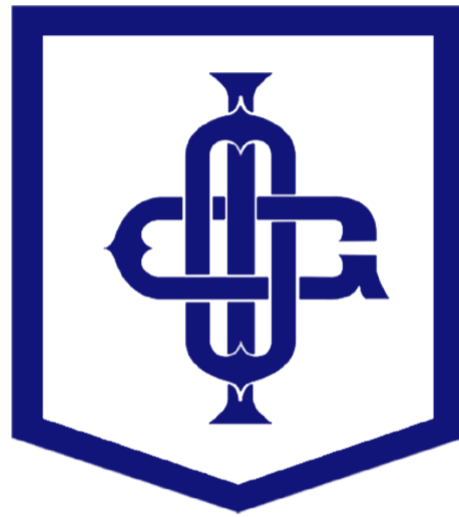




Student Catalogue



Certification in Orthopaedic Manual Therapy (COMT)

www.olagrimsby.com
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San Marcos, CA 92078

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Foreword

For more than five decades, the Ola Grimsby Institute has been a beacon of innovation in orthopedic manual physical therapy, pioneering the integration of micro sciences—such as histology, neurophysiology, traumatology, and biomechanics—into clinical practice. Founded by Ola Grimsby, who elevated Norwegian manual therapy traditions to international prominence, OGI has educated thousands of clinicians, emphasizing evidence-based approaches that preceded contemporary standards. As a global leader, we offer weekend courses and certifications like COMT and STEP, advocating for holistic care that transforms therapists into masterful healers. This catalogue is your comprehensive, inspiring companion—a practical handbook for your studies and a testament to a legacy of superior patient outcomes.



"Pioneering Manual Therapy Since the 1970s."

Letter from the COMT Director

Dear Prospective COMT Participants,

As the Director of the Certification in Orthopaedic Manual Physical Therapy at the Ola Grimsby Institute, I am profoundly honored to invite you to a program that embodies the pinnacle of scientific manual therapy education. With my extensive background in myofascial restoration and advanced degrees, I have witnessed how OGI's curriculum empowers therapists to deliver unparalleled, holistic care. Whether through individual weekend courses or hosted series, the COMT instills a deep understanding of micro sciences, enabling precise interventions that accelerate healing and prevent recurrence. Embrace this transformative journey, where your refined skills will not only enhance patient lives but also redefine your role as a therapist.

Warmest regards,



Joel Anderson, DPT, MOMT, FAAOMPT, PhD - COMT Director



"Guiding Excellence in Manual Therapy."

Our Guiding Principles

Mission Statement

The Ola Grimsby Institute is dedicated to advancing orthopedic manual physical therapy through innovative, evidence-based education that equips clinicians to deliver exceptional patient care worldwide.

Philosophy of the Ola Grimsby Institute

The philosophy of the Ola Grimsby Institute harmonizes rigorous scientific inquiry with compassionate, patient-centered practice, rooted in Norwegian manual therapy traditions since the 1970s. We prioritize the application of micro sciences to optimize tissue repair, neurological normalization, and biomechanical restoration, ensuring that every intervention contributes to enduring therapeutic success.

People Helping People

The Ola Grimsby Institute cultivates a collaborative ethos where faculty members mentor participants, amplifying shared knowledge and clinical proficiency. Graduates often reflect on how this supportive community has reignited their commitment to assisting patients in achieving functional independence through scientifically grounded strategies.

Knowledge and Practice

The Ola Grimsby Institute bridges cutting-edge research in histology, neurophysiology, and biomechanics with immersive laboratory experiences, enabling participants to translate theoretical insights into practical clinical applications that yield accelerated and more effective patient outcomes.

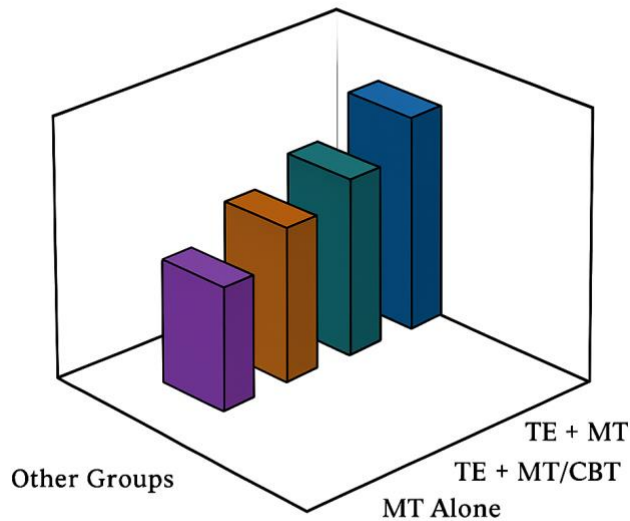
On-Going Education

The COMT certification serves as a gateway to lifelong professional development, offering flexible completion of modules through weekend courses over one to three years. Participants can seamlessly advance to the STEP certification for holistic integration, ensuring their expertise evolves in concert with scientific progress.

Quality Patient Care at Less Cost

Our evidence-based methodologies streamline therapeutic processes, reducing treatment durations and costs while maximizing efficacy. By employing precisely dosed stimuli for tissue regeneration and joint mobilization, OGI-trained clinicians facilitate swift mobility improvements, delivering high-value care that benefits patients and healthcare systems alike.

Pain Reduction Outcomes CNSNP Treatments (2024 Review)



“Bar chart illustrating the relative effectiveness of treatments, including Manual Therapy (MT) and Therapeutic Exercise (TE), for pain reduction in Chronic Non-Specific Neck Pain (CNSNP), based on a 2024 systematic review. TE + MT shows a 91% probability of being the best choice at the first visit, with significant pain score reductions also observed in TE + MT/CBT and MT alone.”

Administrators

Meet the visionary leaders who steer the Ola Grimsby Institute toward unparalleled excellence in rehabilitative education—dedicated pioneers whose expertise, passion, and global impact form the bedrock of CREx. With decades of collective experience in manual therapy, clinical innovation, and mentorship, our administrators are not just overseers but inspirational mentors committed to empowering the next generation of rehabilitative experts. Their guidance ensures every participant receives personalized support, fostering an environment where scientific rigor meets compassionate care, propelling you toward transformative professional growth.



Ola Grimsby Jr.



Alec Kay



Tom Mollsen



Joel Anderson



Brent Harper

- Ola Grimsby Jr., PT, MOMT, PhD, FAAOMPT, MNFF, Specialist in Manual Therapy – Chief Executive Officer A global expert advancing OGI's mission through board leadership and clinical practice.
- Alec Kay, PT, DMT, FAAOMPT, OCS, ATC – Fellowship Director With over 25 years in sports rehabilitation, mentoring residents and teaching advanced techniques worldwide.
- Tom Mollsen, PT, DMT, MPT, A.T., C., FAAOMPT – Assistant Fellowship Director More than 25 years in musculoskeletal rehabilitation, owning Midwest Manual Physical Therapy.
- Joel Anderson, DPT, MOMT, FAAOMPT, PhD – COMT Director Specialist in myofascial mobility for headaches and spinal pain, directing therapy and consulting on sports and industrial injuries.

