



Defense Health Agency J-7 Continuing Education Program Office

P3T Manual Therapy Course

Live Course, May 12, 2026, Hampton, VA

Continuing Education (CE)/Continuing Medical Education (CME) Information

This CE/CME activity is accredited by the DHA J-7 Continuing Education Program Office (CEPO). This activity provides continuing education for nurses, physician associates/physician assistants, athletic trainers, occupational therapists, occupational therapy assistants, kinesiotherapists, physical therapists, and physical therapist assistants across the Military Health System (MHS). A certificate of attendance is available for other attendees.

P3T Manual Therapy Course (2.00 clock hours)

0900-1100 (ET)

Learning Objectives:

1. Define pregnancy-specific anatomical structures and physiological changes relevant to musculoskeletal pain in pregnant and postpartum soldiers.
2. Summarize the left and right limits (contraindications and precautions) for applying common manual therapy modalities to pregnant and postpartum patients.
3. Apply new manual therapy techniques suitable for pregnant and postpartum patients.
4. Formulate appropriate referral plans, including relevant information for the pelvic health specialist to ensure continuity of care.

Faculty:

Kelsey Mathias, OTR/L, PRPC. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Jessica Obiedzinski, MS, ATC, LAT, TSAC-F, RYT-200. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Disclosures:

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

Interprofessional Continuing Education (IPCE)



In support of improving patient care, DHA J-7 CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. This activity was planned by and for the healthcare team, and learners will receive 2.00 Interprofessional Continuing Education (IPCE) credit for learning and change.

Nurses (ANCC)

DHA J-7 CEPO is accredited by the Joint Accreditation/Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education live course for a maximum of 2.00 ANCC contact hours. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Physician Associates/Physician Assistants (AAPA) – Live



DHA J-7 CEPO has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 2.00 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Athletic Trainers (BOC)



DHA J-7 CEPO (BOC AP #: JA4008136) is approved by the Board of Certification, Inc., to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 2.0 Category A hours/Continuing Education Units (CEUs). ATs should claim only those hours actually spent in the educational program.

Occupational Therapists and Occupational Therapy Assistants (AOTA)



DHA J-7 CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 16164. This live activity is offered at 0.2 CEUs intermediate, OT service delivery. AOTA does not endorse specific course content, products, or clinical procedures.

Physical Therapists and Physical Therapy Assistants (APTA)



DHA J-7 CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the healthcare team, and learners will receive 0.2 APTA CEUs. The assignment of APTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by APTA. APTA CEUs are accepted by most state PT licensing boards. Learners are encouraged to check with their local chapter or state board to ensure that they accept APTA accredited courses for licensure renewal.

Kinesiotherapists (COPSKT)

Provider# is 051226



This continuing education activity has been accredited by The Council on Professional Standards for Kinesiotherapy (COPSKT) to include 2.00 contact hours/0.2 CEU. DHA J-7 CEPO accredits enterprise-wide continuing education activities for military and civilian health care professionals. These courses are critical to DHA's goal of providing the best possible quality care to active duty service members, veterans, and their families.

Other Professionals

All other healthcare professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE/CME Inquiries:

For all CE/CME related inquiries, please contact: dha.ncr.j7.mbx.continuing-education-office@health.mil.

How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through May 26, 2026, at 2359 ET at the following URL: www.dhaj7-cepo.com.