joined the OGI faculty in 2015. A graduate of the University of Washington in 2006, he completed his OGI Residency in 2007, Fellowship in 2009 and PhD program in 2012. Rett has extensive experience as a clinical mentor for OGI Residency students employed as a physical therapist for MTI Physical Therapy in Seattle, Washington.

**Scott Olson, PT, MOMT**

Mr. Olson received his Bachelor of Science degree in Physical Therapy from the University of Puget Sound in 1986. He completed his Part I Manual Therapy training and sat before the Norwegian Board of Examiners in Seattle in 1991. He completed his Part II training in San Diego in 1995. Mr. Olson is a member of the Board of Examiners for the O.G.I. and is currently co-teaching the Part I residency program in Seattle. In addition to his teaching position with the Institute, Scott also serves on the editorial board for Scientific Physical Therapy, and is the clinical director/owner of MTI Physical Therapy in Bellevue, Washington.

**Jim Rivard, PT, MOMT, DMT, OCS, FAAOMPT**

Jim Rivard received a Bachelor of Science degree in Physical Therapy from the University of Puget Sound in 1988. After completing a two-year Part I residency program with the Ola Grimsby Institute, he received a Masters in Orthopedic Manual Therapy through the state of California. In 1993 he completed a two-year Part II program with the OGI. His teaching experience has included residencies in San Diego, Dallas, Anchorage, and Spokane, as well as short-term courses in Manual Therapy of the Spine, Extremities and S.T.E.P. (Scientific Therapeutic Exercise Progressions). Jim has received invitations to speak at national conferences and state chapter meetings in Washington, Alaska and Florida, and has also been invited to speak in Norway, Canada, Belgium and Finland. He serves the OGI as the Chief Academic Officer and the Vice-President of Program Content and Development.



**Jojo Sayson, PT, DMT MOMT, FAAOMPT**

President of Jojo Sayson's Physical Therapy & Rehabilitation in Bourbonnais, Illinois, is an international educator, motivational speaker, and research scientist & co-investigator for the National Aeronautics and Space Administration (NASA) at the University of California, San Diego (UCSD) and Lyndon B. Johnson Space Center in Houston. He received his Bachelors of Science in Physical Therapy from the Royal Pontifical University of Santo Tomas in the Philippines and his Masters Degree, and Doctorate in Orthopedic Manual Therapy through the Ola Grimsby Institute in San Diego, California. A Fellow of the American Academy of Orthopedic Manual Physical Therapists, Dr. Sayson is also a Board of Director and Examiner for the Ola Grimsby Institute's international doctoral candidates. His memberships include the American Physical Therapy Association, American Academy of Physical Therapists, the Aerospace Medical Association, and the American Astronautical Society. Dr. Sayson is a Lieutenant Commander for the Philippine Coast Guard Auxiliary, 103rd Squadron and also the founder of Project Michelangelo Foundation ([www.projectmichelangelo.org](http://www.projectmichelangelo.org)), an empowerment organization for children with life-threatening illnesses & physical disabilities, those abused, neglected, & orphaned. Dr. Sayson also serves as a competition judge & choreographer for the North American Natural Bodybuilding Federation (NANBF) as well as a certified judge for the Miss Illinois/Miss America Organization. He is author (with three-time New York best seller James Riordan) of the motivational & spiritual book titled "Springboard to Heaven, the Jojo Sayson adventure ([www.jojosayson.com](http://www.jojosayson.com)).

**Rebecca W. Schultz Muir, PT, MOMT, FAAOMPT**

Ms. Schultz received her Bachelors degree in Physical Therapy in 1984 from the University of Health Sciences/Chicago Medical School. She completed Manual Therapy Part I in December 1992, Part II Manual Therapy in 1995. She is currently co-teaching the Part I Program in McHenry, Illinois. In addition, she has been employed at an Outpatient Physical Therapy Facility (Novacare Physical Therapy Clinic) in McHenry, Illinois for the last seven years.



*Ola Grimsby, Brad Jordan and Rick Hobusch*

**Sopler, Didrik PhD, LA-C**

Dr. Sopler received his Ph.D. from the Los Angeles University in California and his Doctor's Degree in Acupuncture from the Swedish Academy of Chinese Medicine in Sweden. In addition to his position on the faculty and Board of Directors for the Ola Grimsby Institute, he has been in private practice for more than 35 years implementing functional medicine principles and nutrition in addition to manual therapy treatments, exercise and acupuncture. He has lectured extensively for many years and has received invitations to teach courses, speak at national conferences and state chapter meetings both in the US, Europe and Asia. He has authored more than 40 articles, 5 books and a diet-lifestyle program.

**Cindy Unsleber, PT, MSPT, OCS, FAAOMPT**

Cindy received her Master of Science degree in Physical Therapy from Grand Valley State University in Michigan in 2000. She became a board-certified Orthopedic Clinical Specialist endorsed by the American Physical Therapy Association in 2006. She successfully completed the Ola Grimsby Institute Orthopedic Manual Therapy Residency Program in 2008, and subsequently the Fellowship Program in 2009. She went on in 2012 to complete the OGI Part III/PhD coursework and testing as well. She has been practicing Physical Therapy in the orthopedic out-patient setting for 14 years and currently practices in Seattle, Washington.

