

## THE MCKENZIE INSTITUTE® INTERNATIONAL

### Course Goals

As its name implies, this course focuses on advanced Mechanical Diagnosis and Therapy for the lumbar spine and an introduction to the application of Mechanical Diagnosis and Therapy for the lower extremities. The goals of this course are that you build on the knowledge and skills that you gained from the MDT Part A by improving your clinical reasoning, enhancing your patient management skills and expanding your knowledge base to include the extremities.

Following attentive participation and completion this course will provide participants with the knowledge, skills and abilities to:

### ***Lumbar Spine***

1. Identify, analyse and discuss common problems encountered in the application of Mechanical Diagnosis and Therapy for the lumbar spine.
2. Analyse and discuss the MDT assessment in a biopsychosocial framework and explore how it is used to differentially diagnose and determine classification.
3. Analyse and discuss the MDT management principles of Derangement, Dysfunction and Postural Syndrome with focus on reassessment, the progression of forces, recovery of function and prophylaxis.
4. Perform MDT procedures for the lumbar spine at an advanced level and be able to identify and analyse problems with their application.
5. Recognise the criteria of the subgroups of OTHER and understand how to differentiate from the Syndromes
6. Analyse and discuss case studies of patients presenting with lumbar spine symptoms to differentiate and determine classification and management.

### ***Lower Extremities***

7. Describe the major epidemiological factors associated with lower extremity conditions.
8. Describe and discuss the current evidence base for the use of MDT for lower extremity musculoskeletal disorders.
9. Describe and differentiate the characteristics of Derangement, Dysfunction and Postural Syndromes as they present in the lower extremity.
10. Perform a spinal assessment and analyse the findings to differentiate between symptoms that are lumbar spine in origin or are arising from lower extremity structures
11. Perform and analyse MDT assessments for lower extremity musculoskeletal disorders and determine the presence of McKenzie Syndromes.
12. Design appropriate management programmes for patients who present with Derangement, Dysfunction and Postural Syndromes.
13. Recognise the presentation of the subgroups of OTHER in the lower extremity, and understand the criteria for diagnosis and management options.
14. Analyse and discuss case studies of patients presenting with lower extremity symptoms to differentiate, and to determine classification and management.

## **2022 Part C – MDT: Advanced Lumbar Spine & Extremities – Lower Limb Goals and Objectives**

### **➔ MODULE ONE PROBLEM AREAS AND PROBLEM SOLVING**

#### OBJECTIVES

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

1. Identify and discuss the common problems encountered with the McKenzie assessment and classification of patients who present with lumbar spine disorders.
2. Identify, analyse and discuss the common problems with the MDT management of patients who present with lumbar spine disorders and use MDT clinical reasoning principles to identify appropriate solutions.
3. Compare and contrast individual areas of difficulty with those commonly encountered.

### **➔ MODULE TWO ASSESSMENT AND DIFFERENTIATION**

#### OBJECTIVES

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

1. Demonstrate an advanced understanding of the clinical significance of the components of the MDT assessment in a biopsychosocial context.
2. Demonstrate an advanced understanding of how the findings of the MDT assessment assist in differentiating between symptoms that are lumbar spine in origin or are arising from lower extremity structures.
3. Analyse how the MDT assessment helps to identify precautions and contraindications to mechanical therapy in patients presenting with lumbar spine symptoms.
4. Demonstrate competence in using McKenzie terminology when completing a Lumbar Assessment form.
5. Analyse a completed McKenzie Lumbar Assessment form to determine the correct McKenzie classification.

### **➔ MODULE THREE MANAGEMENT OF THE MDT SYNDROMES**

#### OBJECTIVES

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

1. Compare and contrast the management principles for the 3 syndromes.
2. Analyse the role of force progressions and force alternatives and their implementation in the management of patients with MDT.
3. Identify the components of the Re-assessment process, analyse and interpret the findings to confirm classification and guide further management
4. Summarise the components of Recovery of Function and Prophylaxis and discuss the implementation of these in management.

## **2022 Part C – MDT: Advanced Lumbar Spine & Extremities – Lower Limb Goals and Objectives**

### **➔ MODULE FOUR LUMBAR SPINE PROCEDURES**

#### OBJECTIVES

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

1. Effectively instruct the self-treatment procedures for the lumbar spine, identify difficulties in performance and problem solve as required.
2. Effectively perform the clinician procedures for the lumbar spine, analyse and correct errors with performance.
3. Understand the indications for the application of each procedure, interpret the response and discuss implications.

### **➔ MODULE FIVE DIFFERENTIAL DIAGNOSIS AND SUBGROUPS OF OTHER**

#### OBJECTIVES

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

1. Discuss the criteria of the subgroups of OTHER.
2. Analyse the findings of the MDT assessment to differentiate MDT syndromes from subgroups of OTHER.
3. Perform the pain provocation tests for the sacro-iliac joint, interpret the results, discuss classification and management
4. Discuss the management of each subgroup of OTHER integrating MDT principles.

