

**2024**

**18<sup>TH</sup> YEAR OF PROGRAM**



**GIFT**

**GRAY INSTITUTE FOR  
FUNCTIONAL  
TRANSFORMATION**

**40-WEEK MENTORSHIP PROGRAM IN APPLIED FUNCTIONAL SCIENCE®**

**JOIN A COMMUNITY OF  
ELITE MOVEMENT PROFESSIONALS**

*"Unequivocally, GIFT is one of the most significant turning points in my career. After more than 20 years as a coach and teacher, the Applied Functional Science® content delivered in GIFT has upgraded not only my skillset but also my mindset. I 'see' many things with a new lens and see an instant change in my clients. Wow! Much more than this, GIFT has uplifted and emboldened my heart and spirit in the most wonderful of ways. The fellowship found at GIFT is authentic, meaningful, and rare."*

*– Scott Hopson, CAFS, 3DMAPS, PTA Global, EXOS, FAFS*

- ▲ **When it comes to your movement education and application, are you missing something?**
- ▲ **Do you want to know how the human movement system really functions?**
- ▲ **Do you desire the know-all to treat and train all?**
- ▲ **Do you demand the highest level of education because your patients and clients deserve the highest level of care?**

## OUR STORY BECOMES YOUR STORY

GIFT (Gray Institute for Functional Transformation) was created for you, the busy, driven professional desiring to learn more about how the body truly functions and to elevate your craft for the benefit of those you serve.

When you take part in GIFT, you become a vital part of a community. Since our fellowship began in 2007, more than 1,300 Movement Professionals from more than 30 countries have become GIFT Fellows, embarking on perhaps the most influential educational experience of their professional careers.

GIFT is a second-to-none mentorship program in Applied Functional Science® (AFS) designed to make you a second-to-none Movement Professional in the areas of Assessment, Prevention, Performance, and Rehabilitation!

## OUR PURPOSE BECOMES YOUR PURPOSE

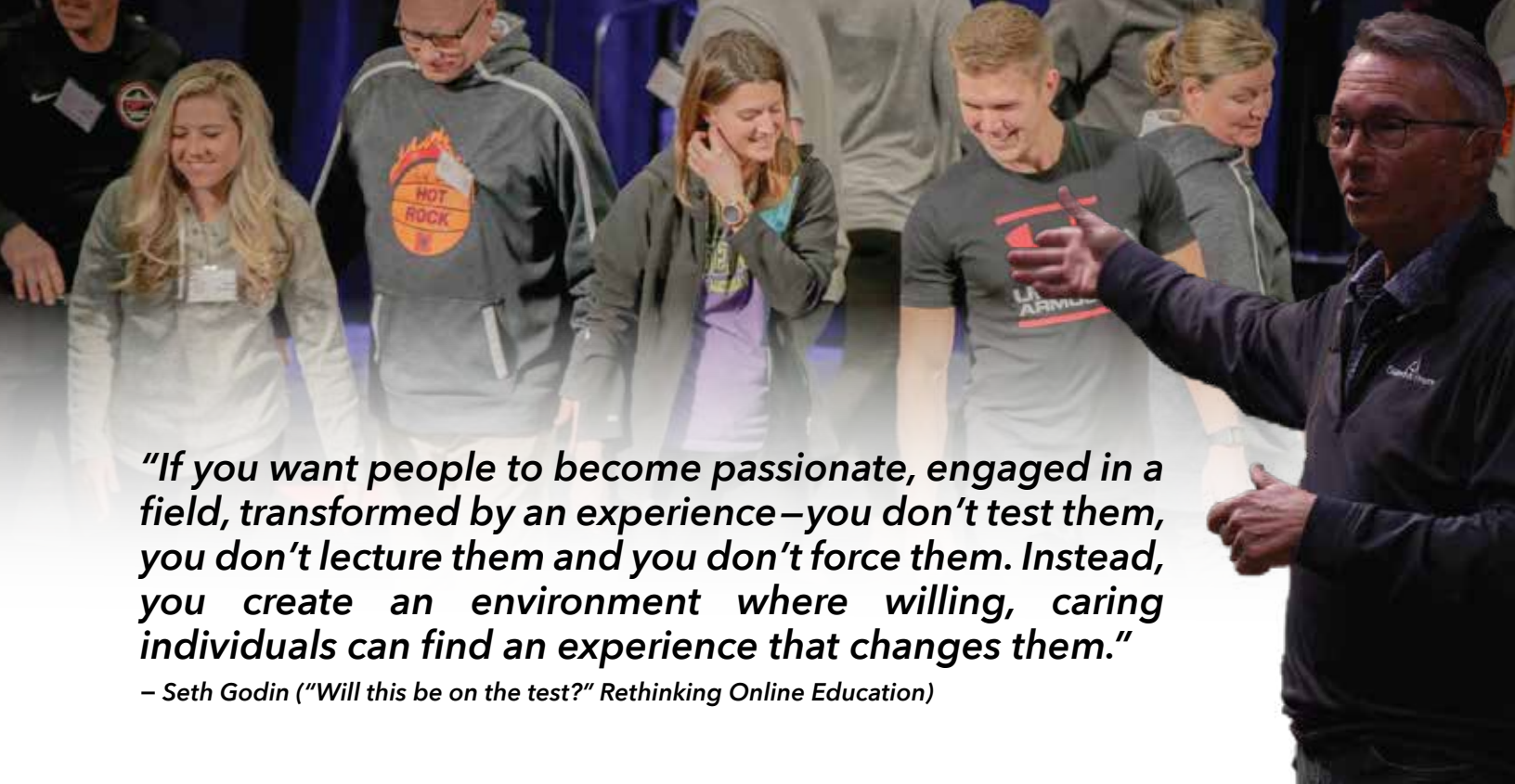
GIFT exists to provoke the promise that is inherently in you – to further engage, encourage, and empower those you serve through education that engages, encourages, and empowers you as a professional. Enjoy the information and stories in this brochure. Then, apply for GIFT on our website at [www.GrayInstitute.com](http://www.GrayInstitute.com).

