



### **Course Goals**

As its name implies, this course focuses on advanced Mechanical Diagnosis and Therapy for the cervical spine and an introduction to the application of Mechanical Diagnosis and Therapy for the upper extremities. The goals of this course are that you build on the knowledge and skills that you gained from the MDT Part B 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:

#### ***Cervical and Thoracic Spine***

1. Identify, analyse and discuss common problems encountered in the application of Mechanical Diagnosis and Therapy for the cervical and thoracic 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 cervical and thoracic spine at an advanced level and to identify and analyse problems with their application.
5. Recognise the criteria of the OTHER subgroups in the cervical and thoracic spine, understand the criteria for diagnosis and explore management options
6. Analyse and differentiate the various causes of headache and discuss how the McKenzie History and Physical Examination assist in determining the presence of cervicogenic headaches.
7. Analyse and discuss case studies of patients presenting with cervical / thoracic symptoms, to differentiate and determine classification management.

#### ***Upper Extremities***

8. Describe the major epidemiological factors associated with upper extremity conditions.
9. Describe and discuss the current evidence base for the use of MDT for upper extremity musculoskeletal disorders.
10. Describe and differentiate the characteristics of Derangement, Dysfunction and Postural Syndromes as they present in the upper extremity
11. Perform and analyse MDT assessments for upper extremity musculoskeletal disorders and determine the presence of McKenzie Syndromes.
12. Design appropriate management programs for patients who present with Derangement, Dysfunction and Postural syndromes.
13. Recognise the presentation of OTHER subgroups in the upper extremity, understand the criteria for diagnosis and explore management options
14. Analyse and discuss case studies of patients presenting with upper extremity symptoms, to differentiate and to determine classification and management

## **2022 Part D – MDT: Advanced Cervical & Thoracic Spine and Extremities – Upper Limb Goals and Objectives**

### **➔ MODULE ONE**

#### **PROBLEM AREAS AND PROBLEM SOLVING GUIDE: CERVICAL AND THORACIC SPINE**

##### OBJECTIVES

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

1. Identify, analyse and discuss individual problems encountered in the McKenzie assessment and classification of patients with cervical and thoracic spine disorders.
2. Identify, analyse and discuss the common problems in the MDT management of patients who present with cervical and thoracic spine disorders and use MDT clinical reasoning 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. Analyse how the History and Physical Examination helps to identify serious spinal pathology in patients presenting with cervical / thoracic spine symptoms.
3. Demonstrate an advanced understanding of how the findings of the History and the Physical Examination sections of the MDT assessment assist in differentiating between symptoms that are cervical or thoracic in origin.
4. Demonstrate an advanced understanding of how the findings of the History and the Physical Examination sections of the MDT assessment assist in differentiating between symptoms that are cervical or thoracic in origin and those that are arising from upper extremity structures.
5. Demonstrate competence in using McKenzie terminology when completing a Cervical or a Thoracic Assessment form.
6. Analyse a completed McKenzie Cervical or Thoracic 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 and OTHER.
2. Analyse the role of force progressions and force alternatives and their implementation in the MDT management of patients.
3. Identify the components of the Reassessment 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 D – MDT: Advanced Cervical & Thoracic Spine and Extremities – Upper Limb Goals and Objectives**

### **➔ MODULE FOUR CERVICAL SPINE WORKSHOP**

#### OBJECTIVES

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

1. Demonstrate advanced skill in selecting, performing and teaching the self-treatment procedures for the cervical spine and analyse common problem areas.
2. Perform the clinician procedures for the cervical spine (excluding manipulation) at an advanced level and analyse common problem areas.

### **➔ MODULE FIVE THORACIC SPINE WORKSHOP**

#### OBJECTIVES

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

1. Demonstrate advanced skill in selecting, performing and teaching the self-treatment procedures for the thoracic spine and analyse common problem areas.
2. Perform the clinician procedures for the thoracic spine (excluding manipulation) at an advanced level and analyse common problem areas.

### **➔ MODULE SIX SUBGROUPS OF OTHER – DIFFERENTIATION, CRITERIA AND MANAGEMENT**

#### 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 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.

### **➔ MODULE SEVEN CERVICOGENIC HEADACHES**

#### OBJECTIVES

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

1. Analyse and discuss how the McKenzie History and Physical Examination assists in determining the presence of cervicogenic headaches.
2. Analyse and discuss how the McKenzie History and Physical Examination helps to identify Headaches that may be related to Serious pathologies
3. Demonstrate advanced skill in performing and teaching the self-treatment procedures for the management of cervicogenic headaches.
4. Perform the clinician procedures for the cervical spine (excluding manipulation) that may be required for the management of cervicogenic headaches, at an advanced level and analyse common problem areas.

## **2022 Part D – MDT: Advanced Cervical & Thoracic Spine and Extremities – Upper Limb Goals and Objectives**

### **➔ MODULE EIGHT EPIDEMIOLOGY / EVIDENCE BASE**

#### 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 upper extremity conditions.
2. Describe and discuss the current evidence on the prevalence of McKenzie syndromes in upper extremity disorders and the reliability of classification.
3. Describe and discuss the current evidence on the management of upper extremity disorders utilising MDT.

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

#### OBJECTIVES

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

1. Describe and differentiate the characteristics of the MDT Syndromes – Derangement, Dysfunction (Articular and Contractile) and Postural in the upper extremity.

### **➔ MODULE TEN ASSESSMENT**

#### OBJECTIVES

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

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

### **➔ MODULE ELEVEN DERANGEMENT SYNDROME**

#### OBJECTIVES

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

1. Describe the key clinical features of Derangement as they are seen in the History and Physical Examination components of the McKenzie Upper Extremity assessment form.
2. Design appropriate management programs for patients who present with Derangements in the upper extremity.
3. Discuss the concept of progression of forces and the use of force alternatives when treating upper 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.

## **2022 Part D – MDT: Advanced Cervical & Thoracic Spine and Extremities – Upper Limb Goals and Objectives**

### **➔ MODULE TWELVE DYSFUNCTION SYNDROME**

#### OBJECTIVES

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

### **➔ MODULE THIRTEEN POSTURAL SYNDROME**

#### OBJECTIVES

With sufficient time, 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 Upper Extremity Assessment form.
2. Discuss the principles of MDT management of Postural Syndrome when present in the Upper Extremity.

### **➔ MODULE FOURTEEN SUBGROUPS OF OTHER**

#### OBJECTIVES

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

1. Discuss the criteria of the subgroups of OTHER in the upper 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.

### **➔ MODULE FIFTEEN CASE STUDIES**

#### OBJECTIVES

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

1. Analyse case studies of patients presenting with symptoms in the upper limb and discuss their classification.
2. Compare the assessment findings of the case studies and discuss how these assist with classification.
3. Describe and discuss MDT management strategies for case studies of patients presenting with upper limb symptoms.