**Dan Washeck, PT, OMT, OCS, FAAOMPT**

Dan received a Bachelor of Science degree in Physical Therapy from the University of Missouri in 1998. He has completed 3 years of Post-Graduate training with the Ola Grimsby Institute including Residency, Fellowship and PhD training in Manual Therapy along with 1 year S.T.E.P Residency and 1 year Instructor apprenticeship. He has been an instructor for the OGI since 2006. His teaching experience has included residencies in Seattle, St. Louis as well as certification programs and numerous short-term courses in Manual Therapy and S.T.E.P. (Scientific Therapeutic Exercise Progressions) nationally and internationally. Dan also completed his OCS (Orthopedic Certified Specialist) from the APTA in 2004 and obtained Fellowship Status with the A.A.O.M.P.T in 2005. He serves as an Instructor, Examiner and Board member of the O.G.I and is currently a partner at STLPT-Lake Saint Louis, an orthopedic private practice clinic located outside of St. Louis Missouri.





Ronnie Stensnes (on behalf of his father, Ronald), Harald Frøseth and Erik Hansen receives their honorary doctorates.

## ACADEMIC PROGRAMS

### Certification in Orthopedic Manual Therapy (COMT)

The COMT program provides an introduction to scientific application of histology, neurophysiology, traumatology and biomechanics into a modern clinical manual therapy approach. This collection of weekend seminars provides a critical thinking model for applying hands on soft tissue techniques, joint mobilization/manipulation for both extremities and spinal joints.

- Courses and examinations can be completed in 1 year, or spread out over a 3-year period.
- The courses can be taken in any order, but it is recommended that the MT1 course is taken first, or early in the course series, to provide more complete scientific rationale for procedures demonstrated.
- For enrolled COMT participants, additional reading and online testing may be required for credit hours associated with some of the courses.
- Examination weekend includes a review, written and practical examinations.
- Payments can be spread out with the registration of each course, and are not required upfront.
- Out of Class Hours - 64 hours
- In Class Hours- 112 hours

### Clinical Certification Outline (COMT)

<i>Course</i>	<i>Course Title</i>	<i>Hours</i>
MT1	Scientific Rational for Manual Therapy (seminar or home study)	16
MT2	Manual Therapy for the Cervical Spine and Upper Quarter	16
MT3	Manual Therapy for the Lumbar Spine and Lower Quarter	16
MT6	Introduction to Spinal Manipulation	16
MT7	Advanced Soft Tissue Mobilization	16
MT8	Manipulation of the Extremity Joints	16
Exam	Review / Examination weekend	16

Hosting: If your clinic would like to host the COMT course series with courses open to the public, you can earn 1 free spot for every 10 paid participants. If your clinic would like to host a closed COMT course series the class would need 18 participants or more, with the clinic still receiving 2 free participants. The OGI can provide closed courses for your staff over a 1 or 2 year period. Please contact the OGI office for details on course hosting (800-646-06128).

\* COMT courses earn credits hours toward the Residency (Doctor of Manual Therapy) or Fellowship programs.

## **CREx: Certification in Rehabilitative Exercise**

The COMT program provides an introduction to scientific application of histology, neurophysiology, traumatology and biomechanics into a modern clinical manual therapy approach. This collection of weekend seminars provides a critical thinking model for applying hands on soft tissue techniques, joint mobilization/manipulation for both extremities and spinal joints.

- Courses and examinations can be completed in 1 year, or spread out over a 3-year period.
- The courses can be taken in any order, but it is recommended that the MT1 course is taken first, or early in the course series, to provide more complete scientific rationale for procedures demonstrated.
- For enrolled CREx participants, additional reading and online testing may be required for credit hours associated with the courses.
- Examination weekend includes a review, written and practical examinations.
- Payments can be spread out with the registration of each course, or divided monthly.
- Out of Class Hours- 64 hours
- In Class Hours- 112 hours

<i>Course</i>	<i>Course Title</i>	<i>Hours</i>
STEP1	Shoulder and Upper Quarter	16
STEP2	Knee, Ankle and Foot	16
STEP3	Hip, Pelvis and Sacroiliac Joint	16
STEP4	The Lumbar Spine	16
STEP5	The Cervical Spine	16
STEP6	The Upper Cervical Spine, TMJ and Ocular System	16
STEP7	Review / Examination weekend	16

The CREx program provides clinical application of histology, neurophysiology, traumatology and biomechanics into a modern clinical exercise rehabilitation approach. Six prerequisite seminars, course reading and an exercise project culminate in a weekend of review and examination. Requirements include:

- Complete all 6 STEP seminars - In any order.
- Complete a home study test after each seminar associated with the seminar, additional videos and required reading from the STEP course book series ([www.lulu.com](http://www.lulu.com)).
- Submission of a unique exercise from concepts of each seminar unit

- Complete a final project (protocol, literature review or case study).
- Written and practical examination
- Upon successful completion of all areas and demonstration of competency and safety, the Physical Therapist will be issued a Certification in Rehabilitative Exercise and will be able to use the “CREx” letters after their name indicating the earned specialization.
- Open to PTs, PTAs, OTs and ATCs



