

## **Orthopedic Manual Physical Therapist Assistant (OMPTA) Program**

### **Program Description:**

Physical Therapist Assistants (PTAs) continue to develop post professionally along-side Physical Therapists in the treatment of patients with neuromusculoskeletal conditions. As the demands to make meaningful gains for patients continue to increase, so are the demands for PTAs to work alongside PTs. The Orthopedic Manual Physical Therapist Assistant (OMPTA) Program is designed to provide PTAs with comprehensive, practical, and evidence-affirmed manual therapy education that is accessible from anywhere. Nxt Gen Institute blends the best-available evidence in orthopedic physical therapy education with relevant clinical experiences from expert clinical faculty. This program is meant to expand on a PTAs base knowledge of orthopedics into the specialty practice of manual therapy from both orthopedic PTAs and FAAOMPT faculty. The ideal candidate for this program is a PTA who wants to work or already works in an environment with a “hands-on” approach for the very best clinical outcomes.

### **Program Objectives:**

Upon completion of this program, OMPTA students will be able to:

- use evidence to inform decisions on when and where to apply manual therapy
- define manual therapy and licensure restrictions
- identify when red and/or yellow flags apply to request a Re-Assessment of a patient
- apply manual therapy techniques with the ability to discriminate a test/re-test to determine of a modality was successful
- apply pain control theory in a practical way
- demonstrate with proficiency the psychomotor skills necessary for successful application of manual therapy to the:
  - cervical/thoracic spine
  - lumbar spine
  - hip/pelvis
  - shoulder
  - elbow/wrist/hand
  - knee/ankle/foot
- identify common movement restrictions and the location where local manual techniques would benefit the patient
- demonstrate progression of “reinforcement techniques” to maintain gains of manual therapy
- demonstrate the ability to teach proper home care for patients to maintain gains achieved through manual therapy techniques

**Admission Criteria:**

- 1.) Candidates must possess a minimum of 2 years of outpatient clinical experience; OR
- 2.) Graduated from the Orthopedic Physical Therapist Assistant (OPTA) Program at Nxt Gen Institute

**Program Learning Competencies:**

- Ten Unit Quizzes
- Four Virtual Recorded Assignments
- A 50 question multiple choice final exam
- A Virtual Oral/Practical final exam
- Participation
  - Each participant is required to participate on the discussion boards for successful completion of the program. Failure to demonstrate meaningful participation may result in remediation.

**Successful Completion of Program:**

- Successful completion of program is determined as a minimum of 80% on all quizzes, Virtual Recorded Assignments, and Final Exams.
- Excused Absence:
  - Only with advanced notice and approved by the Program Director is a participant able to receive an extension on a discussion board or completing an assignment past the due date.
- Failure to meet the minimum requirements may result in remediation or failure to complete the program

**Program Schedule:**

<b>2021 OMPTA Schedule (Orthopedic Manual Physical Therapist Assistant Program)</b>				
Each week begins at (insert time and <b>day of the week</b> ) and ends at (insert time) the following ( <b>day of the week</b> ). All assignments are due by the end of each week, (INSERT DAY OF WEEK). All <b>LIVE Virtual Lab</b> sessions are on (INSERT DAY OF THE WEEK). See schedule below for date & time. Please email Erin Hoffman, <a href="mailto:ehoffman@nxtgeninstitute.com">ehoffman@nxtgeninstitute.com</a> , for an excused absence.				
Date	Topic	Assignment	Discussion Board Post (on Yammer)	Learning Materials
	OMPTA Orientation LIVE (insert time)	Discussion Board	Introduce yourself and post what you hope to gain from this program.	N/A

	Flag Awareness	<ul style="list-style-type: none"> <li>View pre-recorded module on LMS</li> <li>Flag Awareness Quiz</li> <li>Discussion Assignment via Yammer</li> </ul>	<p>Post 1: What you KNOW and what you WANT to Learn. (insert date here)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (insert date here)</p>	<ul style="list-style-type: none"> <li>Lecture Video: Flag Awareness by (insert person's name)</li> <li>Reading Monolith?</li> </ul>
	Cervical Spine	<ul style="list-style-type: none"> <li>View pre-recorded module on LMS</li> <li>Cervical Spine Mini-Quiz</li> <li>Discussion Assignment via Yammer</li> </ul>	<p>Post 1: What you KNOW and what you WANT to Learn. (insert date here)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (insert date here)</p>	<ul style="list-style-type: none"> <li>Lecture Video: Cervical Techniques by (insert person's name)</li> <li>Reading Monolith?</li> </ul>
	Thoracic Spine	<ul style="list-style-type: none"> <li>View pre-recorded module on LMS</li> <li>Thoracic Spine Mini-Quiz</li> <li>Discussion Assignment via Yammer</li> </ul>	<p>Post 1: What you KNOW and what you WANT to Learn. (insert date here)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (insert date here)</p>	<ul style="list-style-type: none"> <li>Lecture Video: Thoracic Techniques by (insert person's name)</li> <li>Reading Monolith?</li> </ul>
	<b>LIVE Virtual Lab with Dr. Jason Smith – Covering Cervical and Thoracic Manual Techniques (insert time here)</b>	Recorded Technique Demonstration		Upload Recorded Competency to Microsoft Stream
	Upper Extremity Part I: Shoulder	<ul style="list-style-type: none"> <li>View pre-recorded module on LMS</li> <li>Upper Extremity Part I Mini-Quiz</li> <li>Discussion Assignment via Yammer</li> </ul>	<p>Post 1: What you KNOW and what you WANT to Learn. (insert date here)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (insert date here)</p>	<ul style="list-style-type: none"> <li>Lecture Video: Upper Extremity Techniques by (insert person's name)</li> <li>Reading Monolith?</li> </ul>