## OUR JOURNEY BECOMES YOUR JOURNEY

### WHAT IS A GIFT FELLOW?

A Fellow of Applied Functional Science (FAFS) is one who successfully completes a 40-week mentorship program delivered by Gray Institute®, the authentic source of, and authority in, Applied Functional Science. Fellows who successfully complete the learning objectives of the 40-week mentorship can earn the FAFS credential.

A FAFS, often called a "GIFT Fellow," demonstrates confidence and competence in the Principles-Strategies-Techniques (PST) process of AFS. GIFT establishes esteemed credibility in the movement Industry, as well as equips GIFT Fellows with ongoing education that allows each and every person to become a more efficient and effective practitioner in the areas of assessment, training and conditioning, rehabilitation, and injury prevention.



***"If you want people to become passionate, engaged in a field, transformed by an experience—you don't test them, you don't lecture them and you don't force them. Instead, you create an environment where willing, caring individuals can find an experience that changes them."***

*– Seth Godin ("Will this be on the test?" Rethinking Online Education)*

# WELCOME TO GIFT

GIFT continues to raise the standard of education for the Movement Industry. This 40-week mentorship program is an excellent choice for professionals who want to improve their impact and influence in their area of service. This brochure provides valuable information and details about how GIFT prepares you to become an elite movement professional.

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# GIFT AT-A-GLANCE

## IMPORTANT DATES

Program Begins **February 8, 2024**  
Program Ends **November 9, 2024**

## COMPLETION DATE

**November 9, 2024**

## COURSE LENGTH

**40 Weeks + 1 Bonus Week\***

Weeks are divided into semesters, each culminating into a GIFT Gathering. Each week consists of about 4-5 hours of dedicated time, based on your schedule and study habits. The program is divided into two semesters that each end with an in-person GIFT Gathering event.

*\*Includes "Week 0," centered around orientation to the website, content, and journey. Access for "Week 0" will be available February 1, 2024.*

## IN-PERSON GIFT GATHERINGS (ONLINE + GATHERINGS OPTION)

**GIFT Gathering 1: May 15-18, 2024**  
**GIFT Gathering 2: November 6-9, 2024**

- △ GIFT Gathering attendance is mandatory for Functional Manual Reaction® (FMR) Certification.
- △ The first day(s) are travel days as Gatherings are all-day Thursday, Friday, and Saturday. GIFT Gathering 2 offers an inspirational learning experience day (optional) on November 6, 2024. We strongly recommend scheduling your return travel on Sunday.
- △ GIFT Gathering Location: The Centre, 1800 West US Highway 223, Adrian, MI 49221 (USA)
- △ Airport: Detroit Metro Airport (DTW)
- △ Transportation: GIFT Shuttles / Courtesy Vans
- △ Lodging: "GIFT Block" at Carlton Lodge (1629 West Maumee Street); Other Options Available

## INSTRUCTION TIME

**Online = 160+ Hours**  
**Gatherings = 75+ Hours**

## GIFT JOURNEY SUPPLEMENTS

After acceptance into GIFT and payment of Initial Installment or In-Full Payment, you will be shipped a **GIFT Box** in February (2024) which includes:

- △ Supplemental Educational Materials
- △ GIFT Swag / Gear
- △ Additional Gifts

## WEB CASTS, FORUMS, & DOCUMENTS

Viewed and experienced at your own convenience on our exclusive Learning Management System (only for GIFT Fellows).