## ORTHOPAEDIC RESIDENCY PROGRAMS

### Year I: Doctor of Manual Therapy (DMT)

The DMT residency program is one year in length and it is offered throughout the U.S., Europe and Asia. The program consists of supervised instructions that can be completed one of two ways (Independent Study Residency or On-Site Residency). Either a Certificate of Completion or a Doctorate of Manual Therapy (DMT) will be awarded upon successful completion from either of the two programs. The basic sciences and an evidence-based background in clinical practice form the curricular foundation of assessment and treatment interventions for spinal and extremity dysfunctions. The instruction includes methods to improve clinical reasoning and problem solving which will assist with the development of a patient diagnosis as well as the patient's plan of care. Interventions taught will be manual therapy based with emphasis on soft tissue techniques, articulations (i.e. oscillations, mobilizations, and manipulations of the spine and extremities), and specific exercise dosing principles. Residents will participate in a clinical supervision experience with an OGI approved instructor for a minimum of 150 1:1 contact hours. The resident must receive approval regarding his/her research topic and complete a scientific inquiry toward a dissertation. Enrollment begins in September with an application deadline of November 1st for classes beginning in December. During the program, residents are responsible for all travel and lodging costs that may be incurred.

## Residency Hours

Course Codes	Course Title	Class Hours	Self Study Hours	Total Hours	CEUs	European Credits (ECTS)
DMT 600	History of Manual Therapy	2	6	8	0.8	0.32
DMT 602	Biomechanics	4	12	16	1.6	0.64
DMT 604	Clinical Histology	4	16	20	2	0.80
DMT 605	Applied Neurophysiology	4	16	20	2	0.80
DMT 606	Clinical Traumatology	3	12	15	1.5	0.60
DMT 608	General Assessment	4	16	20	2	0.80
DMT 609	Exercise Physiology	5	20	25	2.5	1.00
DMT 620	MT Digits, Hand and Wrist	14	28	42	4.2	1.68
DMT 621	MT of the Elbow	12	24	36	3.6	1.44
DMT 622	MT of the Shoulder	24	48	72	7.2	2.88
STEP 100	STEP for the Shoulder and Upper Quarter	16	32	48	4.8	1.92
DMT 625	MT of the Foot and Ankle	8	16	24	2.4	0.96
DMT 626	MT of the Knee	16	32	48	4.8	1.92
DMT 627	MT of the Hip	8	16	24	2.4	0.96
DMT 630	MT of the Lumbar Spine	16	32	48	4.8	1.92
STEP 400	STEP for the Lumbar spine	16	32	48	4.8	1.92
DMT 635	MT of the Sacroiliac Joints	10	20	30	3	1.20
DMT 640	MT of the T-Spine and Ribs	10	20	30	3	1.20
MT6 680	Introduction to Spinal Manipulation	16	48	64	6.4	2.56
DMT 641	MT of the Cervicothoracic Spine	10	20	30	3	1.20
DMT 642	MT of the Mid Cervical Spine	10	20	30	3	1.20
DMT 643	MT of the Upper Cervical Spine	10	20	30	3	1.20
DMT 644	MT of the TMJ Joint	10	20	30	3	1.20
MT5 617	Clinical Reasoning and Problem Solving	24	48	72	7.2	2.88
DMT 650	Clinical Mentoring 1	150	20	170	17	3.00
DMT 670	Research / Case study	10	40	50	5	2.00
	Clinical work / available instructor	440	0	440	0	0.00
DMT 699	<b>Written Examination</b>	5	0	5	0	0.00
	Practical Review	12	12	5	0	0.00
DMT 699	<b>Practical Examination</b>	1	1	2	0	0.00
<b>Total</b>		<b>874</b>	<b>647</b>	<b>1502</b>	<b>88.40</b>	<b>31.56</b>

## 12-MONTH ON-SITE DMT PROGRAM REQUIREMENTS IN THE US:

- In Class Hours- 874 total hours – including clinical mentoring hours
- Out of Class Hours- 647 total hours
- The student will meet 24 weekends (including Practical/Written Exams as the last weekend) 12-month period with an OGI Faculty member.
- Students are also required to attend 4 seminars as part of their Residency (DMT) curriculum— 2-day courses (MT6 Introduction to Spinal Manipulation), STEP1: Shoulder and Upper Quarter, STEP4: Lumbar Spine and a 3-day Clinical Problem Solving (MT5) course.
- Students are NOT required to attend additional courses, but are highly encouraged to do so. These courses include:
  - 2 Day MT2 Summary of Cervical Spine and Upper Extremities Course
  - 2 Day MT3 Summary of Lumbar Spine and Lower Extremities Course
- 1:1 Clinical Mentoring Hours- 150 hours
- Students will perform 150 hours of 1:1 clinical supervision with an OGI Faculty member. There is no fee for this clinical supervision; however, the student is responsible for all costs related to performing this clinical experience. Students are required to have the following items in order to complete the clinical supervision:
  - Licensure in state where clinical experience is being performed.
    - Proof of liability insurance to cover clinical experience (if necessary).
    - CPR Certification
    - HIPAA Certification (This can be obtained online.)
    - OSHA Blood Borne Pathogen certification.
    - TB/Hepatitis B/Immunizations (Obtain from Family Physician)
- Supervised Clinical Hours- 440 hours  
Students are also required to perform an additional 440 hours of clinical supervision that can be performed at the students routine work environment, however, they will be in contact with an OGI Faculty member via phone, e-mail, etc during that clinical time.
- Research: Students must have an end result of Institutional Review Board (IRB) approval for a clinical research study. This will involve choosing a relevant topic, performing a review of the literature, developing a methodology, and learning to and submitting the proper paper work for IRB approval to perform the study. This is an accepted practice among university faculty for the purpose of performing research. IRB approval will be necessary for the conference of the degree of DMT.
- During the program, residents are responsible for all travel and lodging costs that may be incurred.



