HandsOn DIAGNOSTICS

Healing Hands Guided by Technology

Newsletter | August, 2026

Dear HODS Members,

Welcome to the HODS Monthly Newsletter!

This month's newsletter is based on a conversation worth sitting with. We are breaking the myths around primary care physical therapy. We also have a major updates for this years' HODS Annual Symposium, and chance to support an extraordinary cause moving through the country this summer, and this month's course highlights.

Primary Care PT Residency: A Look at the Program

We're excited to share that the **Applications for the** HODs Primary Care PT Residency are ongoing with the first, founding cohort beginning in **September 2026**.

This program offers a post-professional residency for licensed physical therapists preparing for advanced, independent practice in primary care settings.

Overview

Available Tracks

Program Format

Download Application Form

Train for the Role Physical Therapists Are Already Stepping Into

Built on a Practice-Based Training Model, residents complete required clinical hours at their own practice sites while progressing through a structured, nationally aligned curriculum delivered through online coursework, live virtual sessions, and required in-person skills labs in Queens, New York.

The program offers two tracks: a 24-month Standard Track and a 12-month Accelerated Track. Both tracks include the same curriculum, same clinical hour requirement, and same residency outcomes.

Visit our website at www.primarycarept.com or contact now HODS at +1 (888) 447-6014 for information and to submit an application for admission.

Build the Practice of the Future: Inside the HODS Primary Care PT Residency

This month, we are hosting a webinar to walk through how the HODS Primary Care PT Residency actually works, how it trains PTs and practice owners to screen, diagnose, and guide patients from day one, rather than waiting on a referral.

Tuesday, August 18 | Free Webinar

If you're weighing what this residency covers, what it could mean for your practice or career, or what it takes to join the founding cohort, this is a good place to get your questions answered directly.

Register Here

Join us at the 13th Annual HODS Symposium

Primary Care Physical Therapy Powered by Diagnostics and Value

Elevating Patient Outcomes, Practice Profitability, and Professional Autonomy

October 17–18, 2026 | Fully Virtual | All times ET

Dear Colleagues and Friends,

It is with great pleasure that we invite you to this year's Annual HODS Symposium. This year, we are going fully virtual to ensure that the clinical education, the business strategy, and the VOS unveiling reach the widest possible group of PTs, practice owners, and colleagues who could benefit not just the ones already inside the HODS network. Yes you read right, alongside the clinical program, we're unveiling something new: **VOS, the Patient Value Optimization System**, a roadmap built on five pillars

1. **Clinical Education**
2. **Clinical Advancement**
3. **Practice Expansion**
4. **Organizational Stability**
5. **On-site Diagnostics**

So as to help your practice become more valuable, more competitive, and more sustainable.

This year, both the **Clinical Track and Business Track are open to each one of you,** HODS members and non-members alike.

And with the Symposium moving **fully virtual**, geography, travel budgets, and staffing gaps are no longer the reason your team misses it.

What's New This Year

- **$49.95 for everyone, HODS members included** — a nominal investment that keeps this program growing.
- **12 CEUs** pending approval, plus a pre-symposium electrophysiology course.

How Access Works

General Session + Clinical Track run as one Zoom Webinar (same link, both days). The Business Track is a separate Zoom Meeting. After registering, you'll get both links plus the full agenda by email.

Register here

• Bring your entire clinical and administrative team

NEW PARTNERSHIP

Hands-On Seminars × Niel Asher Education — 40+ New CE Courses Now Available

Effective July 1, 2026, Hands-On Seminars has announced a formal collaboration with Niel Asher Education — one of the leading providers of online continuing education for rehabilitation and integrative health professionals. This partnership immediately expands the CE catalog to include 40+ online courses covering:

- Trigger Point Therapy (including a 50-CEU Certification program)
- Pelvic floor rehabilitation and female athlete health
- Sports injury mechanics, return-to-play planning, and running biomechanics
- Joint mobilization, manual therapy, and soft-tissue techniques
- Shoulder, knee, cervical, thoracic, and lumbar rehabilitation
- Vestibular rehabilitation and TMJ dysfunction
- Resistance training, Pilates-based rehab, and strength programming
- Artificial intelligence in rehabilitation practice
- Osteoporosis, hypermobility management, and peripheral nerve entrapment

Whether you are seeking to strengthen clinical reasoning, develop new treatment skills, satisfy CE requirements, or expand your scope of practice — this catalog delivers meaningful options across every specialty area.

Explore Course Catalog

The Intro to EMG, NCS, & MSKUS Course Trains Your Staff, Grows Your Referrals & Expands Your Reach

Course Highlights & What's Coming Next

Catalyst Physical Therapy
Clearwater, FL

West Park Rehab Physical Therapy Franklin, PA

PNW Sports Institute
Covington, WA

Spine & Rehab Specialists
El Paso, TX

Hands-On EMG Testing
Astoria, NY

This month, we are heading to HODS Member, **Tony Cere at Kinetix Physical Therapy in** Newberry, FL– **August 29-30, 2026.**

The **Introduction to EMG, Nerve Conduction Studies, and Musculoskeletal Ultrasound Imaging** course is designed with two powerful goals in mind. For your clinical staff, it serves as an inspiring entry point into the world of physical therapy diagnostics, equipping them with the knowledge and hands-on expertise needed to make more confident, accurate, and appropriate referrals within your practice. At the same time, the course is crafted to enlighten your referral sources, giving physicians, specialists, and healthcare partners the meaningful clinical context they need to refer their patients directly to you, strengthening your referral relationships and expanding your diagnostic outreach in the community.