## FACULTY

**Gary Gray, PT, FAFS, President**  
**David Tiberio, PhD, PT, FAFS, Dean**  
**Doug Gray, FAFS, Director**  
**Laurie Kreuz, PT, FAFS**  
**Andrea Wasylow, PT, FAFS**

Keith Bozyk, MS, ATC, FAFS  
Rich Colosi, PT, DPT, FAFS  
Jason Hamera, CPT, FAFS  
Michael Hansen, PT, FAFS  
Jay Inman, PT, FAFS  
Patrick McCloskey, FAFS  
Jonathan Parker, PT, FAFS  
Lenny Parracino, CMT, FAFS  
John Perry, PT, FAFS

## FACILITATORS

Facilitators are GIFT graduates who have been selected to guide your journey along with our faculty. Each GIFT Fellow will have two (2) facilitators.

## CEUs

Each profession and / or state has its own CEU requirements. Applying for CEUs with the appropriate accrediting organization is the responsibility of each Fellow. **Upon request, GIFT will provide appropriate documentation to support CEU acquisition.**



## MENTORSHIP PROGRAM OPTIONS

Choose the program that fits your needs and schedule.

**GIFT Box (Supplemental Materials, Additional Gifts, Swag)**

**40-Week Online Education & Learning Opportunities**

**"Week 0" Bonus Week**

**160+ Hours of Online Content**

**Check-in Calls with GIFT Mentors**

**Access to Faculty & Facilitators**

**Capstone (Case Study Project) Learning Experience**

**Fellow of Applied Functional Science® (FAFS) Credentialing**

**Access to Online Content in Future**

**Exclusive Discounts to Gray Institute® Offerings**

**Belong to a Community Unlike Any Other**

**75+ Hours of Live Content (2 Gatherings)**

**Inspirational 1-Day Experience at 2nd Gathering (Optional)**

**Gathering Meals & Ground Transportation**

**Functional Manual Reaction® (FMR) Certification**

### ONLINE + GATHERINGS

### ONLINE ONLY



**BEST  
VALUE**



# PROGRAM INFORMATION

*"GIFT has helped to take away the frustration I had coming out of PT School, knowing I did not know enough and not knowing how to adequately progress my clinical reasoning. **GIFT helped me reconcile the differences and inconsistencies** between the myriad of thought processes in Physical Therapy by starting with the principles I know to be true and building from there."*

*– John Kline, PT, DPT, CSCS, FAFS*

# PROGRAM INFORMATION

## CONTENT OVERVIEW

**"Please pass on my gratitude to the GIFT Faculty, as my GIFT Journey was absolutely amazing! It has paid off for me both professionally and personally. In fact, I recently landed my 'dream job,' almost solely because of GIFT - both the education and the experience!"**

*– Matthew Wallace-Smith,  
BSc. (Clinical Science), MHSc. (Osteo), FAFS*



**EXPERIENCE THE DIFFERENCE GIFT CAN MAKE.  
APPLY TODAY AT [GRAYINSTITUTE.COM](https://grayinstitute.com)**

The core learning of the GIFT program is conducted online through our exclusive curriculum and Learning Management System (LMS). GIFT Fellows will complete the online coursework to obtain their FAFS credential upon graduation.

A pivotal part of the GIFT journey is participation in the Learning Opportunities (LOPs). These are strategically structured within the curriculum to complement the online education experience and ensure understanding and application of the content. Therefore, completion of at least 80% of the LOPs is required for successful completion of GIFT and becoming credentialed as a FAFS.

The LOPs are structured in different ways depending on the educational goals. An appreciation of the individual differences is gained when GIFT Fellows execute and tweak movements and report their body's response to the movement task. At the completion of content on an

anatomical region, Fellows are asked to apply their knowledge to Motions, Muscles, and 3D Matrices. These LOPs help the Fellow gain confidence in their acquisition of critical concepts and identify areas needing additional understanding. Virtual Q & A sessions are scheduled at the culmination of each anatomical content emphasis. In addition, Integration webinars are utilized to tie together the anatomical regions to create a deeper appreciation of functional movement. Our Faculty and Facilitators expend great effort to maximize each Fellow's GIFT Journey based on their individual needs.

The final Capstone Learning Experience is a required Case Study Project (CSP). The CSP consists of a short video submission of a patient, client, or athlete. This experience includes a video consultation session with the Dean before submission. Therefore, completion of at least 80% of the videos / web casts and 100% of the LOPs are required for successful completion of GIFT and becoming credentialed as a FAFS.