## 12-MONTH INDEPENDENT STUDY DMT PROGRAM REQUIREMENTS IN THE US

- In Class Hours- 748 total hours
- Out of Class Hours- 865 total hours
- Students will complete 16 Home Study Modules at home under the supervision of an OGI Faculty member for a 12-month period.
- Included in the in-class hours are 6 mandatory courses:
  - 2 Day MT6: Introduction to Spinal Manipulation course
  - 3 Day MT5: Clinical Problem Solving course
  - 2 Day MT2 Summary of Cervical Spine and Upper Extremities Course
  - 2 Day MT3 Summary of Lumbar Spine and Lower Extremities Course
  - 2 Day STEP1: Shoulder and Upper Quarter
  - 2 Day STEP4: Lumbar Spine
- Students are NOT required to attend additional courses, but are highly encouraged to do so. These courses include: STEP2: Knee and Ankle, STEP4: Cervical Spine and MT7: Soft Tissue Mobilization
- 1:1 Clinical Mentoring Hours- 150 hours
- Students will perform 150 hours of 1:1 clinical supervision with an OGI Faculty member. There is no fee for this clinical supervision. However, the student is responsible for all costs related to performing this clinical experience. Students are required to have the following items in order to complete the clinical supervision:
  - Licensure in state where clinical experience is being performed.
  - Proof of liability insurance to cover clinical experience (if necessary).
  - CPR Certification
  - HIPAA Certification (This can be obtained online.)
  - OSHA Blood Borne Pathogen certification.
  - TB/Hepatitis B/Immunizations (Obtain from Family Physician)
- Supervised Clinical Hours- 440 hours  
Students are also required to perform 440 hours of clinical supervision that can be performed at the students routine work environment, however, they will be in contact with an OGI Faculty member via phone, e-mail, etc during that clinical time.
- Research Portfolio: Students must have an end result of Institutional Review Board (IRB) approval for a clinical research study. This will involve choosing a relevant topic, performing a review of the literature, developing a methodology, and learning to and submitting the proper paper work for IRB approval to perform the study. This is an accepted practice among university faculty for the purpose of performing research. IRB approval will be necessary for the conference of the degree of DMT
- During the program, students are responsible for all travel and lodging costs that may be incurred.

## 12-MONTH TRANSITIONAL DMT PROGRAM REQUIREMENTS

We are pleased to offer this transition program from previous CCP and COMT graduates of the OGI. This program allows you to build on the coursework completed in the Certification programs.

- In Class Hours- 874 total hours – including clinical mentoring hours
- Out of Class Hours- 647 total hours
- Students will complete Home Study Modules at home under the supervision of an OGI Faculty member for a 12-month period.
- Required courses are dependent upon the Certification program completed:

<input type="checkbox"/> <i>CCP Students (2013 and prior):</i>	<input type="checkbox"/> <i>COMT Students (2014 to present):</i>
<ul style="list-style-type: none"><li>• MT3i: 2-Day Advanced MT of Extremity and Spinal</li><li>• MT6: 2-Day Introduction to Spinal Manipulation</li><li>• STEP1: Shoulder and Elbow</li><li>• STEP4: Lumbar and Thoracic</li><li>• MT5: 3-Day Clinical Problem Solving Course</li></ul>	<ul style="list-style-type: none"><li>• MT3i: 2-Day Advanced Manual Therapy of Extremity and Spinal</li><li>• STEP1: Shoulder and Elbow</li><li>• STEP4: Lumbar and Thoracic</li><li>• MT5: 3-Day Clinical Problem Solving Course</li></ul>

- 1:1 Clinical Mentoring Hours- 150 hours
- Students will perform 150 hours of 1:1 clinical supervision with an OGI Faculty member. There is no fee for this clinical supervision. However, the student is responsible for all costs related to performing this clinical experience. Students are required to have the following items in order to complete the clinical supervision:

- Licensure in state where clinical experience is being performed.
- Proof of liability insurance to cover clinical experience (if necessary).
- CPR Certification
- HIPAA Certification (This can be obtained online.)
- OSHA Blood Borne Pathogen certification.
- TB/Hepatitis B/Immunizations (Obtain from Family Physician)

- Supervised Clinical Hours- 440 hours

Students are also required to perform 440 hours of clinical supervision that can be performed at the students routine work environment, however, they will be in contact with an OGI Faculty member via phone, e-mail, etc during that clinical time.