"Our Visionary Leadership Team."



"Ola Grimsby Sr, Brad Jordan and Rick Hobusch."



"Freddy Kaltenborn, Mariano Rocabado, Ola Grimsby Sr".



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

"Standing on the Shoulders of Giants."

The Ola Grimsby Faculty



"Our Dedicated Faculty Team."

Alec Kay (PT, DMT, OCS, ATC, FAAOMPT) Anchorage, AK

Alec Kay holds a Physical Therapy degree and has practiced for over 25 years, currently serving full-time at United Physical Therapy in Anchorage, Alaska, where he is president. He completed a Master of Orthopedic Manual Therapy in 1997 and a Doctor of Manual Therapy in 2000 from the Ola Grimsby Institute, with a dissertation on the lumbar multifidus that resulted in multiple publications. Prior experience as an athletic trainer fuels his ongoing interest in sports rehabilitation.

Appointed to the Ola Grimsby Institute Post-Professional Consortium faculty, Alec teaches advanced manual orthopedic techniques locally, nationally, and internationally. He functions as Fellowship Director, mentoring fellowship students in manual therapy and family practice medicine, contributing to the field's growth through invited presentations.

Becca Catlin (PT, DMT, OCS, FAAOMPT) Seattle, WA

Becca Catlin earned a Master of Science in Physical Therapy from the University of Indianapolis in 2001, followed by an Orthopedic Clinical Specialist certification in 2004. She completed residency and fellowship programs in Orthopedic Manual Physical Therapy at the Ola Grimsby Institute in 2009 and 2010, respectively, earning a Doctor of Manual

Therapy in 2011 and a PhD in 2012. Her research focused on shoulder tissue responses to manual treatment.

Becca works full-time at Manual Therapy International in Seattle, managing the Issaquah clinic and serving on its steering and hiring committees. She teaches advanced diagnostic and treatment skills through the Ola Grimsby Institute, with special interests in injury prevention, temporomandibular disorders, headaches, and upper extremity injuries in overhead athletes.

Bill Hinson (PT, MOMT, OCS, FAAOMPT) Olympia, WA

Bill Hinson received a Bachelor of Science in Physical Therapy from the University of Puget Sound in 1988. He completed a two-year residency at the Ola Grimsby Institute in 1991, earning a Master of Orthopaedic Manual Therapy in 1996 after finishing the Part II program in 1995. He co-authored an article on the efficacy of spinal manipulation and received the Hallvard Award for Outstanding Service from the Ola Grimsby Institute in 1995.

Bill serves as director of the Certification of Orthopaedic Manual Therapy program and sits on the Ola Grimsby Institute's Board of Examiners. He has taught residency programs in Seattle and short-term courses nationwide, while working as a staff physical therapist in the outpatient department at Providence St. Peter's Hospital in Olympia, Washington.

Cathy Doll (PT, MOMT, DMT) San Diego, CA

Cathy Doll graduated summa cum laude with a Bachelor of Science in Physical Therapy from The Chicago Medical School – University of Health Sciences in 1990. She earned a Master of Orthopaedic Manual Therapy in 1996 and a Doctor of Orthopaedic Manual Therapy in 1999 from the Ola Grimsby Institute. Her dissertation examined the effects of stretching versus active range of motion on dorsiflexion.

Cathy owns Fusion Therapy in San Diego, treating patients daily while serving as faculty for the Ola Grimsby Institute since 2003. She co-authored a book on science, theory, and clinical application in orthopedic manual physical therapy. Additional certifications include yoga, Pilates, group exercise, and Qi Gong instruction, with specialties in functional medicine, chronic pain, and rehabilitation for athletes and musicians.

Chris Glatz (PT, C-STEP, FAAOMPT) Seattle, WA

Chris Glatz earned a Bachelor of Health Science in Physical Therapy from the University of Missouri in 1995. He completed a three-year residency and fellowship in orthopedic manual therapy at the Ola Grimsby Institute in 2002 and 2015, respectively, along with PhD coursework in 2005 and a Scientific Therapeutic Exercise Progressions residency in 2008. He co-authored chapters in a book series on science, theory, and clinical application in orthopedic manual physical therapy.

Chris teaches certification and short-term courses, assists with fellowship programs, and serves as the Ola Grimsby Institute's Mentoring and Professional Standards Chair. He works at Advanced Manual Therapy in Seattle as community outreach director, specializing in manual orthopedic and sports rehabilitation for athletes of all ages.

Dan Washeck (PT, OCS, FAAOMPT) St. Louis, MO

Dan Washeck graduated from the University of Missouri-Columbia in 1998 with a degree in physical therapy. He completed four years of post-graduate training at the Ola Grimsby Institute, including residency in 2002, fellowship in 2003, and PhD program in 2004, followed by a Scientific Therapeutic Exercise Progressions residency in 2007. He is an Orthopedic Certified Specialist and has authored chapters in a book series on science, theory, and clinical application in orthopedic manual physical therapy.

Dan owns Winghaven Manual Physical Therapy in Lake Saint Louis, Missouri, a teaching clinic for fellowship students. He serves on the Ola Grimsby Institute's board of examiners and teaches certification, fellowship, and international courses.

Dave Grant (MPT, COMT, FAAOMPT) St. Louis, MO

Dave Grant holds a Bachelor of Science in Exercise Science from Truman State University (1996) and a Master of Physical Therapy from Old Dominion University (2000). He completed residency, fellowship, and PhD training in orthopedic manual therapy at the Ola Grimsby Institute from 2010 to 2012, earning Certification in Orthopaedic Manual Therapy in 2009. He became a Fellow of the American Academy of Orthopedic Manual Physical Therapists in 2011.

Dave works at Axes Physical Therapy in St. Louis, Missouri, with his office in downtown Saint Louis. He has instructed for the Ola Grimsby Institute since 2014, after prior experience at a manual therapy teaching clinic in Seattle.

Gina Gatmaytan (DPT, FAAOMPT) Shoreline, WA

Gina Gatmaytan earned an undergraduate degree in exercise science in 2010 and became a Certified Exercise Physiologist through the American College of Sports Medicine. She graduated with a Doctor of Physical Therapy from the University of Washington in 2017, completing residency and fellowship training at the Ola Grimsby Institute by 2020. She achieved American Board of Physical Therapy Specialists certification in Orthopedic Physical Therapy in 2022.

Gina founded and co-owns Empower Manual Therapy in Shoreline, Washington. She mentors for the Ola Grimsby Institute fellowship program and University of Washington residency program, lectures on upper extremity neural entrapments, and develops continuing education for the American Academy of Podiatric Sports Medicine. Her interests include supporting athletes in roller derby, tricking, fire performing, and aerial arts.