# PROGRAM INFORMATION

## LEARNING OBJECTIVES



### OVER THE NEXT TWO PAGES, WE'LL REVIEW THE PRIMARY LEARNING OBJECTIVES OF GIFT.

#### KNOWLEDGE AND UNDERSTANDING OF THE PRINCIPLES OF NEUROMUSCULOSKELETAL CHAIN REACTION® BIOMECHANICS.

Upon program completion, GIFT Fellows will be able to...

- **Describe**, with appropriate functional nomenclature, all forms of Chain Reaction® Function, including functional tests, exercises, and activities.
- **Discern** the function of an activity as it relates to Chain Reaction® Biomechanics and the Functional Movement Spectrum
- **Compare** degree of "functionality" of different movements relative to the desired activity.
- **Design** programs based on the Principle-Strategies-Techniques process.
- **Teach** functional Chain Reaction® strategies.



#### PROFICIENCY IN DEVELOPING A STRATEGIC PLAN OF ACTION EMPLOYING ALL FORMS OF MOVEMENT, DIMENSION, AND INFLUENCE TWEAKS.

Upon program completion, GIFT Fellows will be able to...

- **Demonstrate** and employ all "3D Matrix" exercise programs.
- **Describe** the movement, dimension, and influence tweaks.
- **Differentiate** between the effects of the different types of tweaks.
- **Develop** appropriate functional flexibility, strength, balance, and cardiovascular exercises, programs, and activities.
- **Apply** three-dimensional tweaks to any functional test or exercise.
- **Analyze** the effect of a specific tweak on the success of movement.
- **Create** the desired Chain Reaction® through the movement tweaking variables of planes, motions, ranges, and joints.
- **Create** the desired Chain Reaction® through the dimension tweaking variables of time, repetitions, distance, and sequencing.
- **Create** the desired Chain Reaction® through the influence tweaking variables of control, loads, tools, and feedback.





# PROGRAM INFORMATION

## LEARNING OBJECTIVES (CONT.)

### EXPERTISE IN IMPLEMENTING AND MANAGING ALL FUNCTIONAL TECHNIQUES OF ASSESSMENT, REHABILITATION, TRAINING AND CONDITIONING, PERFORMANCE, AND PREVENTION.

Upon program completion, GIFT Fellows will be able to...

- **Perform** a core set of three-dimensional functional biomechanical Chain Reaction® assessments.
- **Select** a subset of core tests appropriate to the individual and desired activity.
- **Recognize** motion, strength, control, and endurance deficits.
- **Identify** potential causes and compensations during assessments.
- **Perform** various forms of Functional Manual Reaction® (FMR) to improve local and global function.
- Efficiently and effectively **utilize** the strategies of integrated isolation and isolated integration
- **Sequence**, based on client success, appropriate functional flexibility, strength, balance, and cardiovascular exercises, programs, and activities.
- **Explain / justify / defend** the principle-based strategy of Applied Functional Science® that is relevant to individual patient / client needs, as well as the unique practice situation.

### UNDERSTANDING OF THE CORE CURRICULUM OF THE GIFT PROGRAM, INCLUDING:

- Applied Functional Science®
- Chain Reaction® Biomechanics
- Principles-Strategies-Techniques Process
- Functional Nomenclature
- Functional Manual Reaction®
- 3D Matrix Systems
- Functional Muscle Function
- Simple Side of Assessment
- Probable Suspects
- Community Challenges
- Learning Opportunities (LOPs)
- Leadership Development
- Personal Growth & Influence
- The Power of Encouragement
- Sign Language
- Business Marketing
- ...and so much more!

**EXPERIENCE THE DIFFERENCE  
GIFT CAN MAKE.  
APPLY TODAY AT  
GRAYINSTITUTE.COM**



# PROGRAM INFORMATION

## GIFT GATHERINGS

GIFT Gathering events are organized to create an environment of learning, sharing, and camaraderie. During these gatherings, we provide hands-on Functional Manual Reaction® instruction, reviews of online Learning Opportunities, in-depth presentations on the application of online content, and reviews of case studies. We will also take time to include relevant presentations which benefit you, our GIFT community, as part of our ultimate goal of taking amazing care of you!

### GIFT GATHERING 1

#### WEDNESDAY

- ▲ Optional One-Hour+ Marketing Roundtable Session
- ▲ Evening Social Gathering (Meet & Greet)

#### THURSDAY

- ▲ GIFT 8 am to 9 pm

#### FRIDAY

- ▲ GATHERING 6:30 am to 9 pm
  - 3D Circuit Training Workout, 6:30 am to 8 am
  - GIFT 9 am to 9 pm

#### SATURDAY

- ▲ GATHERING 8 am to 6 pm

### GIFT GATHERING 2

#### WEDNESDAY

- ▲ Optional Wednesday Opportunity ("GIFT Talks")
- ▲ Optional Marketing Roundtable Session
- ▲ Evening Social Gathering (Meet & Greet)