- Research Portfolio: Students must have an end result of Institutional Review Board (IRB) approval for a clinical research study. This will involve choosing a relevant topic, performing a review of the literature, developing a methodology, and learning to and submitting the proper paper work for IRB approval to perform the study. This is an accepted practice among university faculty for the purpose of performing research. IRB approval will be necessary for the conference of the degree of DMT

- During the program, students are responsible for all travel and lodging costs that may be incurred.

**The Ola Grimsby Institute also offers the following Year II and Year III programs. The Year I Doctor of Manual Therapy (DMT) is a prerequisite for the Year II: Manual Therapy Fellowship and Year III: PhD in Orthopedic Manual Therapy).**

## **YEAR II: MANUAL THERAPY FELLOWSHIP REQUIREMENTS IN THE US**

- In Class Hours- 810 total hours – includes mentorship clinical hours
- Out of Class Hours- 445 total hours
- Fellows will meet 12 weekends (including 3 weekend seminars and the Written/Practical Exams as the last weekend) 12-month period with an OGI Faculty member.
- The required 2-day course seminars are MT6 Advanced Spinal Manipulation, STEP2 Knee/ankle and STEP5 Cervical spine.
- Fellows will perform 150 hours of 1:1 clinical supervision with an OGI Faculty member. There is no fee for this clinical supervision; however, the fellow is responsible for all costs related to performing this clinical experience. Fellows are required to have the following items in order to complete the clinical supervision:
  - Licensure in state where clinical experience is being performed.
  - Proof of liability insurance to cover clinical experience (if necessary).
  - CPR Certification
  - HIPAA Certification (This can be obtained online.)
  - OSHA Blood Borne Pathogen certification.
  - TB/Hepatitis B/Immunizations (Obtain from Family Physician)
- Supervised Clinical Hours- 440 hours. Fellows are also required to perform 440 hours of clinical supervision that can be performed at the fellows routine work environment, however, they will be in contact with an OGI Faculty member via phone, e-mail, etc during that clinical time.
- During the program, fellows are responsible for all travel and lodging costs that may be incurred.
- Dissertation Proposal: The student will perform the study that has been approved by the IRB. Once completed, the student will write up the study for publication in a prestigious peer reviewed journal. Revisions will be made as requested by the editorial staff at the journal. Response to the requests and resubmission of at least two attempts are recommended as most articles are not accepted after first submission. We recommend resubmitting twice after the original submission to give you the best opportunity to be published.



## Fellowship Hours

Course Codes	Course Title	Class Hours	Self Study Hours	Total Hours	CEUs	European Credits (ECTS)
FSP 700	Models of Pathology	1	2	3	0.3	0.12
FSP 710	Clinical Psychology	1	2	3	0.3	0.12
FSP 715	Clinical Problem Solving	1	2	3	0.3	0.12
FSP 720	Medical Screening	1	2	3	0.3	0.12
FSP 735	Applied Neurophysiology	3	6	9	0.9	0.36
FSP 740	Advanced MT of the Wrist	4	8	12	1.2	0.48
FSP 745	Advanced MT of the Elbow	8	16	24	2.4	0.96
FSP 750	Advanced MT of the Shoulder	8	16	24	2.4	0.96
FSP 755	Advanced MT of the CT and Mid Cervical Spine	16	32	48	4.8	1.92
FSP 760	Advanced MT of the TMJ Joint	8	16	24	2.4	0.96
STEP 500	STEP for the Cervical Spine	16	32	48	4.8	1.92
FSP 765	Advanced MT of the Foot and Ankle	12	24	36	3.6	1.44
FSP 770	Advanced MT of the Knee	12	24	36	3.6	1.44
FSP 775	Advanced MT of the Hip	8	16	24	2.4	0.96
FSP 785	Advanced MT of the Lumbar Spine	18	36	54	5.4	2.16
STEP 200	STEP for the Knee and Ankle	12	24	36	3.6	1.44
FSP 780	Advanced MT of the Sacroiliac Joints	8	16	24	2.4	0.96
FSP 790	Advanced MT of the T-Spine and Ribs	8	16	24	2.4	0.96
FSP 791	Advanced Clinical Problem Solving	15	30	45	4.5	1.80
MT8 780	Extremity Manipulation	16	32	48	4.8	1.92
MT9 782	Advanced Spinal Manipulation	16	32	48	4.8	1.92
FSP 795	Clinical Mentoring 2	150	20	170	17	6.80
FSP 797	Research	10	40	50	5	2.00
	Clinical work / available instructor	440	0	440	0	0.00
FSP 799	Written Examination	5	0	5	0	0.00
	Practical Exam Review	12	0	12	0	0.00
FSP 799	Practical Examination	1	1	2	0	0.00
<b>Total</b>		810	445	1255	<b>79.60</b>	<b>31.84</b>

