

Orthopedic Manual Therapy: Essential Techniques to Improve Patient Outcomes

THE LOWER EXTREMITY TRACK (HIP, KNEE, ANKLE, FOOT)

Pre-Coursework Recordings (2.5 hours)

- Biopsychosocial Framework and Mechanisms of OMT, Hiroshi Kiyota, PT, DPT
- Screening for Non-MSK Conditions that May Necessitate Referral, Hiroshi Kiyota, PT, DPT
- Clinically Relevant Anatomy and Biomechanics, James Koo, PT, DPT
- An Expert's Interview: Using the Subjective History to Drive Clinical Reasoning and Examination, James Koo, PT, DPT

Agenda

Saturday, September 19, 2026

8:00 am	Registration & Breakfast	10:45 am	Break
8:30 am	Welcome & Introduction James Koo, PT, DPT	11:00 am	OMPT Examination for the Hip: Master a repeatable hip examination framework (continued) Hiroshi Kiyota, PT, DPT James Koo, PT, DPT
8:45 am	OMPT Clinical Reasoning Model– SCRIPT for Extremities Hiroshi Kiyota, PT, DPT	12:00 pm	Lunch (on your own)
9:45 am	OMPT Examination for the Hip: Master a repeatable hip examination framework Hiroshi Kiyota, PT, DPT James Koo, PT, DPT • Evidence-based special tests and joint play assessment • Lumbar vs. Hip differential diagnosis • Comprehensive mobility and contractile tissue profiling • Targeted neuromuscular screening	1:00 pm	OMPT Intervention for the Hip: Build a complete hip mobilization toolkit Hiroshi Kiyota, PT, DPT James Koo, PT, DPT • Thrust and non-thrust manipulations for general mobility • Direction-specific glides for all physiologic planes (Flex/Ext/IR/ER/Abd) • Targeted soft tissue mobilization (STM) • Prescriptive patient self-mobilizations

2:45 pm	Break	4:30 pm	Round Robin of Day 1 Techniques and Q&A
3:00 pm	OMPT Examination for the Knee: Know exactly what you're treating, before you treat it James Koo, PT, DPT Hiroshi Kiyota, PT, DPT • Evidence-based special tests and joint play assessment • Regional interdependence screening (Hip/Knee/Ankle) • Comprehensive mobility and contractile tissue profiling • Targeted neuromuscular screening	5:00 pm	Adjourn

Sunday, September 20, 2026

8:00 am	Registration & Breakfast	12:45 pm	Lunch (on your own)
8:30 am	OMPT Intervention for the Knee: Restore knee mobility with precision James Koo, PT, DPT Hiroshi Kiyota, PT, DPT • Tibiofemoral and patellofemoral mobilization and manipulation • Techniques to restore terminal flexion and extension • Targeted soft tissue mobilization (STM) • Prescriptive patient self-mobilizations	1:45 pm	OMPT Intervention for the Foot and Ankle: Comprehensive techniques including James Koo, PT, DPT Hiroshi Kiyota, PT, DPT • Rearfoot, midfoot, and forefoot thrust and non-thrust manipulation • Multi-planar mobilizations to restore optimal gait mechanics • Targeted soft tissue mobilization (STM) • Prescriptive patient self-mobilizations
10:30 am	Break	3:45 pm	Break
10:45 am	OMPT Examination for the Foot and Ankle: A systematic, hands-on approach covering James Koo, PT, DPT Hiroshi Kiyota, PT, DPT • Evidence-based special tests and joint play assessment • Lower quarter kinetic chain and biomechanical screening • Comprehensive mobility and contractile tissue profiling • Targeted neuromuscular screening	4:00 pm	Round Robin of All Techniques and Q&A
		5:00 pm	Adjourn