#### THURSDAY

- ▲ GIFT 8 am to 9 pm

#### FRIDAY

- ▲ GATHERING 6:30 am to 9 pm
  - 3D Locomotor Training Workout, 6:30 am to 8 am
  - GIFT 9 am to 9 pm

#### SATURDAY

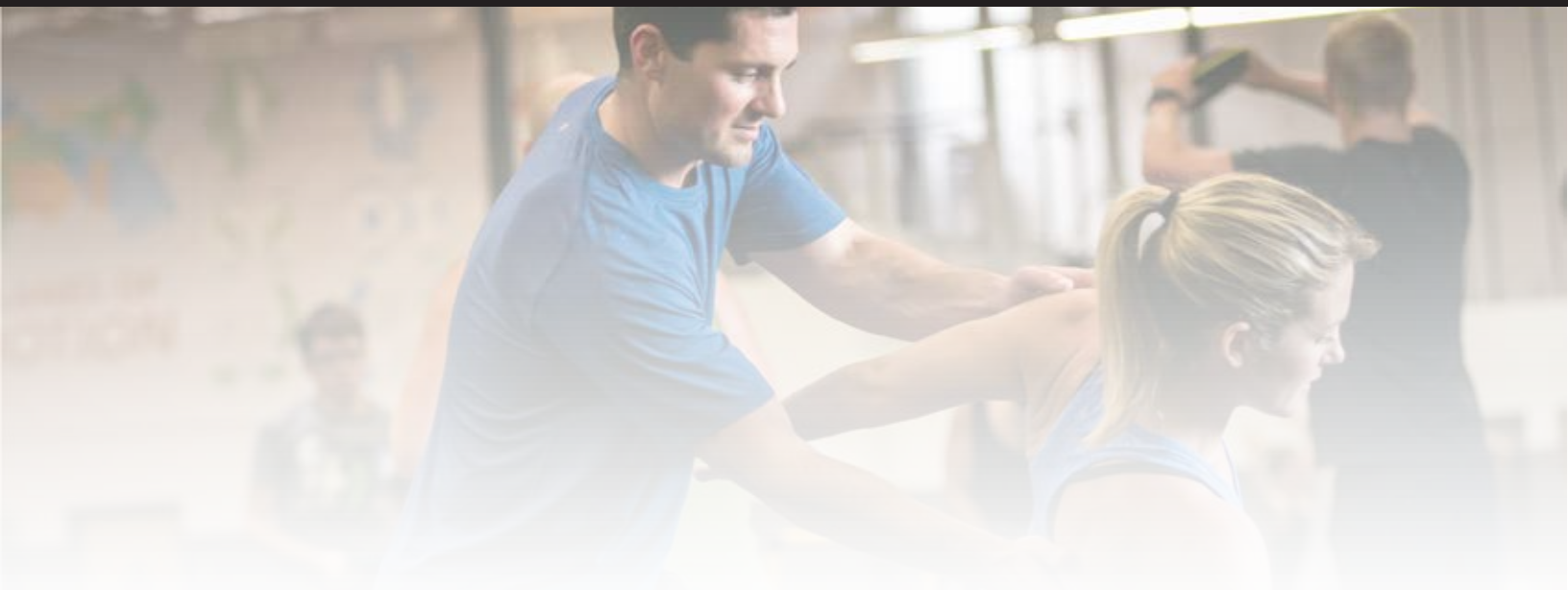
- ▲ GATHERING 8 am to 7 pm
  - On-Site Graduation Ceremony
  - Off-Site Graduation Party / Celebration (8 pm+)

**"GIFT has changed the way that I interact and rehabilitate my patients. In school, we are introduced how the body 'is all connected,' but we never really have a mindset of how the foot can impact the thoracic spine, for example. Going through GIFT, I feel like I have begun to more effectively treat a person as a whole, and not only body, but also mind and spirit."**

— Bradley A. Day, PT, DPT, FAFS

# PROGRAM INFORMATION

## FUNCTIONAL MANUAL REACTION®



Functional Manual Reaction® (FMR) is a training certification described as the application of hands to bone segments in order to facilitate an optimal sequence of motion during a functional movement. FMR is not a passive technique that exists by itself, but rather a technique employed during active movements. FMR is used during the clinical tasks of movement assessment, functional training, and rehabilitation.

FMR is a very powerful and effective tool when utilized during functional movements. However, it cannot be effectively employed without a comprehensive foundation in Applied Functional Science® that includes: three-dimensional joint motion, tri-plane muscle function, biomechanics / kinematics, relative joint motions, and inter-segmental dynamics.

