



PRI Mini Residency Center Application

PART ONE (Demographics)

Today's Date 8/13/21

Name Mike DeMille

Professional Title Mike DeMille PT, DPT PRC

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Please provide names of all of the PRCs or PRTs that are currently on staff at your facility:

Mike DeMille

PART TWO (PRI Mini Residency Center Description)

- Please provide a description of what the resident can expect at your PRI Mini Residency Center:
 1. Outline and describe the opportunities that currently exist with patients or clients, and the conditions that exist with the majority or typical patient/client representation.
 2. Outline any unique opportunities that exist.
 3. Outline the experience and interest of the staff that the resident may have interactions with during their PRI Mini Residency Program at your center.
 4. Outline the areas of specialization and the areas of interest that exist.
 5. Describe the environment and setting.
 6. Outline any additional PRI courses (other than the 3 PRI primary courses) that the applicant must complete prior to applying for a PRI Mini Residency Program at your center.
 7. Provide application deadlines/time frames, as well as up to date availability.

PART THREE (PRI Experience & Expectations)

- Please type out your responses to the following questions, and include these with your application.
 1. How much do you use PRI in your current every day practice with patients or clients? Is it a subordinate method, or is it your primary treatment/management approach?
 2. Why are you interested in becoming a PRI Mini Residency Center?
 3. How many hours do you (and any other PRCs or PRTs employed on staff) work on a weekly basis. If it is less than full time (<32 hours per week), please outline how you would plan to keep the resident active and learning during their full time 6-week PRI Mini Residency Program.
 4. What are your future goals for integration of PRI concepts within your practice/setting?
 5. Who on staff (must be a PRC or PRT credentialed professional) will oversee the resident during their time at the PRI Mini Residency Center? Which other healthcare or movement professionals on staff have taken at least 3 PRI courses and would be interested in having the resident spend time with them during their 6-week mini residency program?
 6. Have you ever had any college or graduate students complete a clinical rotation or internship at your facility? If so, please express how that experience has been, and how you feel this would be similar or different from student clinical rotations or internships that we completed at your facility.

7. Besides utilizing PRI as an assessment/treatment approach, what other PT or sports/performance-related interventions (i.e. Graston, Schroth, Dry Needling, FMS/SFMA, DNS, etc.) do you use in your practice or setting on a regular basis?
8. What is your process for determining if/when someone needs interdisciplinary integration care, or referral to another practitioner for evaluation/consultation?
9. Do you currently integrate PRI with foot orthotics/footwear or collaborate with an optometrist or dentist in your area? If so, in what ways are these other disciplines integrated within your practice? Please include the names of any interdisciplinary professionals that you collaborate with on a regular basis. If you do not integrate with any other disciplines, please outline how you manage patients or clients who are not progressing with a traditional PRI program (i.e. do you refer onto another PRI clinician who does integrate?)
10. What are your expectations of the mini resident?

PART TWO

1. Outline and describe the opportunities that currently exist with patients or clients, and the conditions that exist with the majority or typical patient/client representation.

The current opportunities that exist at Divergence include: working with local clients who are experiencing orthopedic injuries and ailments (LBP, hip pain, rotator cuff issues etc.), working with clients that are finishing Physical Therapy and transitioning to a PRI minded strength training program, and working with athletes across a variety of team and individual sports. Divergence is an Out of Network facility that sees all of its clients one on one for one hour of care at each visit. Oftentimes, clients will come to Divergence when they have been unsuccessful in a conventional Physical Therapy program.

2. Outline any unique opportunities that exist.

Divergence is constantly communicating in the PRI network and oftentimes sees client that are referred from PRCs/PRTs that are coming from professional sports organizations and highly integrated PRI clinics. A PRI Resident would have the unique opportunity to be a part of a setting that is taking high level and fitness minded clients to the next level of their Physical Therapy programs. This includes building muscle, improving endurance, and performing sports specific training oftentimes.

3. Outline the experience and interest of the staff that the resident may have interactions with during their PRI Mini Residency Program at your center.

Our staff are all Physical Therapists who sought out positions at Divergence to deviate from the norm of Physical Therapy for their professional working lives. Divergence is a community of PTs that is doing things differently, PRI integration, intense strength training, lifestyle interventions, etc. The Divergence team is comprised of former athletes that have recognized the value of PRI and physical fitness as necessary components to a healthy life for their clients.