## YEAR III: PH.D. IN ORTHOPEDIC MANUAL THERAPY REQUIREMENTS

- In Class Hours- 676 total hours
- Out of Class Hours- 579 total hours
- Students upon successful completion of the OGI Manual Therapy Fellowship will meet 12 weekends (including Written/Practical Exams as the last weekend) 12 month period with an OGI Faculty member.
- 1:1 Clinical Mentoring Hours- 40 hours Students will perform 40 hours of 1:1 clinical supervision with an OGI Faculty member. There is no fee for this clinical supervision; however, the student is responsible for all costs related to performing this clinical experience. Students are required to have the following items in order to complete the clinical supervision:
  - Licensure in state where clinical experience is being performed.
  - Proof of liability insurance to cover clinical experience (if necessary).
  - CPR Certification
  - HIPAA Certification (This can be obtained online.)
  - OSHA Blood Borne Pathogen certification.
  - TB/Hepatitis B/Immunizations (Obtain from Family Physician)
- Supervised Clinical Hours- 440 hours. Students are also required to perform 440 hours of clinical supervision that can be performed at the students routine work environment, however, they will be in contact with an OGI Faculty member via phone, e-mail, etc during that clinical time.
- During the program, students are responsible for all travel and lodging costs that may be incurred.
- Doctoral Dissertation: Year 3 is the completion of the Doctoral Dissertation development process and uses the students' approved prior study as the point of departure for collecting, analyzing, and interpreting the data and composing the Dissertation manuscript. As was the case in the two previous years, completion of the Doctoral Dissertations involves interactions with the Personal Research Mentors who were assigned in year 1 and whose role continues to be leading the students through the activities associated with collection of their data and the composition of the Dissertation manuscript. The student will expand his/her research study and expand all areas to appropriately fit the format of a PhD dissertation. There is a step-by-step process that includes relevant "handouts" to assist the student in successful completion of his/her Dissertation Manuscript. Students who need assistance in analyzing and interpreting their data can obtain the services of methodologists/ statisticians for this purpose. The DSC Chairs and Members provide suggestions for improvement, after the students and their Mentors have produced a complete copy of the Dissertation manuscript. Once the DSCs have approved the Dissertation manuscripts, students schedule Oral Defenses that will take place in mid-January in Salt Lake City, on days/times that are compatible with the schedules of their DSCs. Following successful completion of their Oral Defenses, students respond to suggestions for improvement that may grow out of their Oral Defenses, produce clean copies of their Dissertations, obtain the signatures of their DSCs.

*\*Note: The Ola Grimsby Institute is not accredited by a regional or national accrediting agency recognized by the United States Department of Education. The Ola Grimsby Institute programs are registered according to legal guidelines in the State of Utah. The OGI Residency and Fellowship Program is credentialed by the American Physical Therapy Association.*

## Ph.D. Course Outline

Course Code	Course Title	Class Hours	Study Hours
PHD 800	Advanced Spinal Biomechanics		
PHD 805	Advanced Pathology		
PHD 810	Clinical Radiology of the Spine	7	6
PHD 815	Surface EMG		
PHD 820	Nutrition and Supplementation	4	15
PHD 825	Advanced Clinical Reasoning	16	8
PHD 830	Advanced Manual Intervention of the Spine	16	8
PHD 835	Observation in Surgical Procedures	16	15
PHD 840	Scientific Inquiries	16	10
PHD 845	Case Studies / Class Presentations	16	10
STEP 300	Exercise for Hip and Pelvis	16	15
STEP 600	Exercise for the Upper Cervical Spine, Ocular and TMJ	16	15
PHD 750	Clinical supervision (1:1)	40	N/A
PHD 760	Clinical work	440	N/A
PHD 890	Research portfolio	N/A	150-250
PHD 899	Written/practical exams	December	N/A
Total PhD hours: 1466			

## RULES AND REGULATIONS FOR THE WRITTEN EXAM

The written exams are performed at the same date and hour for all candidates throughout all DMT programs in the United States.

The local faculty instructor will see that:

- A. A suitable facility is located, large enough to provide a separate space for each candidate. This is important to avoid disturbances and to prevent illegal behavior.
- B. A representative of the Ola Grimsby Institute will be available for the first hour of the examination to make sure that all students are logged in and will clarify any questions that the student may have.
- C. The proctor will be given directions to assist the students to log in and find the final examination. The student will also be given a number for the essay portion. This number will be written on the top of every essay sheet including scratch paper. The candidate will not write his/her name on any sheet paper including their scratch paper.

- D. The essay questions will be handed out by an impartial individual who will act as the proctor. The exams will not be looked at prior to the start of the examination.
- E. The local faculty instructor or proctor will hand out scratch paper and paper to answer the essay question.
- F. The candidate has five (5) hours maximum to answer the questions on OGI online testing site and to finish the essay question(s).
- G. One or two local inspectors (proctors) will be in the exam facility at all times during the exam.
- H. The candidates may not leave the room during the exam without being given permission by a proctor.
- I. The essay exam answers are forwarded to the examiners in sealed envelopes by mail or scanned.
- J. The candidates' exam numbers are stored in a sealed envelope, which will not be opened until the examiners have evaluated all the answers.
- K. The questions asked are generally related to four areas, and the exam is to be answered in short essay and multiple choice forms.
  - 1. Question from anatomy/neuro-anatomy.
  - 2. Question from biomechanics.
  - 3. Question from pathology/physiology/trauma.
  - 4. Question from the clinic, integrating theoretical knowledge and clinical skill.
- L. One essay question will be given that will be related to any of the topics covered in "J".