Jennifer Holbourn (PT, DMT, MOMT, FAAOMPT) Memphis, TN

Jennifer Holbourn graduated from Newcastle School of Physiotherapy in Great Britain and completed postgraduate studies in mobilization with the Nordic Special Group for Manual Therapy in Norway. She achieved Le Mans therapist qualification and advanced manual therapy certification from the Ola Grimsby Institute upon moving to the United States. Her roles include clinical specialist in outpatient orthopedics and sports rehabilitation since 1994.

Jennifer teaches short courses for the Ola Grimsby Institute, serving as a placement site for clinical practice. Based in Memphis, Tennessee, she focuses on staff education and maintaining clinical standards in orthopedic manual therapy.

Jim Rivard (PT, MOMT, DMT, OCS, C-STEP, FAAOMPT) Seattle, WA

Jim Rivard earned a Bachelor of Science in Physical Therapy from the University of Puget Sound in 1988. He completed Part I residency for a Master of Orthopaedic Manual Therapy in 1991 and Part II in 1993 at the Ola Grimsby Institute, followed by a Doctorate of Manual Therapy in 2008. He achieved board certification as an Orthopaedic Clinical Specialist in 1997 and Scientific Therapeutic Exercise Progressions certification in 2008.

Jim founded and presides over MTI Physical Therapy in Seattle, continuing as a fundamental member within the Ola Grimsby Institute. He has authored books, articles, and exercise kits; conducted research on cervical exercises and blood flow; and spoken internationally. A former president of the American Academy of Orthopedic Manual Physical Therapists, he mentors post-graduate students.

Jochen Schomacher (PT, DPT, PhD) Münster/Westf., Germany

Jochen Schomacher, a German physiotherapist, earned international orthopedic manual therapy certification in 1994 and a Doctor of Physical Therapy from the Ola Grimsby Institute in 2002. He pursued further academic studies, obtaining a Bachelor and Master of Science in Germany, followed by a PhD in Denmark. With over 35 years in manual therapy, he emphasizes science-based practice tailored to patients' psychosocial contexts.

Jochen has authored over 90 articles, book chapters, and three books on manual therapy, one translated into seven languages. He began teaching over 30 years ago, honing skills through specialized training in France, and views physiotherapy as a craft grounded in robust knowledge and dedicated practice.

Joel Anderson (DPT, MOMT, FAAOMPT, PhD) Arlington, WA

Joel Anderson graduated with a Master of Physical Therapy from the University of North Dakota in 1997. He earned a Doctor of Physical Therapy and Master of Orthopedic Manual Therapy from the Ola Grimsby Institute in 2003, followed by a PhD in Orthopedic Manual

Therapy in 2013. His clinical practice emphasizes myofascial mobility restoration, particularly for headaches and spinal pain.

Joel owns Anderson Physical Therapy in Arlington, Washington, where he trains current Fellows in Training and aims to establish a new Fellowship program. He serves as an instructor and clinical mentor for the Ola Grimsby Institute, holds the positions of Mentoring Chair and COMT Director, provides consultations for sports medicine and industrial injuries, and has spoken at forums, universities, and colleges.

Karen Dubrow (PhD, PT, DMT, MS, FAAOMPT, CGS) Plano, TX

Karen Dubrow earned a Bachelor of Science in Physical Therapy from Washington University, St. Louis, in 1987 and a Master of Science from Texas Woman's University in 1990. She achieved Nordic equivalency in manual therapy in 1991, Part II certification in 1995, a Doctorate of Manual Therapy in 1999, and a PhD from the Ola Grimsby Institute in 2012. Certifications include dry needling (2011) and golf fitness specialist (2004).

Karen owns Dubrow Physical Therapy in Plano, Texas, since 1990, treating patients full-time with expertise in craniosacral therapy, myofascial release, and Feldenkrais. A Fellow of the American Academy of Orthopedic Manual Physical Therapists since 1998, she mentors dissertations, chairs PhD research for the Ola Grimsby Institute, and has presented research internationally.

Laura Markey (DPT) Prescott, AZ

Laura Markey earned a Bachelor of Science in Physical Therapy from Daemen College in 1989 after studies at Arizona State University. She achieved the highest certifications in orthopedic manual therapy through fellowship training and board certification in orthopedics. She holds two doctoral degrees in orthopedics and manual therapy from the Ola Grimsby Institute.

Laura opened a private orthopedic practice in Prescott, Arizona, in 1991. She has instructed certification and residency programs for the Ola Grimsby Institute since 1995, including an international spine course in Italy in 2014. Active in the American Physical Therapy Association and PTPN Arizona, she mentors clinical staff in orthopedic manual therapy.

Ola Grimsby Jr. (PT, MOMT, FAAOMPT / MNFF, Specialist in Manual Therapy) Oslo, Norway

Ola Grimsby Jr. earned his Physical Therapy degree from Hogeschool van Amsterdam, Netherlands, followed by a Master of Orthopedic Manual Therapy and a PhD from the Ola Grimsby Institute in the United States. Trained by globally renowned experts, he exemplifies the highest standards of clinical and academic excellence. Practicing as an accredited Specialist in Manual Therapy in Oslo, Norway, he has served as CEO of the Ola Grimsby Institute, Inc. since 2020, dedicating his efforts to advancing its international mission.

Grimsby Jr. also holds esteemed roles on the Ola Grimsby Institute Consortium's Boards of Directors, Instructors, and Examiners, contributing significantly to the global advancement of orthopedic manual therapy.

Rebecca Schultz Muir (PT, MOMT, FAAOMPT) Midwest

Rebecca Schultz Muir received a Bachelor of Physical Therapy from the University of Health Sciences/Chicago Medical School in 1984. She completed Manual Therapy Part I in 1992 and Part II in 1995 at the Ola Grimsby Institute. As a core member since then, she has been a stronghold in the Midwest for the organization.

Rebecca contributes to the Ola Grimsby Institute through teaching and clinical expertise in orthopedic manual therapy.

Rett Nicolai (DPT, FAAOMPT) Seattle, WA

Rett Nicolai earned a Bachelor of Science in Exercise and Sports Science from Oregon State University and a Doctor of Physical Therapy from the University of Washington in 2006. He completed orthopedic manual therapist certification in 2007, fellowship in 2008, and PhD curriculum at the Ola Grimsby Institute in 2012. His multilingual skills include Spanish, German, French, Italian, and English.

Rett manages the First Hill clinic at MTI Physical Therapy in Seattle, treating orthopedic conditions with interests in cervical issues, headaches, vestibular disorders, runners, kayakers, and nutrition-related inflammation. He serves on the Ola Grimsby Institute's Board of Instructors, teaches soft tissue courses, and has spoken at conferences like the American Academy of Orthopedic Manual Physical Therapists.

Scott Olson (PT, MOMT, FAAOMPT) Seattle, WA

Scott Olson graduated with honors in Physical Therapy from the University of Puget Sound in 1986. He completed Orthopaedic Manual Therapy Part I certification in 1991 and Part II in 1995 at the Ola Grimsby Institute, passing exams before the Norwegian Board of Examiners in 1991. He received the Hallvard Award for Outstanding Service in 1995 and a lifetime achievement award from MTI Physical Therapy.

