

Syllabus: McKenzie Method of Mechanical Diagnosis & Therapy (MDT)
Part A - Lumbar Spine

Hours: 26.0 (5.0 online + 21.0 classroom)

Goals and Objectives

Course Goals

McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT) is a unique, dynamic and comprehensive system of assessment, classification, treatment and prevention of musculoskeletal disorders. Its framework allows one to screen, categorize and apply tailored treatment and a preventative program for each patient. The Part A course focuses on the application of the McKenzie Method® of Mechanical Diagnosis and Therapy® for the Lumbar Spine. Each major subdivision of the course has very specific educational objectives. The goals of this course are to gain knowledge and skills that form the basis from which one begins to develop their abilities in applying these principles.

Following attentive participation in, and completion of, this course will provide participants with the introductory knowledge, basic skills and abilities to begin to:

1. appropriately apply McKenzie Method® of Mechanical Diagnosis and Therapy® to patients with Lumbar Spine problems.
2. distinguish between derangement, dysfunction, postural syndromes and other spinal conditions and provide appropriate management regimens for each syndrome.
3. identify when the application of external forces is required for the resolution of symptoms using progression of forces.
4. assist patients to design and apply the therapeutic processes to achieve management goals and prevent reoccurrence.

Outline:

Program: McKenzie Method of Mechanical Diagnosis & Therapy
Part A: Lumbar Spine - Classroom Training

Hours: 21.0*

*Note: the schedule listed is based on 3.0 hours Friday evening / 10.5 hours Saturday / 7.5 hours Sunday

Day 1

0.5 hours	Introduction to McKenzie Method® of Mechanical Diagnosis and Therapy® Evidence Based Research for the treatment of low back pain
1.0 hour	Review of Online Content (Modules 1-5) Epidemiology and predisposing factors for low back pain Pain & connective tissue properties
1.5 hours	Classifications and sub-classifications of low back pain and current definitions Anatomy and mechanics of the lumbar spine The intervertebral disc – anatomy & implications of trauma Indications & contraindications for treatment
0.5 hours	Mechanical Low Back Pain Syndrome Classifications <ul style="list-style-type: none">- Derangement- Postural- Dysfunction

1.5 hours Documentation of History and Physical Examination

Day 2

1.5 hours Clinical examination, assessment and treatment procedures of the lumbar spine region utilizing McKenzie Method principles.

1.5 hours Practical - Clinical examination, assessment and treatment procedures of the lumbar spine region utilizing McKenzie Method principles.

1.0 hour New patient demonstration #1 with history taking, analysis, differential diagnosis and follow-up discussion

1.0 hour Management of Derangement Syndrome

1.0 hour Practical - Examination and treatment procedures for Derangement Syndrome

1.0 hour New patient demonstration #2 with history taking, analysis, differential diagnosis and follow-up discussion

1.0 hour New patient demonstration #3 with history taking, analysis, differential diagnosis and follow-up discussion

0.5 hours Summary of program patient cases with a focus on clinical reasoning, problem solving, treatment plans and follow-up evaluations.

2.0 hours Practical - Examination and treatment procedures for acute, subacute and chronic pain scenarios

Day 3

1.0 hour Documentation and Risk Management

1.0 hour Management of Dysfunction & Postural Syndromes

0.5 hours Practical - Examination and treatment procedures for Dysfunction & Postural Syndromes

0.5 hours Follow-up with patient #1 (from previous day) – reassessment and clinical reasoning

0.5 hours Follow-up with patient #2 (from previous day) – reassessment and clinical reasoning

0.5 hours Follow-up with patient #3 (from previous day) – reassessment and clinical reasoning

0.5 hours Summary of program patient cases with a focus on clinical reasoning, problem solving, treatment plans and follow-up evaluations.

1.0 hour Recurrences of low back pain, prophylactic concepts and conclusion

Total hours: 21.0