FMR can be used to identify and eliminate impairments to successful movement. It enhances the assessment of movement restrictions caused by muscles and joints. Once the mobility and stability of motion resources are restored, it can be utilized to ensure the proper sequencing of the body's resources that is essential to effective and efficient task execution. FMR can be utilized to facilitate all aspects of the transformation the "loading" motions into the desired "exploding" movement.

Whatever the purpose of the FMR technique, the actual application must be consistent with the principles of

function so that the proprioceptive input is genuine. The proprioceptive information (direct by the hands, and indirect through the joint motion and muscle lengthening) must attempt to replicate what the body receives during actual functional activities.

FMR shares some aspects of Proprioceptive Neuromuscular Facilitation (PNF). PNF and FMR emphasize the three-dimensional nature of human movement, the role of hand contact in guiding bone movement, and the potential to increase muscle activation. FMR does not however require specific hand placement for efficacy. FMR, in contrast to PNF, is most commonly used with the client in an upright position so that the load and proprioceptive input produced by gravity are consistent with the functional activity.

The forces applied to bones during FMR are relatively gentle and carry little risk because they are consistent with the physiological movement that is occurring. During the FMR techniques, the hands can be placed on adjacent bones, but also can be placed so that they cross multiple joints. Because of this, FMR is not always specific to a particular joint, but it is always consistent (in each of the three planes) to the Chain Reaction® that occurs during a task-specific global movement selected / designed by the Applied Functional Science® movement professional.

▶▶▶ **FMR Certification is attained by attending both GIFT Gatherings and demonstrating FMR in the Case Study Project.**



# PROGRAM INFORMATION

## DISCOUNTS, TERMS, & REQUIREMENTS

### DISCOUNT OPPORTUNITIES

#### **"Early Bird" Discount**

Enrolling in GIFT early helps our team effectively plan your program experience. Our "Early Bird" discount program provides an incentive for you to complete enrollment as soon as you can. Please note that the "Early Bird" discount does not apply to "Group Rates," as we offer additional discounts for groups. The "Early Bird" discounts are as follows:

- ▲ \$500 Discount - Submit Application and pay Application Deposit by end of September 2023
- ▲ \$300 Discount - Submit Application and pay Application Deposit by end of November 2023

*\*Discount will be applied to Initial Installment.*

**"Group Rate" Discount\*\*** - There is power going through the program with a colleagues! For those attending GIFT together, in the same year, from the same company, Group Discounts apply as follows:

- ▲ 2 = \$1,200 Discount Each
- ▲ 3+ = \$1,500 Discount Each

*\*\*Cannot be bundled with any other discount. Discount will be applied to Initial Installment.*

**"Gray Institute® Credit" Discount\*\*\*** - To thank you for your continued commitment to education in Applied Functional Science®, we will apply a credit for the highest valued Gray Institute® certification or specialization you have completed prior to GIFT, based on current online pricing. This includes the following: 3DMAPS (3D Movement Analysis & Performance System), CAFS (Certification in Applied Functional Science®), Functional Soft Tissue Transformation, Functional Golf System, Female Chain Reaction, Active Aging, Foot and Ankle, or Functional Yoga System. **Save up to \$695!**

*\*\*\*Can be bundled with "Early Bird" Discount. Discount will be applied to Initial Installment.*

### TECHNICAL REQUIREMENTS

Computer, Printer, Internet (broadband recommended), Internet Browser, Email, and a PDF viewer such as Adobe Acrobat Reader.

### TERMS

A non-refundable \$200 application deposit is due within five (5) days of application submission, which will be a "credit" towards Initial Installment on selected payment plan. Payment of initial installment (or in-full tuition payment) is due by January 15, 2024. Balances (installments) for the quarterly options are due the first week of each respective month mentioned above. Balances (installments) for the 3 Calendar-Year option are due on the 15th of each respective month outlined above. Balances (installments) for the monthly option are due on the 15th of each respective month. A 1.5% late fee penalty may be applied to all overdue accounts. Accounts over due by 30 days or more are grounds for dismissal from the program. Participants may consider alternative arrangements at GIFT's discretion in the event of unplanned circumstances or program interruptions.

### ELIGIBILITY

This program is best suited for credentialed professionals in the fields of therapy, training, and medical. Other applicants will be considered on a case-by-case basis.

### CANCELLATION OPTION

GIFT reserves the right to cancel its program-offering if, prior to January 15, 2024, registration is inadequate to assure a quality learning experience for participants. In the event of cancellation, all fees will be returned to registrants.

**EXPERIENCE THE DIFFERENCE GIFT CAN MAKE.  
APPLY TODAY AT [GRAYINSTITUTE.COM](https://grayinstitute.com)**

# PROGRAM INFORMATION

## TUITION & PAYMENT PLANS

### ONLINE + GATHERINGS

#### Application Deposit

\$200 due within five (5) days of application submission. Deposit is non-refundable and will be credited towards tuition.

