

## **Program in Neuromusculoskeletal Manual Therapy**

### **Mission**

The Mission of the Certification Program in Neuromusculoskeletal Manual Therapy offered by the Physical Therapy Department at Nova Southeastern University is to educate and train physical therapists in the current scientific evidence behind, and the utilization of, manual therapy applications as they relate to the patient and client examination, evaluation, diagnosis, prognosis, and management of neuromusculoskeletal movement-related disorders. Through didactic and laboratory instruction, The Program combines expert practice with an emphasis on current evidence, providing a structure that promotes and advances the manual therapy skills, clinical reasoning, and scientific inquiry of the learner. Physical Therapists who successfully complete the didactic and laboratory portions of The Program will have the option to seek certification. Certified individuals will have demonstrated their combined knowledge of current evidence-based practice with techniques learned in The Program, to become advanced practitioners in the use of the manual therapy applications in physical therapy practice.

### **Philosophy**

The Physical Therapy Department Faculty at Nova Southeastern University believes that patient management should be based on an evidence-based approach to practice, which integrates the three realms of patient and client values, experience of the clinician, and the scientific literature. At the heart of the program is an evidence-guided approach aimed at developing a strong foundation for clinical reasoning throughout the patient management process. Using over 50 years of combined clinical practice experience and a strong academic foundation, The Program has been designed to integrate these three realms into a unique and eclectic learning experience. The Program is distinctly designed to merge multiple schools of thought regarding manual therapy to optimize patient management.

The curriculum for the Program in Neuromusculoskeletal Manual Therapy at Nova Southeastern University is aligned with the Description of Advanced Specialty Practice (DASP) of the American Academy of Orthopedic Manual Physical Therapy (AAOMPT, [www.aaompt.org](http://www.aaompt.org)) and all faculty members are certified orthopedic manual therapists and board certified clinical specialists.

### **Neuromusculoskeletal Manual Therapy Certification Program Goals**

The Certified Neuromusculoskeletal Manual Therapist will demonstrate:

- 1) Advanced skills in practice dimensions and knowledge areas aligned with the latest Description of Advanced Specialty Practice (DASP) for orthopedic manual physical therapy.

- 2) Proficiency in performing safe and effective examination and manual therapy interventions for neuromusculoskeletal disorders, taking into consideration indications and contraindications for orthopedic manual physical therapy.
- 3) Advanced knowledge to interpret clinical examination findings to prioritize a plan of care based on critical inquiry and evidence-informed practice in direct and non-direct access situations.

The Neuromusculoskeletal Manual Therapy Certification Program will:

- 1) Through a distance education format, provide an environment for Nova Southeastern University Physical Therapy Program alumni and physical therapists in the region to complete the certification program while working by attending weekend courses augmented by an on-line didactic component.
- 2) Address practice dimensions and the foundational knowledge aligned with the Description of Advanced Specialty Practice (DASP) through didactic education and hands on instruction of psychomotor skills
- 3) Advocate research and case report presentations to create new knowledge and skills in orthopedic manual physical therapy.
- 4) Foster an environment that promotes advanced clinical reasoning based on critical inquiry and evidence-informed practice.

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