4. Outline the areas of specialization and the areas of interest that exist.

Divergence specializes in taking clients that are originally struggling to balance their natural asymmetry, and lack the ability to alternate and reciprocate in a healthy way, and teaches them to regain function while also learning and understanding the benefits of a fitness and strength training program. Divergence takes the Postural Restoration Institute framework and progresses its clients to high level, physically demanding, allostatic load driven activity.

In addition to this integration, Erin Murray is currently working in her practice which is adjacent to Divergence on what can only be described as "PRI Nutrition". This experience is invaluable with Erin's ability to help her clients through interoception, behavior change, and their behavioral nutritional identity through recognition of their environment and food "sense". She does this by having her clients understand and appreciate themselves and their behavior.

5. Describe the environment and setting.

Divergence purposefully looks, feels, sounds, and smells like a high end gym. There are 4 treatment offices, a designated filming room, an employee lounge, bathrooms, and a shower that all surround the main fitness area. This is complete with a turf area used for aerobic endurance training and repositioning activities and also a gym space designed for a heavy strength training. The environment at Divergence is one that truly supports that health, well-being, and sustainability of its employees. There are 2 hours everyday at noon for the employees to strength train, all client sessions are one on one for 1 hour, and the employees are put in a position where they are not expected to work ridiculous amounts of hours to make a living.

6. Outline any additional PRI courses (other than the 3 PRI primary courses) that the applicant must complete prior to applying for a PRI Mini Residency Program at your center.

There are no additional required courses for this PRI mini residency. Applicants that would stand out would be those that have a strong knowledge of strength and conditioning (preferably a CSCS), and a back ground in athletics. Currently, Divergence is seeking out a Physical Therapist to hire that has a strong foundation in the Pelvis course, and an interest in pelvic floor related Physical Therapy at the general population level.

7. Provide application deadlines/time frames, as well as up to date availability.

Divergence would like to offer 3 resident positions per year that align with Divergence's existing 10 week Solidify program. The timeline that would make the most sense is to have the residents begin their 6 week experience at the beginning of the Solidify program to maximize the education and discussion of primary course material. This means that the three positions would begin in February, June, and October.

The application deadline for the October Residency is September 17th, the deadline for February is January 14th, and the deadline for June is May 14th.

PART THREE

1. How much do you use PRI in your current every day practice with patients or clients? Is it a subordinate method, or is it your primary treatment/management approach?

PRI is our number one and almost exclusive treatment approach at Divergence. Where we are looking to push the envelope in terms of the future of PRI, this is with the Fitness Integration content. In other words, we use a lot of sagittal plane strength and conditioning movements in our programming as our clients progress. What we take a lot of pride in at Divergence is that we are not using a PRI "minded" approach where we have our own test and measures, we are using the PRI tests, and exercises specifically in our treatments.

2. Why are you interested in becoming a PRI Mini Residency Center?

The reason that Divergence would like to become a PRI Mini Residency Center is because the science of the Postural Restoration Institute has profoundly affected the way we practice Physical Therapy. Divergence is looking forward to this opportunity to educate clinicians that would like an extensive knowledge and applicable skill in PRI to improve their careers. This unique opportunity to help those clinicians see the power, and applicability of the science of PRI and how it can be implemented in a Physical Therapy and fitness setting, would be very gratifying for the clinicians at Divergence. This ability to be able to give back to the community of PRI by educating other clinicians is a core value and goal of Divergence.

3. How many hours do you (and any other PRCs or PRTs employed on staff) work on a weekly basis. If it is less than full time (<32 hours per week), please outline how you would plan to keep the resident active and learning during their full time 6-week PRI Mini Residency Program.

Currently, Divergence has two full time PTs, (3 starting 9/1/21) that work combined over 40 hours per week using PRI as the primary treatment method. In addition to this, the Solidify program houses about 4 hours per week of educational content, one on one member refinement calls, and preparatory work of going through research for the calls. The resident can expect to observe and see about 3-5 clients before lunch, have 2 hours for their own personal fitness and PRI experimentation during the 2 hour lunch break, and an additional 3-5 clients after lunch in addition to the Solidify academic work. The staff also has in-services, hosts PRI courses, uses Applied Integration Consulting, and watches PRIVY episodes as a staff on a weekly basis.