#### 1. In-Full (1 Installment)

**\$13,475** due by end of January 2024; \$200 Application Deposit "credit" will be applied. **Save \$1,050!**

#### 2. 1-Year Quarterly (4 Installments)

**\$14,000** - Initial Installment of \$3,500 is due by end of January 2024; \$200 Application Deposit "credit" will be applied to first installment. The final three installments of \$3,500 are due the first week of March, June, and September 2024. **Save \$525!**

#### 3. 3 Calendar Year (3 Installments)

**\$14,300** - Initial Installment of \$4,766 is due by end of December 2023; \$200 Application Deposit "credit" will be applied. 2nd Installment of \$4,767 is due end of May 2024. 3rd Installment of \$4,767 is due end of January 2024. **Save \$225!**

#### 4. 2-Year Quarterly (8 Installments)

**\$14,525** - Initial Installment of \$3,500 is due by the end of December 2023 or January 2024; a \$200 Application Deposit "credit" will be applied. Each of the remaining \$1,575 installments is due the first week of March, June, September, and December of 2024 and in March, June, and September of 2025.

#### 5. 2-Year Monthly (Initial + 24 Installments)

**\$14,525** - Initial Installment of \$3,500 is due by the end of December 2023 or January 2024; \$200 Application Deposit "credit" will be applied. 24 Monthly Installments are due monthly on the 15th of each month starting January 2024 through December 2025. Each installment is just under \$460.

Your investment in our Online + Gatherings option includes all the benefits of our ONLINE ONLY program and also includes these benefits of our Gatherings: The opportunity to be certified in Functional Manual Reaction® (FMR), GIFT Gathering educational materials, live instruction, ground transportation to and from DTW airport, and meals at GIFT Gathering events. Air transportation, personal vehicle transportation, and lodging is not included.

### ONLINE ONLY

#### Application Deposit

\$200 due within five (5) days of application submission. Deposit is non-refundable and will be credited towards tuition.

#### 1. In-Full (1 Installment)

**\$9,975** due by end of January 2024; \$200 Application Deposit "credit" will be applied. **Save \$1,050!**

#### 2. 1-Year Quarterly (4 Installments)

**\$10,500** - Initial Installment of \$2,625 is due by the end of January 2024; \$200 Application Deposit "credit" will be applied to the first installment. The final three installments of \$2,625 are due the first week of March, June, and September 2024. **Save \$525!**

#### 3. 3 Calendar Year (3 Installments)

**\$10,800** - Initial Installment of \$3,600 is due by the end of December 2023; a \$200 Application Deposit "credit" will be applied. 2nd Installment of \$3,600 is due on the 15th of May 2024. 3rd Installment of \$3,600 is due on the 15th of January 2024. **Save \$225!**

#### 4. 2-Year Quarterly (8 Installments)

**\$11,025** - Initial Installment of \$2,625 is due by the end of December 2023 or January 2024; a \$200 Application Deposit "credit" will be applied. Each of the remaining \$1,200 installments is due the first week of March, June, September, and December of 2024 and in March, June, and September of 2025.

#### 5. 2-Year Monthly (Initial + 24 Installments)

**\$11,025** - Initial Installment of \$2,625 is due by the end of December 2023 or January 2024; a \$200 Application Deposit "credit" will be applied. 24 Monthly Installments are due monthly on the 15th of each month starting January 2024 through December 2025. Each installment is \$350.

Investment / Tuition includes access to Educational Materials, Online Instruction, strategically facilitated Virtual Calls (~4 weeks), a feedback discussion on the "Case Study Project" with the Dean, Dr. David Tiberio, and the opportunity to be credentialed as a Fellow of Applied Functional Science® (FAFS).

**DISCOUNTS AVAILABLE**

**PLEASE SEE PAGE 12 FOR DETAILS  
OR PAGE 14 FOR COMMON QUESTIONS**

# PROGRAM INFORMATION

## COMMON QUESTIONS

### MENTORSHIP PROGRAM OPTIONS

Choose the program that fits your needs and schedule.