Scott co-owns MTI Physical Therapy in Seattle since 1998, mentoring fellowship, PhD, and home study students for the Ola Grimsby Institute. On the boards of instructors and examiners since the 1990s, he has taught programs nationwide and in Europe, authored publications on spinal manipulation and cervical stabilization, and developed exercise prescription tools.

Stuart Eivers (DPT, OCS, FAAOMPT) Seattle, WA

Stuart Eivers earned a Master of Physical Therapy from Chapman University in 1992. He completed a post-graduate residency for a Master of Orthopaedic Manual Therapy in 1997 and a Doctorate of Physical Therapy in 2000 at the Ola Grimsby Institute, with a

dissertation on exercise for herniated lumbar discs. He became a board-certified Orthopaedic Clinical Specialist in 2003.

Stuart directs the clinic at MTI Physical Therapy in Seattle's Washington Athletic Club and coordinates clinical education. A Fellow of the American Academy of Orthopedic Manual Physical Therapists, he teaches and consults for the University of Washington and Ola Grimsby Institute, with specialties in low back pain, headaches, and athletic rehabilitation.

Tom Mollsen (PT, DMT, MPT, ATC, FAAOMPT) Des Plaines, IL

Tom Mollsen earned a Master of Physical Therapy from Midwestern University's College of Health Sciences in 2002. He completed residency in 2014 and fellowship in 2016 at the Ola Grimsby Institute, earning a Doctorate of Manual Physical Therapy. He is a certified work capacity evaluator, licensed athletic trainer, and certified massage therapist.

With over 25 years in musculoskeletal rehabilitation, Tom owns Midwest Manual Physical Therapy in Des Plaines, Illinois. He serves as assistant fellowship director for the Ola Grimsby Institute, previously acting as head athletic trainer at Elmhurst College for nine years and for Nike-sponsored youth basketball camps. He holds a fourth-degree black belt in martial arts.

Vicki Luebbe (PT, MS) Seattle, WA

Vicki Luebbe earned concurrent Bachelor and Master of Physical Therapy degrees from the University of Southern California in 1978. She completed manual therapy certification from the University of St. Augustine and Orthopedic Manual Therapy Year III at the Ola Grimsby Institute. She holds sports therapy certification from the North American Sports Medicine Institute and is a Fellow of the American Academy of Orthopaedic Manual Physical Therapy.

With over 30 years in diverse clinical settings, Vicki treats patients full-time in Seattle, Washington. She instructs for the Ola Grimsby Institute, including certification courses in Texas and Maryland, fellowship programs in Seattle, and international courses in South Korea.

Admission Requirements

The program is open to licensed physical therapists (PT), doctors of osteopathy (DO), and medical doctors (MD) with a genuine motivation for optimal patient care. No prerequisites are required.

Program Syllabus and Structure

Embark on a transformative odyssey of clinical mastery with the Certification in Orthopedic Manual Therapy (COMT) program at the Ola Grimsby Institute—a dynamic gateway to revolutionizing your practice through the scientific integration of histology, neurophysiology, traumatology, and biomechanics into cutting-edge manual therapy. This captivating series of weekend seminars cultivates a sophisticated critical thinking model, empowering you to apply hands-on soft tissue techniques and precise joint mobilization/manipulation across extremities and spinal joints, unlocking profound patient recoveries and elevating outcomes to new heights.

Designed for ultimate flexibility and impact, participants can curate their COMT experience by enrolling in individual components as they emerge or committing to a seamlessly pre-planned pathway—available via our innovative hosting options or as highlighted on olagrimsby.com. Accelerate your expertise in as little as one year for an intensive, results-driven immersion, or extend over three years to integrate harmoniously with your career; our insights affirm that a focused, expedited approach often ignites the most remarkable advancements. While courses offer ordering autonomy, we enthusiastically recommend commencing with MT1 to forge a comprehensive scientific foundation, illuminating the rationale behind every demonstrated procedure and enriching your entire journey.

For those fully dedicated to COMT, supplemental reading and online assessments await to secure valuable credit hours, deepening your command of the material. The program's crowning achievement—an invigorating examination weekend—unites it all with targeted reviews, insightful written exams, and dynamic practical demonstrations, certifying your prowess and propelling you toward excellence. Notably, COMT courses earn essential credit hours toward our prestigious Fellowship programs, bridging your certification to advanced horizons of specialization.

- **Out-of-Class Hours:** 64 – Devoted to independent exploration that amplifies your in-class insights.
- **In-Class Hours:** 112 – Intensive sessions where theory ignites into masterful, hands-on application.

Hosting Opportunities: Amplify Your Impact Elevate your clinic's prestige and energize your team by hosting COMT—converting education into a powerhouse for shared progress. For public-hosted series inviting passionate learners from all corners, earn one complimentary spot for every 10 paid participants, nurturing a thriving network of innovation. Choose exclusive closed sessions customized for your staff (requiring 18 or more participants), and secure two free spots with adaptable scheduling over one or two years. The Ola Grimsby Institute stands as your dedicated ally; connect with

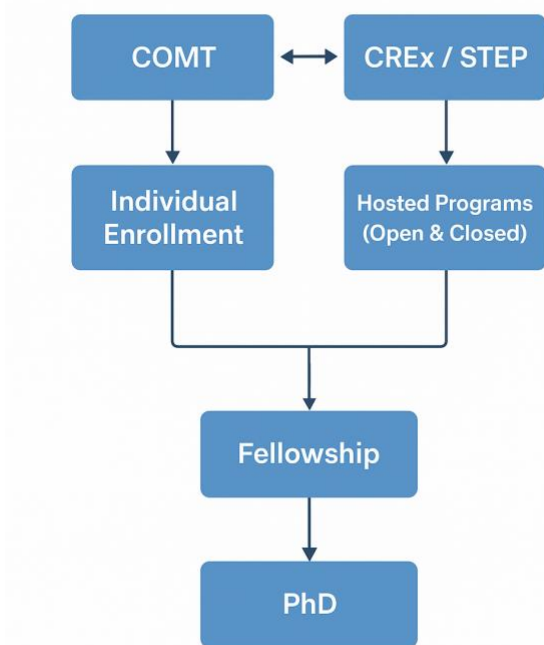
office@olagrimbsby.com to design a hosting strategy that invigorates your practice and advances patient care with unparalleled vigor.

Hosting Option	Minimum Participants	Free Spots	Open to Public?	Scheduling Flexibility
Public Hosting	14 paid	1 for first 10 paid, 2 for 18+ paid, +1 per additional 10 paid	Yes	As announced or custom
Closed Hosting	14 paid	1 for first 10 paid, 2 for 18+ paid, +1 per additional 10 paid	No	3 months -2 years

Expertly engineered for ascending proficiency, the COMT curriculum spans six immersive weekend seminars, each layer advancing the previous to fuse theoretical depth with practical virtuosity. Culminating in a triumphant examination weekend, this architecture certifies you as a trailblazing practitioner, equipped to redefine manual therapy with ingenuity and assurance.