## **GUIDELINES FOR ANSWERING ESSAY TEST QUESTIONS**

### **General Instructions:**

- 1. Read the questions with the proctor/inspector and ask for any clarification of the question if needed (i.e. definition of a word, etc.).
- 2. Re-read the question to yourself. You may want to underline specific words in the question like; draw, describe and list to make sure you answer all parts of the questions.
- 3. You should briefly outline how you are going to answer the short essay questions on a scratch sheet of paper first. Then write your composition in a narrative essay format. Do not answer in an outline or incomplete sentence format. You can use lists and other devices, but you must use sentences to describe what you list, etc.
- 4. When writing your short essay question, tie together your information in a rational structured manner, do not fill in with information not relevant to the question asked (i.e. R.O.M. on an anatomy question).
- 5. When drawing, use more than one view if it will help with orientation. Don't forget to label your drawings.
- 6. The test usually consists of one the areas of study with each question possibly having subset parts to answer. The number of total pages varies from student to student.
- 7. You should bring nourishment in the form of snacks, fruit, or drink due to the length of time to complete the test.
- 8. When you have completed the test make sure your exam number is on every page of your examination, that you have your pages in the correct order and that you have

put the question sheet on top and the scratch sheets on the bottom. Your scratch sheets are reviewed for extra points if you have forgotten something in your answer.

Suggestions for answering different types of questions:

### 1. Anatomy/Neuro-anatomy (Draw and Describe)

- a) Bone - everything about the bony structure, all its parts, process, angles, radii of curvature, etc.
- b) Joints - where on the bony structure the joint is located, structural classification, functional classification (oid, sellar), degrees of freedom, the joint plane (direction the joint surfaces face), cartilage type on and between joint surfaces, synovium if present and synovial fluid, capsule and the various ligaments of that joint or joint complex.
- c) Disc - describe all parts.
- d) Neurology - related innervations to all structures (i.e., joint capsule, ligaments, muscle and all other tissues - include mechanoreceptors)
- e) Muscles - include all related to this joint, vertebral segment, etc. If the question is specific to muscles, include a description of attachments, nerve innervation with neurological segments, and actions. Blood supply - describe vessels (arteries and veins) for the vertebral segment or anatomical joint.

### 2. Biomechanical Question (Draw and Describe)

- a) Bony parts that are participating.
  - b) Joint geometry and functional classification with degrees of freedom, axes and their change of position, planes of movement.
  - c) Relate arthrokinematics to osteokinematics.
  - d) Include menisci, capsule and ligaments that may contribute to the motions.
  - e) Include myodynamics and gravity if relevant to the question.
- May need to break the movement down into phases for more clarity (i.e. shoulder arthrokinematics).

### 3. Pathology Question

- a) Define the disorder/dysfunctions/disease/syndrome.
- b) Classify the problem according to causes, type of onset, various structures involved.
- c) Give the clinical features: history with a profile of the typical patient, temporal considerations of signs and symptoms and other relevant conditions; physical examination and other investigations (blood work, diagnostic imaging).
- d) Differential diagnosis - other closely related problems to be ruled out and how one would do that.
- e) Course and complications of the problem.
- f) Prognosis.

#### 4. Evaluation and Treatment

- a) Physical - All relevant evaluation procedures methods of elimination to define function and/or tissue diagnosis.
  - acute care and prophylaxis: R.I.C.E., when, why, what, how.
  - soft tissue treatment: when, why, what, how.
  - joint mobilization/stabilization: when, why, what, how.
  - reconditioning/O.S.R./healing (STEP): when, why, what, how.
  - home exercises program and prophylaxis: when, why, what, how.
  - progression of treatment: when, why, what, how.
- b) Nutritional/Medical
- c) Surgical

### RULES FOR THE EVALUATION OF WRITTEN EXAMS

- A. The examiners are faculty members who have passed examinations in the highest degree of Manual Therapy and one elected by the Board of Directors.
- B. The examiners will develop the questions in cooperation with the program Instructors.
- C. The exam grading system is performed according to common standards (see page 10).
- D. The exam answers (including scratch paper) will be forwarded to the administration via mail or scanned by the exam proctor.
- E. The administration will forward a copy of each exam to two examiners. The two examiners will work independent of each other and use the standard grading system.
- F. The two examiners compare and discuss their evaluations after both examiners have finished all evaluations.
- G. Their results are signed and forwarded to the Ola Grimsby Institute, which will inform the candidates and their instructors about the results of the exam.
- H. If the candidate fails the written exam he/she must retake the exam before he/she can sit for the practical exam.

