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## Two local physical therapists complete post-professional fellowships, joining the ranks of only one percent of PTs to earn such degrees.

Anacortes/Oak Harbor, Washington – January 29, 2019 – Tucked inside the island towns of Anacortes and Oak Harbor are two physical therapists (PTs) who have really made their mark in their profession.

Amber Walker, MSc PT, Clinic Director at IRG Physical & Hand Therapy – Anacortes, and Andrea Wood, DPT, Clinic Director at IRG Physical and Hand Therapy – Oak Harbor, recently completed a 12-month, post-professional fellowship through the American Academy of Manipulative Therapy in orthopedic manual physical therapy. They earned certifications in spinal manipulation and dry needling as well as an osteopractic diploma. Both are awaiting their Fellow of the American Academy of Orthopaedic Manual Physical Therapists (FAAOMPT) credentials, which they should earn in March.

Walker and Wood have both been practicing PTs for over 15 years but saw this fellowship as a way to gain advanced training to help take their patient care to the next level. The fellowship included specific training on vestibular disorders, spinal techniques, craniofacial (upper extremity) conditions, musculoskeletal imaging (MRIs, diagnostic ultrasound), and headache and pain management. They gained hands-on experience working with cadavers to better understand anatomy and learned spinal manipulation techniques to help improve mobility and function.

“The opportunity to study with the best in the industry is a dream come true. I have already been able to apply my learning and skills to a large portion of the patients I treat,” said Wood.

Osteopractic PTs are specifically trained to treat neuromusculoskeletal conditions such as neck pain, low back pain, headaches, tennis elbow, heel pain, carpal tunnel syndrome, knee osteoarthritis, plantar fasciitis, shoulder impingement, or joint pain. Just as a patient would seek out a specialist for dermatology or pediatrics, osteopractic physical therapists are specialists in their fields. Less than one percent of physical therapists in the U.S. complete fellowship training.

*IRG has nearly 40 locations throughout the Puget Sound region, including offices in Anacortes, Oak Harbor and Mount Vernon.*