

Nova Southeastern University  
Department of Physical Therapy  
Manual Therapy Certification Program  
Course Descriptions

**PHT 7878 Upper Quadrant (5 credits/24 CEHs): Prerequisite: None**

This course will address components of the patient and client management model including examination techniques, diagnosis, prognosis, manual therapy intervention, and outcome assessment for neuromusculoskeletal disorders of the cervical spine, thoracic spine, and shoulder girdle. Foundational concepts of The Neuromusculoskeletal Manual Therapy Program, principles of evidence-based practice, pain science, and the effects of manual therapy will be discussed as well as general principles of functional anatomy, physiology, biomechanics, and pathophysiology for each region. Examination procedures including quantitative and qualitative assessment of observation/posture, range of motion, segmental mobility testing, and soft tissue mobility will be discussed, emphasizing the relationships between regions and an evidence-informed approach. Interventions for movement dysfunctions including mobilizations/non-thrust manipulation, soft tissue mobilization, traction, muscle energy techniques, stabilization/strengthening exercises, and stretching will be addressed. Indications, precautions, and contraindications for all assessments and interventions will be provided, as well as integration of sound clinical decision-making to maximize outcomes. The didactic component will be the focus of the online portion and education and training on psychomotor skills will be the goal of the on-campus sessions.

**PHT 7877 Lower Quadrant (4 credits/16 CEHs): Prerequisite: None**

This course will address components of the patient and client management model including examination techniques, diagnosis, prognosis, manual therapy intervention, and outcome assessment for neuromusculoskeletal disorders of the lumbar spine, pelvis, and hip regions. Foundational concepts of The Neuromusculoskeletal Manual Therapy Program, principles of evidence-based practice, pain science, and the effects of manual therapy will be discussed as well as general principles of functional anatomy, physiology, biomechanics, and pathophysiology for each region. Examination procedures including quantitative and qualitative assessment of observation/posture, range of motion, segmental mobility testing, and soft tissue mobility will be discussed, emphasizing the relationships between regions and an evidence-informed approach. Interventions for movement dysfunctions including mobilizations/non-thrust manipulation, soft tissue mobilization, traction, muscle energy techniques, stabilization/strengthening exercises, and stretching will be addressed. Indications, precautions, and contraindications for all assessments and interventions will be provided, as well as integration of sound clinical decision-making to maximize outcomes. The didactic component will be the focus of the online portion and education and training on psychomotor skills will be the goal of the on-campus sessions.

**PHT 7879 Distal Extremities: Prerequisite: PHT 7877 or PHT 7878**

This course will address components of the patient and client management model including examination techniques, diagnosis, prognosis, manual therapy intervention, and outcome assessment for neuromusculoskeletal disorders of the elbow, wrist/hand complex and knee, ankle/foot complex. General principles of functional anatomy, physiology, biomechanics, and pathophysiology for each region. Examination procedures including quantitative and qualitative assessment of observation/posture, range of motion, segmental mobility testing, and soft tissue mobility will be discussed, emphasizing the relationships between regions and an evidence-informed approach. Interventions for movement dysfunctions including mobilizations/non-thrust manipulation, soft tissue mobilization, stabilization/strengthening exercises, and stretching will be addressed. Indications, precautions, and contraindications for all assessments and interventions will be provided, as well as integration of sound clinical decision-making to maximize outcomes. The didactic component will be the focus of the online portion and education and training on psychomotor skills will be the goal of the on-campus sessions.

**PHT 7880 Advanced Techniques (4 credits/16 CEHs): Prerequisite: PHT 7877, 7878, and Distal Extremities PHT 7879**

This course will address components of the patient and client management model including examination techniques, manual therapy interventions, and outcomes assessment for neuromusculoskeletal disorders of the vertebral column and peripheral joints. Advanced techniques for movement dysfunctions including non-thrust/thrust manipulation, soft tissue mobilization, muscle energy techniques, stabilization/strengthening exercises, and plyometric/agility training will be discussed. Indications, precautions, and contraindications for all assessments and interventions will be provided as well as integration of evidence and sound clinical decision-making to maximize outcomes. The didactic component will be the focus of the online portion and education and training on psychomotor skills will be the goal of the on-campus sessions.

**PHT 7439 - Soft Tissue Mobilization (4 credits/16CEHs):**

This course will address soft tissue manipulative techniques for the spine and peripheral joints. It will address connective tissue biomechanics and muscle tone physiology. The course will cover examination/evaluation, diagnosis/prognosis, and plan of care for patients with common soft tissue connective disorders of the spine and peripheral joints. It will also address procedures as coadjutant to classic joint manipulative therapy. Intervention methods will cover classic soft tissue manipulative therapy procedures for soft tissue tightness, hypertonicity, and inflammation. This course is not required for certification.

**PHT 7445 - Certification in Musculoskeletal Manipulative Physical Therapy (6 credits/37.5 CEHs):**

This course will serve two purposes: (1) Review the material instructed in all manipulative therapy courses and (2) Evaluate the competence of the graduates in the

material covered from the 4 core courses in manipulative therapy (UQ, LQ, DE, AT). The course will include three days of review and two days of examination. After successful completion of the written and practical examination of the material, the student will receive a certification entitled Certified Musculoskeletal Manual Therapist (CMMT). Students must complete the four core courses (UE, LQ, DE, AT) in order to sit for the Certification Examination.