Please contact the OGI office for details on course hosting at office@olagrimbsby.com.

Program Pathways



"Flexible Paths to Certification and Beyond."

Detailed Course Descriptions

MT1: Clinical & Scientific Rationale for Modern Manual Therapy

With its origin in Norwegian Manual Therapy, this course is foundational for all of our manual therapy and exercise courses. Taught and updated since the 1970s, the course was the evidence for manual therapy and exercise before there was Evidence-based medicine. Participants will learn clinical application with a more in-depth exploration of histology, neurophysiology, traumatology, and work physiology. They will apply concepts to what they already do, as well as unique clinical applications that will make a difference in their patient care now. Using science, rather than tradition, to select and dose manual and exercise interventions, the course presents clinically relevant research on functional histology, anatomy, neurophysiology, biomechanics, and traumatology. It offers a systematic rationale for evaluation, treatment, and prevention, listing the optimal stimuli for regeneration/repair of neuro-musculoskeletal tissues.



"Building the Scientific Foundation."

Participants will understand and discuss how to apply basic scientific rationale to patient treatment. The MT-1 is recommended as a prerequisite for MT-2, MT-3, MT-5, and the STEP series 1-6. Objectives include improving knowledge of concepts of injury, cellular fluid pressure changes, protein movements, trauma, pain, infection, immobilization, muscle guarding, decreased joint motion, and edema; understanding arthrokinematics related to accessory motion, component motion, and joint play; discovering different methodologies for joint mobilization and manipulation, and the application of mechanoreceptor science to treat pain, normalize motor patterns, and improve facilitation; grasping rules for concave and convex joint movements, starting position, resting position, and closed packed position, and how to apply concepts of the optimal stimuli for regeneration of bone,

collagen, cartilage, disc, and muscle; learning the 7 grades of joint mobility, and how to dose exercise specifically for tissue repair, improving local circulation, edema reduction, coordination, endurance, and strength; and performing basic guidelines for performance of joint mobilization..

MT2: Manual Therapy of the Cervical Spine, TMJ and Upper Extremity

This course offers a current method of diagnostic tissue differentiation and treatment progressions for the upper quarter, including the cervical spine, thorax, TMJ, and upper extremity dysfunctions relevant to sports and orthopedics. Upon completion, participants will be able to describe the basic anatomy, biomechanics, and pathology of the cervical spine, thorax, TMJ, and upper extremity joints; evaluate the cervical spine, thorax, TMJ, and upper extremities with an introduction to soft tissue treatments, joint mobilization/manipulation treatments, and dosed exercise progressions; describe the optimal stimuli for neuro-musculoskeletal repair; and understand the dysfunctions related to regional inter-dependence of these areas. At the conclusion, the participant is expected to understand how the anatomy, biomechanics, and arthro-kinematics of a joint contribute to its function or dysfunction; relate the neurology, pathophysiology, and pain to the dysfunction and to the appropriate treatment; evaluate dysfunction of the different tissues in all extremity joints and identify the signs and symptoms of joint pathology; select and apply an appropriate treatment program utilizing the optimal stimuli for histological regeneration of all extremity tissues; apply various techniques for articulation and mobilization as well as other current PT modalities with skill and accuracy; and recognize the indications and contraindications for the use of articulation and mobilization procedures.



"Enhancing Upper Quarter Function."

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MT3: Manual Therapy of the Lumbar Spine, Pelvis and Lower Extremity

This course offers a current method of diagnostic tissue differentiation and treatment progressions for the lower quarter, including the lumbar spine, pelvis, and lower extremity dysfunctions relevant to sports and orthopedics. Upon completion, participants will be able to describe the basic anatomy, biomechanics, and pathology of the lumbar spine, pelvis, and lower extremity joints; evaluate the lumbar spine, pelvis, and lower extremities with an introduction to soft tissue treatments, joint mobilization/manipulation treatments, and dosed exercise progressions; describe the optimal stimuli for neuro-musculoskeletal repair; and understand the dysfunctions related to regional inter-dependence of these areas. At the conclusion, the participant is expected to understand how the anatomy, biomechanics, and arthro-kinematics of a joint contribute to its function or dysfunction; relate the neurology, pathophysiology, and pain to the dysfunction and to the appropriate treatment; evaluate dysfunction of the different tissues in all lower extremity joints and identify the signs and symptoms of joint pathology; select and apply an appropriate treatment program utilizing the optimal stimuli for histological regeneration of all lower extremity tissues; apply various techniques for articulation and mobilization as well as other current PT modalities with skill and accuracy; and recognize the indications and contraindications for the use of articulation and mobilization procedures.



"Restoring Balance in the Lower Quarter."

MT6: Introduction to Spinal Manipulation

This course offers a current method of introducing spinal manipulation, focusing on diagnostic and treatment progressions for spinal dysfunctions. Upon completion, participants will be able to describe the basic anatomy, biomechanics, and pathology of the spine; evaluate the spine with an introduction to joint mobilization/manipulation treatments and dosed exercise progressions; describe the optimal stimuli for neuro-musculoskeletal repair; and understand the dysfunctions related to regional inter-dependence of the spine. At the conclusion, the participant is expected to understand how the anatomy, biomechanics, and arthro-kinematics of the spine contribute to its function or dysfunction; relate the neurology, pathophysiology, and pain to the dysfunction and to the appropriate treatment; evaluate dysfunction of the different spinal tissues and identify the signs and symptoms of pathology; select and apply an appropriate treatment program utilizing the optimal stimuli for histological regeneration of spinal tissues; apply various techniques for articulation and manipulation with skill and accuracy; and recognize the indications and contraindications for the use of manipulation procedures.



MT7: Dynamic Soft Tissue Mobilization

This course offers a current method of dynamic soft tissue mobilization, focusing on diagnostic and treatment progressions for soft tissue dysfunctions. Upon completion, participants will be able to describe the basic anatomy, biomechanics, and pathology of soft tissues; evaluate soft tissues with an introduction to dynamic mobilization treatments and dosed exercise progressions; describe the optimal stimuli for neuro-musculoskeletal repair; and understand the dysfunctions related to regional inter-dependence of soft tissues. At the conclusion, the participant is expected to understand how the anatomy, biomechanics, and physiology of soft tissues contribute to their function or dysfunction; relate the neurology, pathophysiology, and pain to the dysfunction and to the appropriate treatment; evaluate dysfunction of the different soft tissues and identify the signs and symptoms of pathology; select and apply an appropriate treatment program utilizing the optimal stimuli for histological regeneration of soft tissues; apply various techniques for dynamic mobilization with skill and accuracy; and recognize the indications and contraindications for the use of mobilization procedures.



"Dynamic Techniques for Tissue Repair."

