

## **S2S 2025 Application Process for Manual Therapy Specialty Clinical Experience**

Athletico Physical Therapy is proud to offer a Manual Therapy Specialty Clinical Experience through our Student to Specialist program, S2S. A limited number of placements are available for DPT students completing their final clinical experience. Selected students will be placed with a Clinical Instructor who holds a manual certification, including Certified Manual Physical Therapist (CMPT), Certified Orthopedic Manual Therapist (COMT), or Fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT). Students will focus on high level critical thinking and utilization of evidence-based treatment to improve clinical outcomes. Students will be introduced to the rationale behind manual therapy along with various manual techniques for the spine, pelvis, upper and lower extremities. This is a specialty experience, and an application is required.

### **Requirements:**

- Application items to upload:**
  - Resume
  - Letter of Intent
  - Letter of Recommendation from a faculty member
  - Completed DCE Acknowledgement Form
- Final Clinical Experience for 2025
- Strong Orthopedic background and interest in sports
- Exemplary professional behavior and communication skills

**Preference:** Desire to work in an Outpatient Orthopedic setting upon graduation.

**Interested applicants should submit their application packet electronically at this link by April 8, 2024.** [Click here to Apply](#)

Applications will be reviewed by Athletico's Student Clinical Education Team. Top applicants will undergo a virtual interview in May/June and final decisions will be announced by June 28, 2024. This is a competitive application process. Athletico Physical Therapy has limited Specialty Sports rotations available.

### **Terms:**

- Final clinical experience is defined as a terminal experience immediately preceding graduation.
- Athletico Physical Therapy will accept applications from academic programs which we do not currently hold a contract with. If the applicant is chosen, Athletico will execute a one-time contract.
- If an applicant does not receive a Sports Specialty Clinical, they may still be considered for a general outpatient orthopedic placement at the request of the DCE.

**Deadline for Applications: April 8, 2024**  
**Decisions will be announced by: June 28, 2024**

## **S2S Manual Therapy Locations:**

- Byron, IL
- Carbondale, IL
- Chicago, IL
- Northern Chicago, IL suburbs
- Southern Chicago, IL suburbs
- Western Chicago, IL suburbs
- Peoria Heights, IL
- Des Moines, IA, or surrounding area up to 1-hour driving distance.
- Frederick, MD
- St. Louis, MO, or surrounding area up to 1-hour driving distance.
- Johnston, PA
- Limerick, PA
- Brambleton, VA
- Virginia Beach, VA or 45 minutes driving distance.
- Westhampton, VA
- Williamsburg, VA
- Milwaukee, WI, or surrounding area up to 1-hour driving distance.
- Southern Milwaukee, WI suburbs

**Manual Skills List:** Please reference this list as a guide as you enhance your manual therapy skills on your clinical experience! These are not all inclusive, and you may not encounter all these skills based on the patient population on your CI's caseload.

### Upper Extremity

Shoulder	Elbow	Wrist/Hand
SL STJ Distraction with Upward Rotation	Seated/Supine MWM for Lateral Elbow Pain	Seated/Supine AP Carpal Row Glides
SL Inferior GHJ Capsule Stretching	Prone AP PRU jt glide	Seated/Supine Lateral Proximal Row Glides
Seated ACJ MWM	Standing Anterior PRU jt glide (grade 5) (Mill's Manipulation)	Seated/Supine Medial Proximal Row Glides
Supine GHJ AP/Inferior Mobilization	Supine HU jt Distraction	Seated Dorsal 1 <sup>st</sup> CMC Glide
Supine ACJ Mobilization	Osteokinematic whip for Abducted Ulna	Seated Anterior 1 <sup>st</sup> CMC Glide (Sawmiller's Grip)
SL Assessment of Scapular Muscular Tone	Percussion Manipulation of Loss of Anterior Glide of Radius	Distal RU jt Mobilization
SL Subscap Release		
Inferior GHJ Mobilization in Flexion/Abduction		
Supine Manual Posterior Capsule Stretch and IR Mobilization		

**Key:**

**SL**=Sidelying  
**STJ**=Scapulothoracic Joint  
**GHJ**=Glenohumeral Joint  
**ACJ**=Acromioclavicular Joint  
**MWM**=Mobilization with Movement

**AP**=Anterior Posterior  
**PRU jt**=Proximal Radioulnar Joint  
**HU jt**=Humeroulnar Joint  
**CMC**=Carpometacarpal  
**RU jt**=Radioulnar Joint

## Spine

Cervical	Rib	Thoracic	Lumbar	SI Joint
Flexion Mobilization of Occiput on Atlas (for limited AO)	1 <sup>st</sup> Rib Mobilization/ Manipulation	Upper Thoracic Traction Technique	Supine Lumbopelvic Roll	Anterior Innominate Rotation Thrust
AA Mobilization (Limited with Rotation)	2 <sup>nd</sup> Rib Mobilization/ Manipulation	Mid-Thoracic Traction Technique	Flexion Lumbar Facet Manipulation	Long Axis Distraction (Sacral Focus)
Mid-Cervical Locking Technique	Costotransverse Manipulation	Mid-Thoracic Manipulation	Prone Unilateral PA with UE/LE MET	SI Right on Left Sacral Torsion MET
Mid-Cervical Opening Technique	Rib and Thoracic Spring Testing	Prone CT Junction Manipulation	SL Motion Assessment using TPs	Fixated Right Sacral Base Mobilization or Manipulation
Facet vs Uncovertebral Manipulation	Seated Anterior MET	Prone Central and Unilateral PA Mobilization and Manipulation	Extension Lumbar Facet Manipulation	Thigh Thrust Manipulation
AA Manipulation Mid-range (Limited Rotation)	Seated Posterior MET	SL TL Junction Rotation Manipulation	Lumbar Facet Gaping	
Up/Down Glide Mobilization or Manipulation		Seated CT Junction Manipulation	Sidelying Lumbar Spine Traction	
		Seated to Supine and Supine only TL jt gapping		
		Seated Rotational MWM and HVLAT		

