

RMCHCS physical therapist earns 'Osteopractic' diploma

Written by By Cynthia Dyer RMCHCS Director of Marketing
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Rehoboth McKinley Christian Health Care Services is pleased to announce the award of a **DIPL
OMA in OSTEOPRACTIC**
™ from the Spinal Manipulation Institute to Pawel Gredecki, physical therapist with RMCHCS
Rehabilitation Services. He is certified by the American Academy of Manipulative Therapy.

Dr. Gredecki completed courses in dry needling, spinal manipulative therapy, extremity
manipulative therapy, instrument-assisted soft-tissue mobilization and differential diagnosis and
multi-modal management of upper and lower extremities.

This diploma is awarded to licensed physical therapists or medical physicians who have the
appropriate clinical sciences background and successfully completed an intensive **post-gradua
te training program**
that includes 180 CEUs or 23 days of lecture and hands-on classes.

**Osteopractic Physical therapy is a sub-specialty within physical therapy, and more
accurately describes the kind of physical therapy services** (rather than simply “physical
therapy”) offered. The osteopractor concept is firmly focused on the management of
neuromusculoskeletal disorders in an evidence-based fashion.

Manipulation of the spine and/or extremities, Instrument Assisted Soft Tissue Mobilization
(Graston), and Dry Needling (DN) therapy are proven techniques in facilitating tissue healing,
reducing joint dysfunction and minimizing pain. When combined with an effective therapeutic

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exercise regimen, these treatment interventions are powerful tools in eliminating functional impairments and reducing disability.

An Osteopractor is very distinct from, and should not be confused with, a chiropractor or Doctor of Osteopathy (DO), as neither of these are Physical Therapists. The Osteopractor credential distinguishes those physical therapists, MD's, or DO's that have achieved a level of highly skilled, hands-on manual therapy techniques post graduate through the Spinal Manipulation Institute.

This certification, combined with Dr. Gredecki's other educational achievements, further enhances the services provided through RMCHCS Rehabilitation Services.

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