# S2S 2027 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 2027
- ❑ Strong Orthopedic background
- ❑ 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 March 27, 2026. 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 17, 2026**. This is a competitive application process. Athletico Physical Therapy has limited Manual Therapy 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 Manual Therapy Specialty Clinical, they may still be considered for a general outpatient orthopedic placement at the request of the DCE.

**Deadline for Applications: March 27, 2026**
**Decisions will be announced by: June 17, 2026**

## S2S Manual Therapy Locations:

- Foulkstone, DE
- Ocean View, DE
- Wilmington, DE
- Byron, IL
- Champaign, IL
- Chicago, IL or surrounding area up to 1-hour driving distance.
- Oswego, IL
- Willowbrook, IL
- Council Bluffs, IA
- Waukee, IA
- Frederick, MD or surrounding area up to 30 minutes driving distance.
- St. Louis, MO, or surrounding area up to 1-hour driving distance.
- Dublin, OH
- Athens, PA
- Aston, PA
- Kennett Square, PA
- Reading, PA or surrounding area up to 1-hour driving distance.
- Brambleton, VA
- Norfolk, VA
- Williamsburg, VA

**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 1st CMC Glide |
| Supine ACJ Mobilization | Osteokinematic whip for Abducted Ulna | Seated Anterior 1st 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 Join

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# Spine

| Cervical | Rib | Thoracic | Lumbar | SI Joint |
|---|---|---|---|---|
| Flexion Mobilization of Occiput on Atlas (for limited AO) | 1st Rib Mobilization/ Manipulation | Upper Thoracic Traction Technique | Supine Lumbopelvic Roll | Anterior Innominate Rotation Thrust |
| AA Mobilization (Limited with Rotation) | 2nd 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

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# 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
- 1st and 2nd 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: March 27, 2026**

**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 | |

The Athletico team is excited that your student has elected to apply for a specialty clinical experience with us in 2027. 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 March 27, 2026.** The top candidates will have a virtual interview in May or early June. Final decisions will be sent via email by **June 17, 2026**. 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. 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 _____

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# 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?