



## THE MCKENZIE INSTITUTE® INTERNATIONAL

### Course Goals

As the name implies, this course focuses on the application of the McKenzie Method® of Mechanical Diagnosis and Therapy® for the cervical and thoracic spine. Each major subdivision of the course has very specific educational objectives. In more general terms, the goals of this course are that you gain knowledge and skills that form the basis from which you may begin to develop your own 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 the McKenzie Method of MDT to patients with cervical / thoracic symptoms in the context of the biopsychosocial model of care.
  2. Distinguish between the McKenzie syndromes (Derangement, Dysfunction, Postural) and the subgroups of OTHER and provide appropriate management regimes for each of the classifications.
  3. Identify when the application of clinician forces are required for the resolution of symptoms using McKenzie's "progression of forces" concept.
  4. Assist patients to design and apply the therapeutic processes required to achieve the patient goals.
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**NOTE: Modules 1-4 are completed in the pre-requisite online component before the four-day live course.**

### ➔ **MODULE ONE** **INTRODUCTION AND EPIDEMIOLOGY**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Review the cardinal features of the McKenzie Method of Mechanical Diagnosis and Therapy and contrast it with other management approaches.
2. Describe the major epidemiological factors associated with pain of cervical origin.
3. Describe the risk and prognostic factors related to cervical pain.

### ➔ **MODULE TWO** **MDT CLASSIFICATION AND DEFINITION OF TERMS**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Identify and discuss indications and contra-indications for MDT.
2. Describe the clinical characteristics of the Derangement Syndrome.
3. Describe the clinical characteristics of the Dysfunction Syndrome.
4. Describe the clinical characteristics of the Postural Syndrome.
5. Describe the clinical characteristics of Spinal OTHER subgroups.
6. Differentiate between Derangement, Dysfunction, Postural and OTHER.

## **2022 Part B – MDT: The Cervical and Thoracic Spine Goals and Objectives**

### **➔ MODULE THREE BIOMECHANICS, MOVEMENT AND LOADING IN THE CERVICAL SPINE**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Describe the relevant biomechanics of the cervical spine.
2. Describe how different movements affect the cervical spine structures and how these movements are performed in everyday activities.
3. Describe the features of aging and degeneration in the cervical spine and how they may relate to clinical presentations.

### **➔ MODULE FOUR HISTORY AND PHYSICAL EXAMINATION**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Describe the components of the history section of the McKenzie cervical assessment form and discuss the clinical relevance of each section, including responses that may implicate Serious Pathology.
2. Identify and describe Drivers of pain and disability that may influence patient management.
3. Describe the components of the physical examination section of the McKenzie cervical assessment form and discuss the clinical relevance of each section.
4. Define and demonstrate the appropriate use of terms involved in completing the McKenzie cervical assessment form.
5. Accurately complete the McKenzie cervical assessment form.

### **➔ MODULE FIVE EVALUATION OF CLINICAL PRESENTATIONS**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Discuss the symptomatic and mechanical presentations obtained during the assessment.
2. Describe the symptomatic and mechanical presentations of patients with Derangement, Dysfunction, and Postural Syndrome.
3. Discuss the symptomatic and mechanical presentations of subgroups of OTHER.
4. Discuss the management principles of the three MDT syndromes.

## **2022 Part B – MDT: The Cervical and Thoracic Spine Goals and Objectives**

### **➔ MODULE SIX PROCEDURES OF MDT – THEORY**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Describe and explain the “progression of forces” concept used in MDT.
2. Describe and explain the “force alternatives” concept used in MDT.
3. Discuss the differences between patient procedures and clinician procedures.
4. Describe and evaluate the result of patient procedures and clinician procedures in the management of the three syndromes.

### **➔ MODULE SEVEN PROCEDURES OF MDT – PRACTICAL**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Perform and teach the MDT patient procedures for the cervical spine.
2. Perform the MDT clinician procedures for the cervical spine as described.
3. Understand the rationale for application of each procedure, and its place in the sequence of Progression of Forces.

### **➔ MODULE EIGHT MANAGEMENT OF DERANGEMENT SYNDROME**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Identify and explain the four stages of management of a Derangement.
2. Discuss the essential management principles used for each stage of the management of a Derangement.
3. Discuss the specific management pathways for the three sub-classifications of Derangement.

### **➔ MODULE NINE MANAGEMENT OF DYSFUNCTION AND POSTURAL SYNDROMES**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Describe and explain the management of the Cervical Dysfunction and Postural Syndromes.
2. Explain the essential principles of self-management and of patient responsibility in achieving appropriate management outcomes.
3. Describe a typical management programme for an Extension Dysfunction, which includes an educational component and an active mechanical component.
4. Describe the clinical features of an Adherent Nerve Root and design a typical management programme for this type of Dysfunction.

## 2022 Part B – MDT: The Cervical and Thoracic Spine Goals and Objectives

### ➔ **MODULE TEN FOLLOW UP EVALUATIONS**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Describe the indicators used to establish changes in the patient's symptomatic and mechanical presentation.
2. Describe the review process used to confirm the patient's provisional classification.
3. Assess and evaluate the response to the management provided, assess progress in relation to the patient's goals, and make appropriate modifications to ensure that the goals are achieved.

### ➔ **MODULE ELEVEN PREVENTION OF RECURRENCES**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Discuss the factors that predispose patients to a recurrence of neck pain.
2. Discuss the role of self-management and patient responsibility in effective prevention.
3. Design a specific preventative programme for each of the three MDT syndromes in the cervical spine.

### ➔ **MODULE TWELVE CERVICAL HEADACHES**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Discuss the possible causes of headaches.
2. Discuss the clinical characteristics of headaches caused by Derangement, Dysfunction and Postural Syndrome.
3. Describe the assessment and management of headaches that fit the classification of Derangement, Dysfunction and Postural Syndrome.

### ➔ **MODULE THIRTEEN WHIPLASH ASSOCIATED DISORDERS – MDT CLASSIFICATION – 'TRAUMA'**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Discuss the background and issues concerning Whiplash Associated Disorders.
2. Design and evaluate an appropriate management programme.

➔ **MODULE FOURTEEN**  
**THORACIC SPINE**

OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Describe the relevant structure, function and biomechanics of the thoracic spine.
2. Describe the features of aging and degeneration in the thoracic spine and how they may relate to clinical presentations.
3. Describe and differentiate Derangement, Dysfunction and Postural Syndromes.
4. Describe the subgroups of OTHER that present in the thoracic spine.
5. Describe the components of the history and physical examination sections of the McKenzie assessment for the thoracic spine.
6. Describe and perform the patient and clinician procedures for the thoracic spine.
7. Describe the essential management principles for Derangement, Dysfunction and Postural Syndromes in the thoracic spine.