The course awards **20.5 CEUs** for physical therapy professionals and **20.5 CMEs** for physicians and medical providers, ensuring that every attendee walks away with meaningful, accredited continuing education credit.

Whether you are growing your team's capabilities or deepening your network, this course delivers on both fronts.

What an exciting time for HODS. What an exciting time for the PT practice profession.

What makes this experience truly unique is what happens before the course even begins. The **HODS Leadership Team** dedicates a full day with your administrative and marketing staff, taking the time to understand your diagnostic practice needs, your specific marketplace, and the opportunities unique to your community. Together, we craft tailored solutions and strategic plans designed to take your practice to the next level.

Upcoming Dates:

1. Chicago, IL – November 7-8, 2026 hosted by HODS Member **Matthew Johnson at Muscle and Joint Physical Therapy**
2. Quarryville, PA – December 12-13, 2026 hosted by HODS Member **Dan Neff at Neff Physical Therapy**
3. Escondido, CA – January 23-24, 2027 hosted by HODS Member **Skye Grayson at NCEPT Physical Therapy**

Interested in hosting this course at your facility? Reach out to James at deputyceo@ihods.com

Upcoming Courses

Upcoming Courses — August through December 2026

AACE · AAMU · Hands-On Seminars · HODS

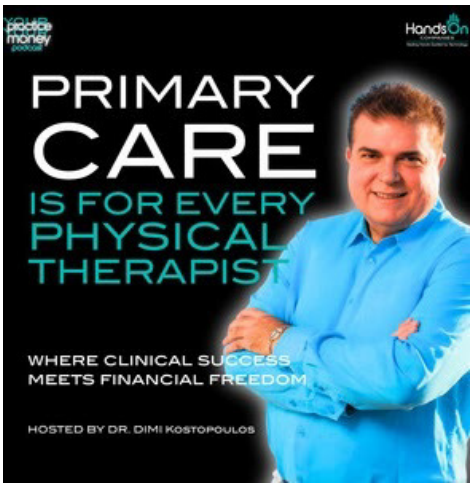
Q3 — August & September

DATES	COURSE	LOCATION	CO.	TRAINER
AUGUST				
Aug 28–30	FM 2	Astoria, NY	HOS	Dr. Oswald
Aug 29–30	Intro to EMG/NCS & MSKUS Featured	Gainesville, FL	AACE	Dr. Kostopoulos / Dr. Rizopoulos
Aug 29–30	Dry Needling — Lower	Ft. Myers, FL	HOS	Dr. Michel
SEPTEMBER				
Sep 11–12	MSKUS Upper Extremities Module	Astoria, NY	AAMU/HODS	Dr. Rawat
Sep 18–20	EMG Stage 1 / NCV Tech Beginner	Astoria, NY	AACE/HODS	Dr. Wheeler
Sep 25–26	MSKUS Lower Extremities Module	Astoria, NY	AAMU/HODS	Dr. Rawat
Sep 26–27	Dry Needling — Final w/ MSKUS	Ft. Myers, FL	HOS	Dr. Michel

Q4 — October, November & December

DATES	COURSE	LOCATION	CO.	TRAINER
OCTOBER				
Oct 9–11	EMG Stage 3 / NCV Tech Advanced Sold Out	Astoria, NY	AACE/HODS	Dr. Wheeler
Oct 24–25	Intro to EMG/NCS & MSKUS	Louisville, KY	AACE	Dr. Kostopoulos / Dr. Rizopoulos
Oct 30–31	MSKUS Upper Extremities Module	Astoria, NY	AAMU/HODS	Dr. Rawat
NOVEMBER				
Nov 6–8	EMG Stage 2 / NCV Tech Intermediate	Astoria, NY	AACE/HODS	Dr. Wheeler
Nov 7–8	Intro to EMG/NCS & MSKUS	Chicago, IL	AACE	Dr. Kostopoulos / Dr. Rizopoulos
Nov 13–14	MSKUS Lower Extremities Module	Astoria, NY	AAMU/HODS	Dr. Rawat
Nov 20–22	EMG Stage 3 / NCV Tech Advanced	Astoria, NY	AACE/HODS	Dr. Wheeler
DECEMBER				
Dec 4–6	EMG Stage 4 Sold Out	Astoria, NY	AACE/HODS	Dr. Wheeler
Dec 11	MSKUS Advanced Upper Pathology	Astoria, NY	AAMU	Dr. Rawat
Dec 12	MSKUS Advanced Lower Pathology	Astoria, NY	AAMU	Dr. Rawat
Dec 12–13	Intro to EMG/NCS & MSKUS	Quarryville, PA	AACE	Dr. Kostopoulos / Dr. Rizopoulos

Featured Podcast Episode



Primary Care PT Is for Every Physical Therapist:

Breaking the Myths About Direct Access, Scope, Career Growth, and Practice Value

Can every physical therapist become a primary care provider? The answer may surprise you.

In this episode of Your Practice, Your Money, Dr. Dimitrios Kostopoulos dispels the biggest myths surrounding **Primary Care Physical Therapy (PCPT)** and explains why it is far more than a rural healthcare model or a legislative title.

Learn how direct access creates greater clinical responsibility, why medical screening, differential diagnosis, and recognizing red flags are essential skills, and how advanced education can elevate your clinical authority, strengthen private practice, improve patient care, and create new opportunities for career growth and financial success.

Whether you're a physical therapist, private practice owner, student, or healthcare leader, this episode explores how primary care physical therapy is shaping the future of the profession.

New episodes every week. Subscribe on Apple Podcasts, Spotify, or visit yourpracticeyourmoney.com.

Listen Now

Warm regards, HODS Leadership Team