MT8: Extremity Joint Manipulation

This course offers a current method of extremity joint manipulation, focusing on diagnostic and treatment progressions for extremity dysfunctions. Upon completion, participants will be able to describe the basic anatomy, biomechanics, and pathology of extremity joints;

evaluate extremities with an introduction to joint manipulation treatments and dosed exercise progressions; describe the optimal stimuli for neuro-musculoskeletal repair; and understand the dysfunctions related to regional inter-dependence of extremities. At the conclusion, the participant is expected to understand how the anatomy, biomechanics, and arthro-kinematics of extremity joints contribute to their function or dysfunction; relate the neurology, pathophysiology, and pain to the dysfunction and to the appropriate treatment; evaluate dysfunction of the different extremity tissues and identify the signs and symptoms of pathology; select and apply an appropriate treatment program utilizing the optimal stimuli for histological regeneration of extremity tissues; apply various techniques for joint manipulation with skill and accuracy; and recognize the indications and contraindications for the use of manipulation procedures.



"Precision Manipulation for Extremity Function."

Examination Weekend

The culmination of the CREx program is the examination weekend, which includes a comprehensive review, a multiple-choice written exam assessing theoretical knowledge, and a practical assessment evaluating clinical skills. This weekend ensures participants demonstrate the competency required for certification.



“Demonstrating Mastery: The Culminating Practical Assessment in the COMT Program”

Exam Rules and Guidelines

Step into the pinnacle of your CREx journey with confidence—our Exam Rules and Guidelines are meticulously designed to uphold the highest standards of fairness, integrity, and excellence, transforming assessment into an opportunity for profound self-discovery and professional validation. These protocols not only ensure equitable evaluation but also empower you to showcase your mastery in histology, neurophysiology, traumatology, and biomechanics through thoughtful, evidence-based application. By embracing these guidelines, you'll navigate the exams with clarity and poise, emerging as a certified rehabilitative expert ready to inspire change in patient care.

Rules and Regulations for the Written Exam

Fairness is the cornerstone of our written exam, governed by standardized regulations that guarantee equity for every participant. Conducted in a proctored environment (either in-person or via secure online platforms), the exam spans 2-3 hours and features a mix of multiple-choice, short-answer, and essay questions to probe your deep understanding of scientific principles and clinical reasoning. No external aids are permitted, ensuring integrity, while accommodations for documented needs (such as extended time) are available upon request—reflecting our commitment to an inclusive process that honors your unique path to success. Prepare to demonstrate not just knowledge, but the critical thinking that elevates rehabilitative practice to an art form.

Practical Examination Policies and Procedures

The practical exam is your stage to shine, with policies and procedures centered on safety, confidentiality, and objective excellence to create a supportive yet rigorous environment. Held during the dedicated examination weekend, this hands-on assessment involves demonstrating exercise progressions on simulated or peer models, under the watchful eye of certified evaluators. Emphasizing participant and "patient" safety through mandatory protocols (like informed consent and equipment checks), we maintain strict confidentiality of performances while fostering a collaborative atmosphere. Step-by-step procedures guide you from setup to debrief, ensuring every moment is an opportunity to apply your skills with precision and empathy—ultimately validating your ability to transform theory into life-enhancing therapy.

Rules for Evaluation of the Practical Exams

Experience transparent, holistic evaluation that celebrates your growth: Our rules prioritize fairness through clear, multifaceted criteria that assess technique, clinical rationale, and unwavering safety adherence. Evaluators use standardized rubrics to score demonstrations objectively, with a proficiency threshold requiring mastery in at least 80% of components—focusing on elements like proper dosing for tissue repair, mobility enhancements, and strength building. Feedback is detailed and constructive, highlighting strengths and areas for refinement, so even the process itself becomes a catalyst for ongoing improvement. This approach ensures your certification reflects true competence, inspiring you to lead with confidence in real-world rehabilitative settings.

Progress/Grading System

Your progress in CREx is measured not by rote metrics, but by authentic competency demonstration—employing a pass/fail system that rewards genuine mastery and fuels continuous evolution. The written exam demands 70% proficiency to pass, evaluating your grasp of scientific foundations through objective criteria, while the practical exam sets an 80% threshold to affirm your hands-on expertise. Accompanied by comprehensive rubrics that break down expectations into actionable insights (e.g., scoring bands for rationale articulation and technique execution), this system provides a roadmap for self-assessment and targeted growth. Embrace it as your ally in achieving excellence, knowing that every benchmark met propels you toward a rewarding career of impactful, cost-effective patient care.

Policies and Regulations

At the Ola Grimsby Institute, our policies and regulations are crafted not merely as guidelines, but as pillars of empowerment—ensuring transparency, equity, and unwavering support as you embark on your journey toward rehabilitative mastery. These frameworks are designed to nurture an inclusive environment where every participant can

thrive, focusing on fairness, academic integrity, and the tools you need to achieve excellence with confidence and peace of mind. By upholding these standards, we commit to your success, transforming potential challenges into opportunities for growth and achievement.

Academic Calendar

Embrace a pathway tailored to your ambition with our year-round course offerings, featuring flexible scheduling that harmonizes with your professional life. Whether you're accelerating toward certification or pacing for deeper integration, upcoming dates are always at your fingertips on olagrimbsby.com. Dreaming of a customized series? Reach out to office@olagrimbsby.com, and let's co-create a timeline that propels you forward—because your educational journey deserves to unfold on your terms.

Operating Schedule

Dive into immersive learning without disrupting your rhythm: Our weekend sessions energize from 8:00 AM to 5:00 PM on both Saturday and Sunday, thoughtfully incorporating breaks to sustain your focus and vitality. The culminating examination weekend adapts dynamically—typically spanning about 12 hours based on group size—ensuring an efficient, empowering close to your CREx adventure. This structure honors your time, allowing you to balance commitment with renewal, emerging stronger and more inspired.

Description of Locations

Discover the world of rehabilitative excellence with the Ola Grimsby Institute, where CREx courses unfold in dynamic, accessible locations designed to inspire and accommodate aspiring clinicians everywhere. Spanning the United States, South America, Europe, and Asia, our programs bring transformative education directly to vibrant communities of learners—whether through hosted weekend seminars at state-of-the-art clinics, dedicated training facilities, or customized venues tailored to your needs. Embrace the flexibility of in-person immersion that fosters hands-on collaboration, with options for virtual elements to bridge distances and enhance global participation.

For ultimate convenience, we empower you to host CREx at your own clinic or preferred site: Public sessions welcome eager professionals from afar, while closed formats create intimate, team-focused environments. Locations are thoughtfully selected for accessibility, equipped with modern amenities to support intensive learning, and announced regularly on olagrimbsby.com—ensuring you can join from bustling urban centers to serene regional hubs. Whether in the heart of a major city or a specialized rehabilitation space, each setting is a gateway to innovation, where scientific principles meet real-world application. Check our website for upcoming sites or contact office@olagrimbsby.com to explore hosting and turn your location into a hub of clinical mastery.



