

FM I - Functional Mobilization™ I

A biomechanical approach to Soft Tissue Mobilization™

Why This Course?

Written and developed by Gregory S. Johnson, PT, FFFMT, FAAOMPT and Vicky Saliba Johnson, PT, FFFMT, FAAOMPT.

FMI was the first biomechanical soft tissue mobilization (STM) course offered to the PT profession. It presents an integrated approach to patient care with emphasis on soft tissue mobilization combined with PNF, joint mobilization and exercise training. This course presents techniques that are the foundation to advanced course material. FMI trains the participant to observe structure, posture, and movement and correlate the presenting mechanical, neuromuscular, and motor control objective findings to dysfunctions in the soft tissue system. The concept of the human body as an interconnected dynamic system will be stressed, presenting evidence as to the interrelationship between the soft tissue system and the articular, neuromuscular, and motor control systems. Emphasis is placed on the evaluation of the soft tissue structures and the application of specific treatment techniques to normalize any identified dysfunction.

IPA courses are a combination of lecture and lab intensive practice.

By the end of the course the participant will be able to:

- identify efficient and inefficient structure and function, utilizing three IPA Functional Tests.
- identify how to evaluate the cervical spine for involvement in shoulder dysfunction.
- describe the process of assessment of the upper thoracic cage for dysfunctions impacting shoulder function.
- list the specific components of the functional evaluation of the shoulder girdle.
- assess the mechanical impairments contributing to the identified limitations of shoulder functional capacity in their lab partner.
- demonstrate on their lab partner the 3 components of the neuromuscular CoreFirst® evaluation.
- demonstrate on their lab partner utilizing the manual skills of Functional Mobilization™ to treat an identified mechanical dysfunction.
- correlate subjective findings to dysfunctions in the soft tissues of the body.
- develop specific layer palpation skills to assist in the delineation of structures involved.
- perform seven specific Functional Soft Tissue Mobilization techniques as an integrated component of the Functional Manual Therapy® system for posterior and anterior spinal structures.
- the participant will cite the findings of one recent research article that supports a treatment strategy for the shoulder region.
- given a case scenario, the participant will DEVELOP three (3) structural and functional goals for patient care.
- discuss the current literature related to Soft Tissue Mobilization.



IPA

INSTITUTE of PHYSICAL ART®

FX Physical Therapy

Baltimore, MD

February 21 - 23, 2020

(Friday through Sunday)

Early Bird Price: \$772 (till 1/21)

Regular Cost: \$805

CEU's hours: 3 Days, 30 Contact Hours

Hours: Fri. 8:00 am - 7:00 pm

Sat. 8:30 am - 6:30 pm

Sun. 8:00 am - 3:30 pm

Who can attend: PT, PTA, OT & SPT

Register: Online at www.ipafmt.com
or call the IPA office 970-870-9521

Course Taught by~

Trudy Messer

PT, OCS, RYT, CKTP, CFMT