**Key:**

**AO**=Atlanto occipital Joint

**AA**=Atlantoaxial

**CT**=Cervicothoracic Joint

**PA**=Posterior Anterior

**SL**=Sidelying

**TL**=Thoracolumbar

**UE**=Upper Extremity

**LE**=Lower Extremity

**MET**=Muscle Energy Technique

**TP**=Transverse Processes

**HVLAT**=High Velocity/Low

Amplitude Technique

## Lower Extremity

Hip	Knee	Foot/Ankle
Long Axis Distraction (Hip Focus) and HVLAT	Supine Posterior Femoral Mobilization	TCJ Distraction/Manipulation
Inferior Glide of Hip	Supine Posterior Tibial Mobilization	Proximal Tibiofibular Joint Manipulation
Lateral Distraction with Belt (Can do MWM)	Supine/Prone Medial or Lateral Proximal Tibial MWM	WB Posterior TCJ MWM
Posterior Hip Mobilization	Seated Tibial Rotation Mobilization	Distal TFJ MWM
Anterior Translation Hip Manipulation	Patellofemoral Assessment of Pathology	Anti-Pronatory Series
Prone Anterior Glide		Talonavicular, Cuboid, Subtalar, AP, Proximal Tib/Fib Joint Mobilizations
Hip Percussion Manipulation		MTP Flexion Mobilization/Manipulation
Prone Figure 4 Mobilization		Calcaneal Whip Manipulation
		Cuboid Whip Manipulation

**Key:**

**HVLAT**=High Velocity/Low Amplitude Technique

**MWM**=Mobilization with Movement

**TCJ**=Talocrual Joint

**WB**=Weight Bearing

**TFJ**=Tibiofibular Joint

**AP**=Anterior Posterior

**Tib/Fib**=Tibia/Fibula

**MTP**=Metatarsophalangeal Joint

### Additional Concepts

- Reviewing Clinical Practice Guidelines and Clinical Prediction Rules
- Movement Control Screening-Activation Phase (LOCAL), Acquisition Phase (REGIONAL), Assimilation Phase (GLOBAL)
- Vertebral Artery Screen/Modified DeKlyn's
- Upper Cervical Ligament Testing (Alar/Transverse/Tectorial Membrane)
- AA/AO/Cervical Mobility Testing
- Upper Motor Neuron Screen
- Mid-Cervical Mobility Testing
- 1<sup>st</sup> and 2<sup>nd</sup> Rib Mobility Testing
- CT Region Mobility Testing
- Thoracic Spine and Rib Spring Testing
- Hip Component
- Pelvic vs. Sacral vs Thoraco-Lumbar Component



## Manual Therapy Specialty Clinical Experience Letter of Recommendation

**Materials due by: April 8, 2024**

**Name of Applicant:** \_\_\_\_\_

**Please provide your views on the following by placing “X” in the appropriate column below.**

	Very Weak	Below Average	Average	Above Average	Very Strong
Applicant's capacity for analytic thinking and problem-solving					
Ability to work effectively with others					
Communication and interpersonal skills					
Commitment to learning					
Sense of responsibility and professional obligation					
Motivation					
Accountability for actions, decisions, and behaviors					
Demonstrates technical competency in basic manual and joint mobilization skills					

**Please attach a brief written statement elaborating further on the above qualities and describing what distinguishes this applicant from other candidates applying for Athletico Physical Therapy's Specialty Manual Therapy clinical experience.**

Please return this rating form and the written letter to the applicant. The applicant will turn in with their other materials electronically as one application packet.

Name (please print): \_\_\_\_\_

Signature (electronic acceptable): \_\_\_\_\_

Date: \_\_\_\_\_

Phone: \_\_\_\_\_



## DCE Acknowledgement Form

Student's name: \_\_\_\_\_

Dates of Final Clinical experience: \_\_\_\_\_

DCE's name: \_\_\_\_\_

DCE's email: \_\_\_\_\_

Please indicate which specialty experience the student is applying for:

Cheerleading/Gymnastic	
Endurance Athlete	
Manual Therapy	
Pelvic Health	
Performing Arts	
Sports	
Vestibular/Concussion	

The Athletico team is excited that your student has elected to apply for a specialty clinical experience with us in 2025. As the DCE, we want to be certain you are aware of the student's application and Athletico's timeline. Please discuss with the student their top geographic choices based upon the options available in the application. Applications are due by April 8, 2024. The top candidates will have a virtual interview in May or early June. Final decisions will be sent via email by June 28, 2024. You will be cc'd on all correspondence between Athletico and the student throughout the process.

If a student is not selected for a specialty experience, they may still be considered for a general outpatient orthopedic placement at your request. Athletico will gladly assess availability for a general outpatient placement based upon the student's desired geographical location.

If you have any questions regarding Athletico's Student to Specialist clinical experiences, please contact [clinicaleducation@athletico.com](mailto:clinicaleducation@athletico.com). Thank you for assisting your student with this application process.

**Please return this acknowledgement form to the applicant. The applicant will submit this form with their other materials electronically as one application packet.**

Signature of DCE \_\_\_\_\_ Date \_\_\_\_\_



## Letter of Intent

In one page or less please answer the following:

1. Why are you interested in a Manual Therapy Specialty Clinical Experience with Athletico Physical Therapy?
2. What are your post-graduation career goals?
3. What are your goals during your Manual Therapy clinical experience?
4. What sets you apart from other candidates applying for a Manual Therapy Specialty Clinical Experience with Athletico?