Two Weeks	Upper Extremity Part II: Elbow, Wrist & Hand	<ul style="list-style-type: none"> <li>View pre-recorded module on LMS</li> <li>Upper Extremity Part II Mini-Quiz</li> <li>Discussion Assignment via Yammer</li> </ul>	<p>Post 1: What you KNOW and what you WANT to Learn. (insert date here)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (insert date here)</p>	<ul style="list-style-type: none"> <li>Lecture Video: Upper Extremity Techniques by (insert person's name)</li> <li>Reading Monolith?</li> </ul>
	<b>LIVE Virtual Lab with Dr. Jason Smith – Covering Upper Extremity Manual Techniques (insert time here)</b>	Recorded Technique Demonstration		Upload Recorded Competency to Microsoft Stream
Two Weeks	Lumbar Spine and Sacroiliac Joint	<ul style="list-style-type: none"> <li>View pre-recorded module on LMS</li> <li>Lumbar Spine &amp; SIJ Mini-Quiz</li> <li>Discussion Assignment via Yammer</li> </ul>	<p>Post 1: What you KNOW and what you WANT to Learn. (insert date here)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (insert date here)</p>	<ul style="list-style-type: none"> <li>Lecture Video: Lumbar Spine &amp; Sacroiliac Joint Techniques by (insert person's name)</li> <li>Reading Monolith?</li> </ul>
	<b>LIVE Virtual Lab with Dr. Jason Smith – Covering Lumbar Spine and Sacroiliac Joint Manual Techniques (insert time here)</b>	Recorded Technique Demonstration		Upload Recorded Competency to Microsoft Stream
	Lower Extremity Part I: Hip	<ul style="list-style-type: none"> <li>View pre-recorded module on LMS</li> <li>Lower Extremity Part I Mini-Quiz</li> <li>Discussion Assignment via Yammer</li> </ul>	<p>Post 1: What you KNOW and what you WANT to Learn. (insert date here)</p> <p>Post 2: What you LEARNED and HOW it is clinically relevant. (insert date here)</p>	<ul style="list-style-type: none"> <li>Lecture Video: Lower Extremity Techniques by (insert person's name)</li> <li>Reading Monolith?</li> </ul>
	Lower Extremity Part II: Knee	<ul style="list-style-type: none"> <li>View pre-recorded module on LMS</li> </ul>	<p>Post 1: What you KNOW and what you WANT to Learn. (insert date here)</p>	<ul style="list-style-type: none"> <li>Lecture Video: Lower Extremity</li> </ul>

		<ul style="list-style-type: none"> <li>• Lower Extremity Part II Mini-Quiz</li> <li>• Discussion Assignment via Yammer</li> </ul>	Post 2: What you LEARNED and HOW it is clinically relevant. (insert date here)	Techniques by (insert person's name) <ul style="list-style-type: none"> <li>• Reading Monolith?</li> </ul>
	Lower Extremity Part III: Foot and Ankle	<ul style="list-style-type: none"> <li>• View pre-recorded module on LMS</li> <li>• Lower Extremity Part III Mini-Quiz</li> <li>• Discussion Assignment via Yammer</li> </ul>	Post 1: What you KNOW and what you WANT to Learn. (insert date here)  Post 2: What you LEARNED and HOW it is clinically relevant. (insert date here)	<ul style="list-style-type: none"> <li>• Lecture Video: Lower Extremity Techniques by (insert person's name)</li> <li>• Reading Monolith?</li> </ul>
	<b>LIVE Virtual Lab with Dr. Jason Smith – Covering Lumbar Spine and Sacroiliac Joint Manual Techniques (insert time here)</b>	Recorded Technique Demonstration		Upload Recorded Competency to Microsoft Stream
	Review Week	Self-Study	Open Board: Post Questions for Open Lab Next Week	None
<b>(Date): Open Lab Review</b>				
		Comprehensive Written Final	Take Final via LMS	
<b>Scheduled Live Virtual Oral/Practical Competency</b>				