GIFT Box (Supplemental Materials, Additional Gifts, Swag)  
 40-Week Online Education & Learning Opportunities  
 "Week 0" Bonus Week  
 160+ Hours of Online Content  
 Check-in Calls with GIFT Mentors  
 Access to Faculty & Facilitators  
 Capstone (Case Study Project) Learning Experience  
 Fellow of Applied Functional Science® (FAFS) Credentialing  
 Access to Online Content in Future  
 Exclusive Discounts to Gray Institute® Offerings  
 Belong to a Community Unlike Any Other  
 75+ Hours of Live Content (2 Gatherings)  
 Inspirational 1-Day Experience at 2nd Gathering (Optional)  
 Gathering Meals & Ground Transportation  
 Functional Manual Reaction® (FMR) Certification

#### ONLINE + GATHERINGS



#### ONLINE ONLY



**BEST  
VALUE**

*"GIFT has been the most influential course I have taken. The understanding of Applied Functional Science® has radically altered my clinical practice, enabling me to transcend from a technique-based clinician to a principle-based therapist. Aside from the greater understanding of human biomechanics, the information has enabled me to gain more enjoyment from my clinical encounters as well as become a more effective practitioner. Financially, these benefits have been realized by increased patient demand and greater inter-practitioner referrals for my clinical skills. GIFT might be seen as a long and expensive journey ... However, it is worth its weight in gold - not just for the clinician you will become, but also for the lifelong friends you will make. Having completed the mentorship, I would now happily pay double." - GIFT Graduate*

## COMMON QUESTIONS

### What if I decide I want to attend the GIFT Gatherings after deciding to take part in the ONLINE option?

You may "opt-in" to one (1) or both of the two (2) gatherings. GIFT would need to know this final decision three (3) weeks prior to each of the respective gatherings. Each gathering is valued at \$1,750. This added tuition would be lumped into your existing / remaining payment plan, paid-in-full, or paid via mutually-agreed upon parameters within a 1-year timeframe.

### If I take part in the ONLINE option and decide to take part in the gatherings, do I have to do this within the same year?

You do not need to attend the GIFT Gatherings in the same year as your online education. You may only take part in each of the two (2) gatherings once as a GIFT Fellow.

### What if I am unable to attend one (1) or both of the gatherings within the ONLINE + GATHERINGS option?

You may "opt-out" of one (1) or both of the two (2) gatherings. GIFT would need to know this final decision three (3) weeks prior to each of the respective gatherings. Each gathering is valued at \$1,750. Therefore, you would have the option of getting a refund of \$1,750 per gathering or defer your participation to the next year (or beyond).

### Are both gatherings mandatory for Functional Manual Reaction® (FMR) Certification?

Yes. Due to the high standard of certification and the need for hands-on application, both gatherings are required for certification.





## REAL PEOPLE. REAL TESTIMONIES. REAL IMPACT.

GIFT has been more of a **life-changing event** for me than I believe it has been for my patients. 🏆 I have a **new knowledge of human movement** and how to approach any problem or dysfunction presented. 🏆 I feel **more confident and happy** with the treatment I am providing knowing that it will help people return to their everyday life with less pain. 🏆 GIFT should be the **education** for physical therapy. 🏆 GIFT has **inspired me** to not only be a **better physical therapist**, but also to be a **better person**. This has not only been an academic awakening but also a spiritual awakening. I leave the GIFT gatherings wanting to be a better professional, person, husband, friend and father. 🏆 GIFT has given me the **confidence** in a very short time to feel that I have **separated myself from my peers professionally**. 🏆 GIFT has changed the way I treat patients by giving me **new perspective, techniques, and resources to solve problems** I encounter while treating my patients. 🏆 GIFT is a one-of-a-kind opportunity for professional AND personal growth. 🏆 The GIFT Community is without a doubt a **second family**. 🏆 GIFT has **re-ignited my passion** as a movement professional. 🏆 I am having **more fun with problem solving and engaging patients** through individualized, functional movements patterns to help them move and feel better! 🏆 AFS and GIFT have **changed my entire life** – as a human, as an athlete, as a movement specialist! 🏆 GIFT has been one of the **most impactful courses** I have taken. 🏆 Putting into words the **impact of GIFT** on my career and me is almost **impossible**. 🏆 I believe GIFT gave me the platform to **grow and expand my knowledge immediately** upon coming out of PT school. 🏆 GIFT has not only greatly improved my understanding of human movement; it has also **transformed my understanding of human behavior**. 🏆 GIFT has impacted me by being **surrounded by the other Fellows during GIFT Gatherings** and online. 🏆 The **energy** that is created through this program is contagious and the **networking** and **willingness to share** from a variety of professions has expanded my knowledge as well! 🏆 GIFT has been tremendous in allowing me to **bridge the gaps in performance training, movement, and injury prevention**. 🏆 Gray Institute and GIFT have **changed my life** ... I would not be half the physical therapist I am today. 🏆 GIFT has given me a much **deeper understanding of biomechanics**, as well as providing me with the **framework** to assess human movement and develop tailor-made rehabilitation plans. 🏆 GIFT gave me the **third rock knowledge** I had been **missing** since being out of PT school. 🏆 GIFT has also provided me with a **network of amazing movement colleagues worldwide** that inspired me to **think bigger and do more**.



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