

# Orthopedic Residency Program (Italy)

Jan. 2023 - Dec. 2023

The Ola Grimsby Institute has over a 45-year history of success in teaching Orthopedic Residency programs with a basis in manual therapy, offered throughout the U.S., South America, Europe, and Asia. The orthopedic residency program is accredited by the [APTA](#) through the [ABPTFRE](#). All aspects of evaluation, soft tissue work, joint mobilization, spinal manipulation, exercise, and education are thoroughly covered. One-to-one clinical mentoring strengthens the resident's experience beyond simple continuing education coursework or online lectures. The Orthopedic Residency can be completed in two ways: On-Site Residency or Independent Study Residency. Strengths of the Orthopedic Residency program include a foundation in basic sciences and an evidence-based background in clinical practice. With an emphasis on differential diagnosis and critical thinking, the program takes you beyond a simple classification system to determine diagnosis and intervention. Methods to improve clinical reasoning and problem-solving will assist with the development of a patient diagnosis as well as a plan of care. Stop guessing and know exactly what you are treating and how you will impact the patient. Interventions taught will be manual therapy based with emphasis on soft tissue techniques, articulations (i.e. oscillations and stretch) joint mobilizations, extremity manipulation, and spinal manipulation.

The Orthopedic Residency program of The Ola Grimsby Institute includes manual therapy techniques from different schools and countries. Residents learn how to select between different techniques, and how to dose these interventions, based on the need of each patient. Hands-on courses and mentoring improve not only critical thinking but the skills necessary to perform mobilization and spinal manipulation. The orthopedic manual physical therapy profession is in constant evolution. Models for explanations of our work are consistently undergoing fundamental changes; at the same time, explanations previously accepted within the discipline are now regarded as being incorrect.

A significant strength of the program is an integrated exercise curriculum teaching specificity of exercise dosage, design, and progression. This exercise curriculum has the foundation in Norwegian MET (Medical Exercise Therapy), taught in the US under the name [Scientific Therapeutic Exercise Progressions](#) (STEP). Learn how to apply evaluation, manual work, and exercise for an optimal patient outcome.

All Models include 1:1 Clinical Mentoring Hours - 150 hours with an OGI Clinical Mentor or Faculty member. There is no additional fee for this clinical supervision; however, the student is responsible for all costs related to performing this clinical experience.

All Models result in a Certificate of Completion, awarded for those that complete either of the three program models. The research component is optional, with a Doctorate of Manual Therapy (DMT) awarded upon successful completion of the program along with the research. Students do not have to complete research to complete their Orthopedic Residency program. If they wish, however, to earn a DMT the research component is required in addition to completing all Residency requirements.