"Hosted Programs in Clinical Environments."

English as a Second Language

We embrace a vibrant, inclusive vision of education that welcomes international clinicians from around the world, fostering a "Global Community of Learners" where diverse perspectives enrich every session. All materials and instruction are delivered in English to maintain consistency and depth, yet we are committed to your triumph—offering tailored accommodations upon request, such as simplified explanations, visual aids, or extended discussion time. This ensures every participant, regardless of linguistic background, can fully immerse themselves in the transformative power of CREx, emerging as confident, globally-minded rehabilitative experts.



"A "Global Community of Learners."

Tuition Pricing for the U.S.

Fuel your professional ascent with an investment that delivers exceptional returns: Tuition stands at \$499 per course for the six foundational modules, complemented by \$499 for the empowering examination weekend, culminating in a total of \$3,494 for this elite certification in rehabilitative exercises. Unlock even greater value through enticing discounts for group registrations and hosting partnerships, positioning CREx as not just an education, but a catalyst for unparalleled career elevation and clinical innovation.

Financial Assistance

Empower your journey without financial hurdles—our flexible pay-as-you-go model allows you to invest in each course individually, granting the freedom to manage your commitments at your own pace. This approach eliminates the need for upfront full-program payments, enabling dedicated professionals like you to focus on growth and mastery while aligning seamlessly with your financial rhythm.

Buyer's Right to Cancel: Refund Policy for Tuition

Your confidence in CREx is our priority, backed by a participant-friendly refund policy that honors your decisions. Secure a full refund by notifying us within seven business days of enrollment; beyond that, enjoy pro-rated reimbursements adjusted to your progress, reflecting our dedication to ethical, transparent practices that build trust and support your evolving path.

Participant Conduct Policy

Cultivate a sanctuary of mutual respect and collaboration through our Participant Conduct Policy, where professional standards inspire an atmosphere of positivity and productivity. By upholding integrity, courtesy, and engagement, we ensure every learner contributes

to—and benefits from—a dynamic environment that amplifies collective success and personal fulfillment.

Attendance Requirements

Commitment fuels transformation: Our Attendance Requirements emphasize consistent participation as the key to unlocking true competency, with clear minimum thresholds to guide your dedication. In life's unpredictable moments, provisions for makeup sessions stand ready, empowering you to stay on track and achieve the excellence you envision without compromise.

Participant Complaint Procedure

Your voice matters profoundly—our Participant Complaint Procedure provides a structured, empathetic pathway for addressing concerns, guaranteeing swift and equitable resolutions. Submit complaints in writing to our administration for a thorough review within 30 days, with active participant involvement at every step, transforming potential challenges into opportunities for enhanced understanding and program refinement.

Records Retention

Safeguard your achievements with our robust Records Retention policy: Academic records are meticulously preserved for five years, with transcripts readily available upon request to bolster your professional portfolio. This enduring support ensures your CREx accomplishments continue to propel your career, serving as a testament to your growth long after certification.

Placement Assistance

Step into a world of opportunity post-graduation: Leverage our expansive alumni directory and curated networking events to forge meaningful connections that ignite career advancement. Whether seeking collaborations, mentorship, or new roles, this assistance empowers you to harness the full potential of your CREx credentials in a thriving community of rehabilitative leaders.

New Fellow in Training Recruitment

CREx is more than a certification—it's your launchpad to greater horizons. While centered on foundational mastery, this program seamlessly paves the way for aspiring fellows, offering recruitment pathways into advanced training for those demonstrating exceptional promise. Embrace this stepping stone to fellowship and beyond, where your CREx foundation becomes the bedrock of lifelong expertise and innovation.

Additional Certifications and Progressions

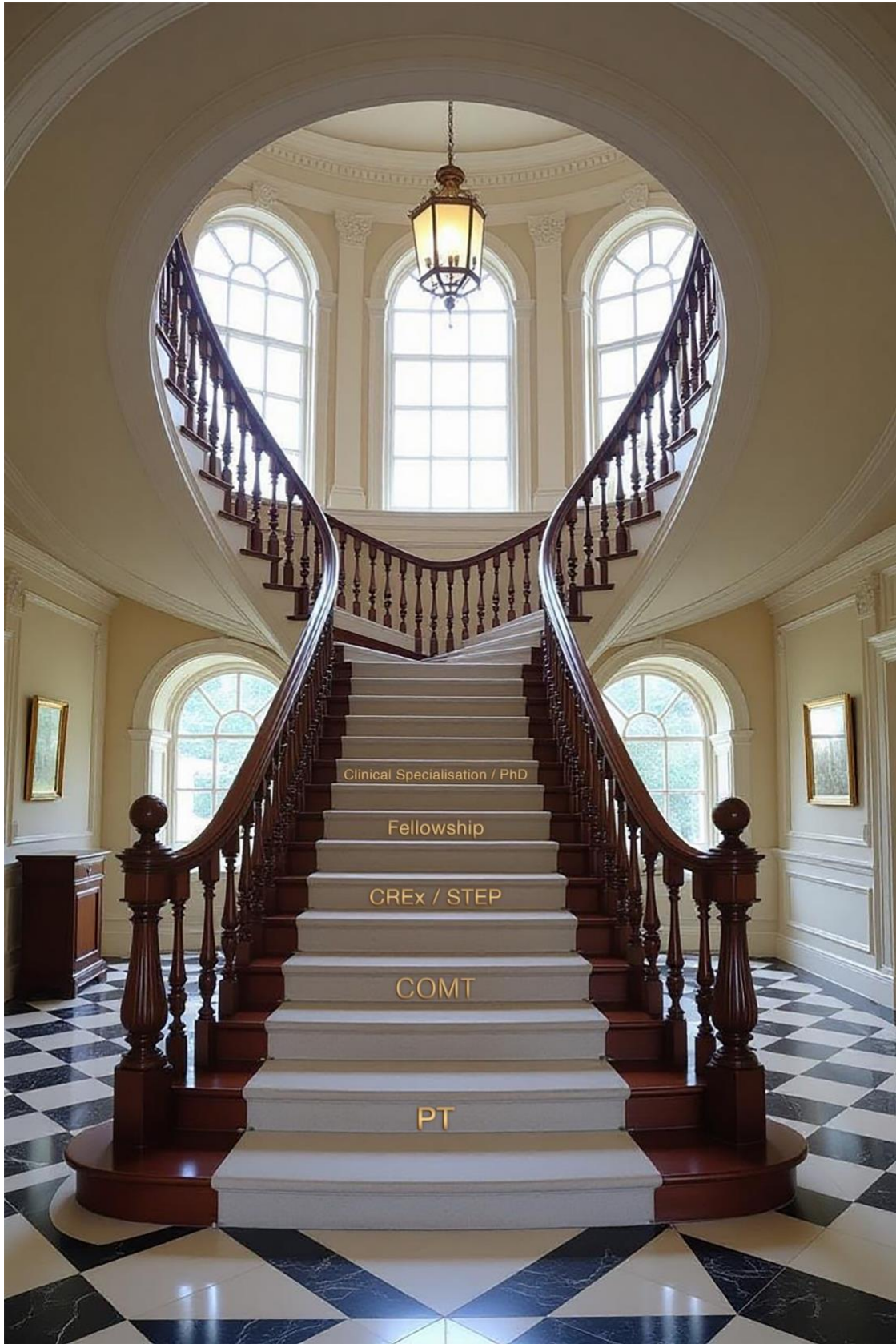
Complementing the COMT, the STEP certification is a vital component of our curriculum, focusing on scientific therapeutic exercise progressions for holistic patient care. This program equips clinicians with advanced skills in dosing and designing exercises for tissue repair, mobility, and strength, integrating seamlessly with manual therapy for comprehensive treatment. STEP is recommended as the next step for those seeking to achieve well-rounded expertise in orthopedic care.