### **➔ MODULE SIX CASE STUDIES**

#### OBJECTIVES

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

1. Analyse case studies presented on McKenzie Assessment forms and using MDT clinical reasoning principles determine the presence of Derangement, Dysfunction and Postural Syndrome.
2. Analyse case studies presented on McKenzie Assessment forms and using MDT clinical reasoning, differentiate the presence of serious pathology.
3. Analyse case studies presented on McKenzie Assessment forms and using MDT clinical reasoning, differentiate the presence of OTHER subgroups.
4. Analyse the findings of the assessment forms and using clinical reasoning, design a management plan for the provisional classification.

### **➔ MODULE SEVEN EPIDEMIOLOGY/EVIDENCE BASE FOR MDT**

#### OBJECTIVES

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

1. Describe the major epidemiological factors associated with lower extremity conditions.
2. Describe the concept of 'natural history' in the resolution of extremity pain.
3. Describe and discuss the current evidence on the use of MDT for lower extremity conditions.

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### ➔ **MODULE EIGHT CHARACTERISTICS OF THE MDT SYNDROMES**

#### OBJECTIVES

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

1. Discuss issues relating to the use of a patho-anatomical diagnosis and describe the alternative MDT model of symptomatic and mechanical responses used to identify a mechanical diagnosis.
2. Describe and differentiate the characteristics of the three McKenzie Syndromes - Derangement, Dysfunction (Articular and Contractile) and Postural in the lower extremity.

### ➔ **MODULE NINE ASSESSMENT**

#### OBJECTIVES

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

1. Demonstrate an understanding of the clinical significance of the components of the MDT assessment.
2. Analyse how the History and the Physical Examination helps to identify precautions and contraindications to mechanical therapy in patients presenting with lower extremity symptoms.
3. Skilfully and accurately complete the History and the Physical Examination of the McKenzie assessment as used for the lower extremity.
4. Conduct and evaluate a relevant spinal assessment to exclude symptoms that are spinal in origin as determined by the History and Physical Examination.
5. Demonstrate an understanding and the appropriate application of terms used in completing the McKenzie Lower Extremity Assessment form.
6. Integrate the results of the History and the Physical Examination including the repeated movement testing to differentiate and determine a provisional classification.

### ➔ **MODULE TEN DERANGEMENT SYNDROME**

#### OBJECTIVES

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

1. Describe the key clinical features of Derangement that are seen on the McKenzie Lower Extremity Assessment Form.
2. Discuss and design appropriate management programmes for patients who present with Derangements in the lower extremity.
3. Discuss the concept of progression of forces and the use of force alternatives when treating lower extremity Derangements.
4. Analyse and demonstrate a variety of loading strategies for Derangements seen in the lower extremity, and discuss the rationale for their use.

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### **➔ MODULE ELEVEN DYSFUNCTION SYNDROME**

#### OBJECTIVES

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

1. Describe the key clinical features of Articular Dysfunction that are seen on the McKenzie Lower Extremity Assessment form.
2. Discuss and design appropriate management programmes for patients who present with an Articular Dysfunction in the lower extremity.
3. Describe the key clinical features of Contractile Dysfunction that are seen on the McKenzie Lower Extremity Assessment form.
4. Discuss and design appropriate management programmes for patients who present with a Contractile Dysfunction in the lower extremity.
5. Analyse and demonstrate a variety of loading strategies for Contractile Dysfunctions seen in the lower extremity and discuss the rationale for their use.

### **➔ MODULE TWELVE POSTURAL SYNDROME**

#### OBJECTIVES

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

1. Describe the key clinical features of Postural Syndrome that are seen in the McKenzie Lower Extremity Assessment Form.
2. Discuss the principles of MDT management of Postural Syndrome when present in the Lower Extremity.

### **➔ MODULE THIRTEEN SUBGROUPS OF OTHER**

#### OBJECTIVES

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

1. Discuss the criteria of the subgroups of OTHER in the Lower Extremities and analyse how the subgroups would present during a MDT assessment.
2. Discuss the management of each subgroup by what is currently supported in the literature and analyse how this fits with MDT principles and strategies.

## 2022 Part C – MDT: Advanced Lumbar Spine & Extremities – Lower Limb Goals and Objectives

### ➔ **MODULE FOURTEEN CASE STUDIES**

#### OBJECTIVES

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

1. Analyse case studies presented on McKenzie Assessment forms and using MDT clinical reasoning principles determine the presence of Derangement, Dysfunction or Postural Syndrome.
2. Analyse case studies presented on McKenzie Assessment forms, and using clinical reasoning differentiate the presence of serious pathology.
3. Analyse case studies presented on McKenzie Assessment forms, and using clinical reasoning differentiate the presence of OTHER subgroups.
4. Analyse the findings of the assessment forms and using MDT clinical reasoning, design a management plan for the provisional classification.