### PRACTICAL EXAMINATION POLICIES AND PROCEDURES

#### A. Description

The purpose of the practical examination is to evaluate a student's performance and rationale for evaluation and treatment procedures as well as basic principles that are taught in the curriculum. The examiners will greet the student at each station, the student will then be asked to sign a video release acknowledging that the examination is being taped for future review if needed. The student then will be asked to choose a slip of paper from a selection of exam questions. Each slip of paper has one question relating to that station's topic (Examination, Treatment or Exercise). The student will begin their performance when the time starts. The examiners will ask the student if they need to see other techniques or question the performance. The student will be told when the allotted time has been completed and be directed to the next station. The students will be given an approximate time when the results will be announced. The results will be posted by

student number at a predetermined location (with brief individual comments from the Director of the Board if the student so chooses).

### **B. Examination Preparation**

The examiners should be in the exam room no later than twenty (20) minutes prior to the first student. This is to provide the examiners ample time for setting up and checking the video equipment for proper taping. The Institute will provide all video equipment. It will be the examiner's responsibility to assure proper video -taping (student name, date and time of examination). Video release forms are to be set out at this time for the student and model to sign. The day's schedule is to be posted outside the room door, as this will assure a prompt start time.

### **C. Examination Schedule**

The examinations are scheduled for sixty (60) minutes. Eighteen (18) minutes will be given at each station with two (2) minutes allowed to move between stations.

### **D. Examination Questions**

Questions for the practical examination will be prepared in advance and will include questions of:

1. Clinical problem solving, flow of procedures
2. Treatment that will include soft tissue mobilization, joint articulations/manipulations
3. S.T.E.P. principles, prophylaxis and patient education.

### **E. Examiner Role**

The examiner's role is to observe the performance of the student and critique their skills in evaluation, treatment and communication/interaction with the model. The examiners will take notes and ask relevant oral or practical questions they may have during each station to test the students thought process. The examiners are to ask questions in a proper and supportive manner. The student has the option of clarifying any questions. The instructor's task is to question and guide the student through the practical exam.

### **F. Examiner Intervention**

At no time shall the examiner physically interfere with the performance of the student. If there is a question, the examiner can evaluate the model at a time when such evaluation will not interfere with the performance of the student. An exception will only be made in the case when the model is in danger of injury.

### **G. Confidentiality**

There is to be a "closed door policy" for any discussion as it relates to the examination process, a student's performance or examination results. Instructor/examiners will make sure that if there is any discussion, it will be done in complete privacy so as not to be overheard by any other individuals.

### **H. Examination Scoring**

The examiners at each station will score the students performance using the Practical Examination Scoring Form. The student needs an overall score of the three stations to be greater than 80% for a passing score.



## **I. Test Results**

Student numbers with the corresponding examination results will be posted at a predetermined location. The students will have the opportunity to have the Director of the Board of Examiners (or someone appointed by the Director) give the student the comments of the examiners at the time of the postings.

## **J. Review Period**

A student who wishes to challenge an examination score may do so in writing within thirty (30) days of the examination date. The examination committee will review his/her video and a response will be given in writing within two (2) months of the letter date. The student will need to contact the administrative office if he/she wishes to be scheduled for a retake.

## **K. Storage of Video SD cards**

The SD cards of the student's performance will be held at the administrative office of the Ola Grimsby Institute, 1560 140th Ave NE, Bellevue, WA 98005, for six (6) months after the examination.

## **L. Retakes of the Examination**

The student will be responsible for all expenses incurred for administrative, travel, room and board costs for the examiners, as well as for themselves. The student will be required to retake the written part of the test if he/she does not pass the practical retake in one (1) year's time of the original test. The administrative office will schedule the retake. The retake procedures will follow the same format as described in this section.

## **M. Challenging the Examination**

Due to the specificity and intensity of the program, the written or practical examinations cannot be challenged. All candidates wishing to take either part of the examination process must complete the residency curriculum and have the recommendation of the instructor to sit for the written and practical examinations.

## **N. Appearance**

The student and examiners should be dressed in professional attire that present the profession and the Ola Grimsby Institute in a positive manner. Men should wear dress slacks, dress shirt and tie (optional). Women should wear slacks or skirt and a blouse.

### **RULES FOR EVALUATION OF THE PRACTICAL EXAMS:**

- A. Practical Part I exam questions are pre-produced and typed on paper strips by the Board of Examiners.
- B. The Examiner will receive the candidate in a kind and casual way to prevent unnecessary nervousness and stress.
- C. The candidate will be asked to choose one paper strip and state the number and question.
- D. During the candidates' demonstrations, Examiner should, if possible, guide the candidate through the flow to assure performing as many tasks as possible for maximum scoring.

- E. Following the demonstrations, the Examiner may ask the candidate questions about the question presented.
- F. The Examiner will take notes during the demonstrations/examinations and score the candidate's competency according to the examination grading form.
- G. The results of the practical exam are announced after the last candidate has been examined each day.
- I. The exam grading system is performed according to this catalog and the Board of Examiners announces the result passed/not passed.
- J. The exam results will be posted by student number by the end of the day (with brief individual comments from the Director of the Board if the student so chooses), then signed and forwarded to the Institute.
- K. The candidate's clinical performance during Part I exam is expected to meet the required standard for technical skill of evaluation (flow of procedures). In addition, students will demonstrate their ability to perform clinical problem solving as well as present a treatment plan and demonstrate treatment progressions.