"Holistic Care Through Scientific Exercise."

Progression to Fellowship and PhD Programs

Upon completing COMT or STEP, participants are ideally positioned to advance to our Fellowship program, which offers in-depth specialization in orthopedic manual therapy. For those pursuing the highest academic achievement, the PhD program provides rigorous research opportunities. All previous program participants, including COMT and STEP completers, receive a 25% rebate on Fellowship tuition, facilitating seamless progression in their professional journey.



"Your Pathway to Advanced Mastery."

Student Review of the Certification in Orthopaedic Manual Therapy

Taking the Certification in Orthopaedic Manual Therapy through olagrimsby.com has been nothing short of transformative for both my professional practice and personal fulfillment as a physical therapist. This course series has completely reshaped the way I think about and approach patient care, bringing a depth of understanding that has made my work so much more rewarding.

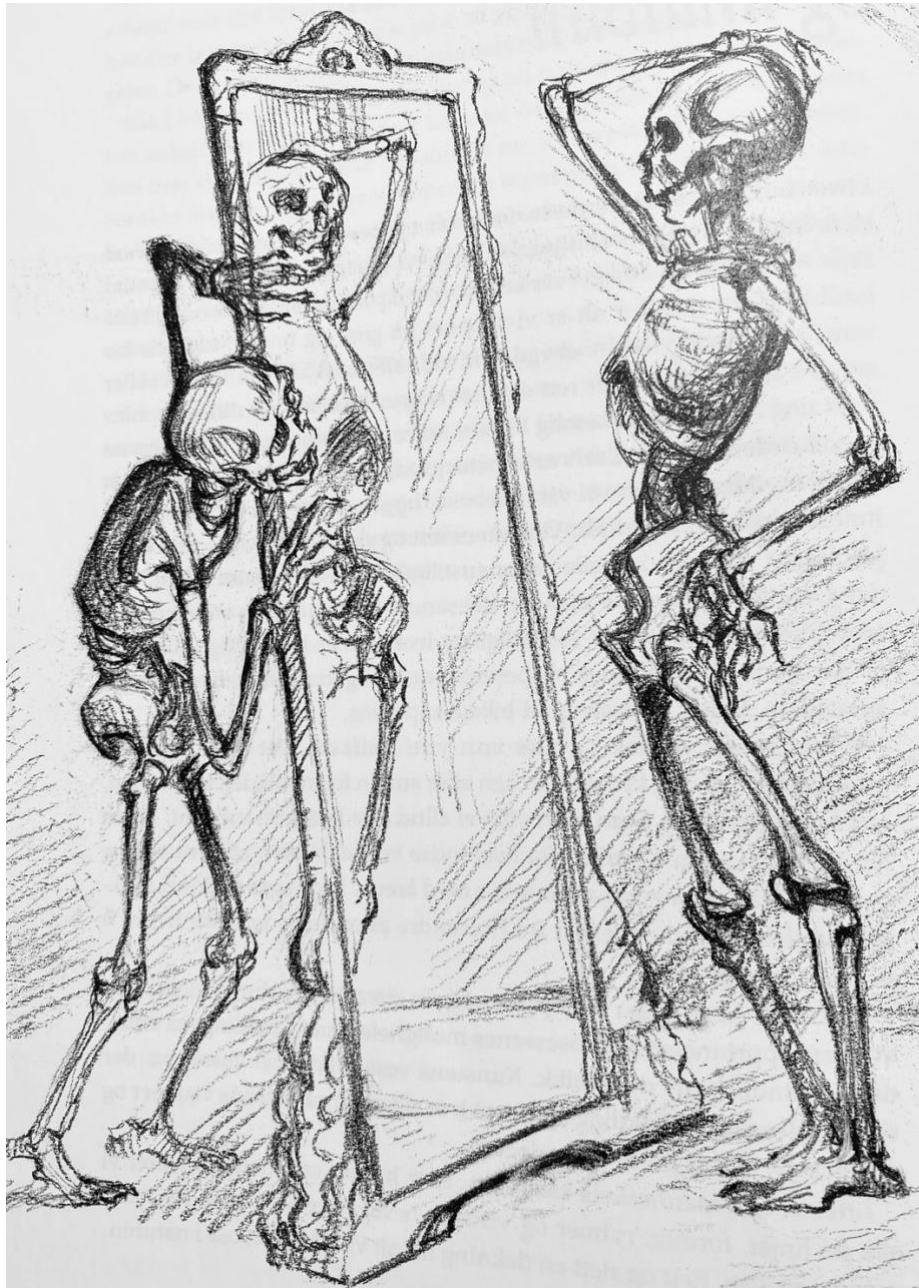
Before this program, I often felt like I was following a standard playbook, but now I see each patient through a new lens—one that prioritizes precision, critical thinking, and individualized care. The curriculum challenged me to dive deeper into the science and art of physical therapy, giving me a richer understanding of how the body works and how to optimize recovery. This shift in perspective has made me a far better diagnostician, allowing me to identify the root causes of my patients' issues with greater clarity and confidence.

What truly sets this course apart is how it equipped me with the ability to provide targeted stimuli to various tissues, which has revolutionized my clinical practice. I now approach each session with a sense of purpose and excitement, knowing I can make a meaningful difference in my patients' lives. Watching their health improve—seeing them move better, feel stronger, and regain their confidence—has been incredibly fulfilling. Their smiles

and gratitude are a constant reminder of why I chose this profession.

This certification didn't just teach me techniques; it gave me a framework to think critically and creatively, making every day in the clinic feel like an opportunity to grow and help others thrive. I'm happier, my patients are healthier, and I'm endlessly grateful for the tools and insights this program has provided. It's been a game-changer, and I can't recommend it enough to any physical therapist looking to elevate their practice and find deeper joy in their work.
– C.W., 2023





"Stand tall before the mirror of life—reflect, repair, and rise stronger. 'Character is standing tall in the face of adversity.' Drawing by Ola Grimsby Sr., founder of the Ola Grimsby Institute



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