4. What are your future goals for integration of PRI concepts within your practice/setting?

Divergence is looking to grow its PRI community specifically in the area of Greater Boston. Traditionally, the area that Divergence is in is full of optometrists, dentists, podiatrists, and many other health care clinicians that would be perfect for PRI Interdisciplinary care. If Divergence were to cooperate, and work with these other disciplines through educating them about the science of PRI, then all of our patient's will benefit greatly. Currently, these other disciplines in the area are fantastic, but do not understand breathing, asymmetry, and the collaborative role that their disciplines play in a patient with chronic pain.

5. Who on staff (must be a PRC or PRT credentialed professional) will oversee the resident during their time at the PRI Mini Residency Center? Which other healthcare or movement professionals on staff have taken at least 3 PRI courses and would be interested in having the resident spend time with them during their 6-week mini residency program?

Mike DeMille will be primarily running this Residency program. Our current other therapist Connor Sheridan has taken two home study courses, will take the Pelvis Home Study in 9/21, and plans to apply for his PRC in 2022, he has also been through all 10 weeks of the Solidify program. Garrett Labberton will begin his work at Divergence on 9/1/21 and has taken all three primary courses, as well as several secondary and affiliate courses. Divergence will likely hire a 4th Physical Therapist in the Winter of 2021 with a similar PRI coursework background.

6. Have you ever had any college or graduate students complete a clinical rotation or internship at your facility? If so, please express how that experience has been, and how you feel this would be similar or different from student clinical rotations or internships that we completed at your facility.

Yes, when Mike DeMille was at Pure Performance Training he oversaw 2 different students for 10 week clinical experiences. These students did an excellent job with rising to the level of an advanced PRI curriculum for their 10 week clinical internship. A resident with PRI experience and knowledge will be able to progress much faster through this program likely receive more benefit as opposed to the DPT students that started with limited PRI exposure.

7. Besides utilizing PRI as an assessment/treatment approach, what other PT or sports/performance-related interventions (i.e. Graston, Schroth, Dry Needling, FMS/SFMA, DNS, etc.) do you use in your practice or setting on a regular basis?

Divergence utilizes occasional manual therapy and other passive modalities to compliment its PRI work. Specifically, Divergence is looking to take the Functional Range Release (FRR) manual therapy courses for the upper body, lower body, and spine in the future. In addition to this Divergence utilizes the NOI Pain Science Educational framework for a lot of their client communication. This is the work of Lorrimer Moseley and David Butler and their Explain Pain concepts. Also, Divergence is primarily a destination for fitness training and wellness in addition to Physical Therapy. Divergence uses Pat Davidson's Rethinking the Big Patterns framework in much of its fitness training with the general population and athletic population.

8. What is your process for determining if/when someone needs interdisciplinary integration care, or referral to another practitioner for evaluation/consultation?

Currently we have a number of clients that consult on a regular basis with Mike Cantrell, and Liz Caughey. These clients will see Mike and Liz once every few months for a readjustment of their necessary appliances. Other than that, we have made local contacts with Dr. Amparo David who has PRI experience, and Dr. John Abondanza who is a Behavioral Optometrist in Massachusetts. From time to time, we will make orthotics out of the bio foam and ship them to Dr. Paul Coffin for orthotics. Truthfully, our greatest area of improvement is the ability to integrate at a high level with these practitioners. One good goal could be to invite local optometrists, dentists, and other related professionals to our October 2022 Cervical Revolution, as we have many potential integrates literally in our same building.

9. Do you currently integrate PRI with foot orthotics/footwear or collaborate with an optometrist or dentist in your area? If so, in what ways are these other disciplines integrated within your practice? Please include the names of any interdisciplinary professionals that you collaborate with on a regular basis. If you do not integrate with any other disciplines, please outline how you manage patients or clients who are not progressing with a traditional PRI program (i.e. do you refer onto another PRI clinician who does integrate?)

Currently besides the professionals listed above, we are looking to integrate MORE with these professionals. We have several clients that are not having great success with their current programs and our goal to address this is to them evaluated by Mike Cantrell when he comes to our facility on January 13-14, 2022 with Applied Integration Consulting.

10. What are your expectations of the mini resident?

Our expectation of the mini resident would be to ask helpful questions from the perspective of someone looking to refine their PRI understanding, similar to our Solidify program. The added benefit here would be that they have in person access to our client cases and the ability to integrate with our staff. We would expect these residents to be students of PRI and look to dig deeper into the three primary coursework concepts and learn how they apply in our fitness environment. Given the quality of the experience with the mini resident we would be in a position to hire one of the mini residents upon completion of the program.