

## PRE-AFFILIATION INSTRUCTIONS

We are pleased to have students in our office and will invest significant time and energy in a mentoring relationship. From the student side we require a committed, professional individual who will work hard to learn osteopathic-based biomechanical assessment, joint and soft tissue treatment, neuromuscular exercises and motor control retraining. Our goal is that our students perform at a level such that they can treat alongside the clinic owners and other experienced clinicians through appropriate mentoring. In order to be prepared for this experience, please read and follow the following instructions carefully.

1. Begin building your own 3-ring student notebook that you will bring in daily for study and note taking. **Please print out, read and place in a notebook the following files from this website.** Start taking notes, write down questions. There is an open book quiz you will be given on each of the articles b-f.
  - a. Student Notebook. Essential clinical information, additional educational requirements and opportunities
  - b. Evaluation and Treatment of Unilateral Sacrums with Concurrent Iliac and Coccygeal Dysfunctions (Ando). This paper helps in the evaluation and treatment of our typical complex patient population.
  - c. Function and Pain Inventory (FAPI). The FAPI is used as a customized outcome measurement tool used in every evaluation. You will be using the Electronic Medical Record (EMR) version.
  - d. Soft Tissue Mobilization (STM). Principles and techniques.
  - e. Proprioceptive Neuromuscular Facilitation (PNF). Principles and techniques.
  - f. Lumbar Protective Mechanism (LPM). The Lumbar Protective Mechanism is a postural special test that is used to standardize trunk strength.
2. Call Gary Aston PT @714.974.0330 to make arrangements to pick up and view the following videos at least two to three weeks prior to the internship.
  - a. "Principles of Manual Medicine" video series by Philip Greenman D.O. (9 DVD's approx. 1 hr. each).
3. Visit our website completely; including the Studio side that covers our Wellness services.
4. Strong hands are necessary in manual therapy. If your fingers are weak, we recommend that you start finger exercises such as wall fingertip pushups prior to the internship to prevent unnecessary degeneration.