



The McKenzie Institute International

MECHANICAL DIAGNOSIS AND THERAPY®

Course Goals and Objectives

PART A: THE LUMBAR SPINE

- **Course Description**

This four day (28 hour) course presents the theoretical aspects and concepts of the McKenzie Method in Mechanical Diagnosis and Therapy, as applied in the examination and treatment of patients with complaints of low back and related referred pain. Through lectures and patient demonstrations the derangement, dysfunction and postural syndromes are described in detail and appropriate treatment plans are outlined with emphasis on the use of patient self-treatment procedures. The clinical efficacy and limitations of the McKenzie approach as applied to the lumbar spine, are illustrated by follow-up patient demonstrations.

- **Course Goals**

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 Mechanical Diagnosis and Therapy to patients with lumbar spine problems.
2. Distinguish between the McKenzie syndromes (derangement, dysfunction, postural) and other spinal conditions and provide appropriate management regimens for each of the McKenzie syndromes.
3. Identify when the application of external forces is required for the resolution of symptoms using McKenzie's concept of progression of forces.
4. Assist patients to design and apply the therapeutic processes to achieve management goals.

PART B: THE CERVICAL & THORACIC SPINE

- **Course Description**

This four day (28 hour) course presents the theoretical aspects and concepts of the McKenzie Method in Mechanical Diagnosis and Therapy, as applied in the examination and treatment of patients with complaints of neck, upper back and related referred pain. Through lectures and patient demonstrations the derangement, dysfunction and postural syndromes are described in detail and appropriate treatment plans are outlined with emphasis on the use of patient self-treatment procedures. The clinical efficacy and limitations of the McKenzie approach as applied to the cervical and thoracic spine, are illustrated by follow-up patient demonstrations

- **Course Goals**

Following attentive participation and completion, participants will be able to:

1. Appropriately apply the McKenzie Method of Mechanical Diagnosis and Therapy.
2. Distinguish between the McKenzie syndromes (Derangement, Dysfunction, Postural) and other spinal conditions and provide appropriate management regimes for each of the syndromes.
3. Identify when the application of external forces is required for the resolution of symptoms using McKenzie's "progression of forces" concept.
4. Assist patients to design and apply the therapeutic processes on their own to achieve management goals.

PART C: ADVANCED LUMBAR SPINE & EXTREMITIES – LOWER LIMB

- **Course Description**

This four day workshop (28 hours) will review and advance the theory and practical application of Mechanical Diagnosis and Therapy in relation to the Lumbar Spine. Problem solving, reflective learning and clinical reasoning activities are utilised to refine the assessment, classification, differential diagnosis and management of patient's presenting with symptoms related to the lumbar spine. Practical sessions are utilised to develop skills in the application of both self-treatment and clinician procedures.

The theory and practical application of the MDT for lower limb musculoskeletal disorders is presented. Lectures, patient assessments and practical sessions are utilised to demonstrate the characteristics and management of the syndromes as they present in the lower limb.

- **Course Goals**

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

1. Identify and discuss common problems encountered in the application of Mechanical Diagnosis and Therapy for the lumbar spine.
2. Analyse and discuss the MDT assessment and how it assists with patient classification.
3. Discuss the application of clinician forces, and how they fit with McKenzie's 'Progression of Forces' concept.
4. To perform clinician techniques for the lumbar spine at an advanced level and to identify problems with their application.
5. Analyse case studies of patients presenting with lumbar spine symptoms and determine classification.
6. Describe and discuss the current evidence base for the use of MDT for lower limb musculoskeletal disorders.
7. Describe the characteristics of Derangement, Dysfunction and Postural syndromes as they present in lower limb musculoskeletal disorders.
8. Perform MDT assessments for lower limb musculoskeletal disorders and determine the presence of McKenzie syndromes.
9. Design appropriate management programs for patients who present with Derangement, Dysfunction and Postural syndromes in the lower limb.
10. Analyse case studies of patients presenting with lower limb symptoms and determine classification.

PART D: ADVANCED CERVICAL AND THORACIC SPINE & EXTREMITIES – UPPER LIMB

- **Course Description**

This four day workshop (28 hours) will review and advance the theory and practical application of Mechanical Diagnosis and Therapy in relation to the Cervical and Thoracic Spine. Problem solving, reflective learning and clinical reasoning activities are utilised to refine the assessment, classification, differential diagnosis and management of patient's presenting with symptoms related to the cervical and thoracic spine. Practical sessions are utilised to develop skills in the application of both self-treatment and clinician procedures.

The theory and practical application of the MDT for upper limb musculoskeletal disorders is presented. Lectures, patient assessments and practical sessions are utilised to demonstrate the characteristics and management of the syndromes as they present in the upper limb.

- **Course Goals**

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

1. Identify 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 and how it assists with patient classification.
3. Discuss the application of clinician forces, and how they fit with McKenzie's 'Progression of Forces' concept.
4. To perform clinician techniques for the cervical and thoracic spine at an advanced level and to identify problems with their application.
5. Analyse case studies of patients presenting with cervical / thoracic symptoms and determine their classification.
6. Describe and discuss the current evidence base for the use of MDT for upper limb musculoskeletal disorders.
7. Describe the characteristics of Derangement, Dysfunction and Postural syndromes as they present in upper limb musculoskeletal disorders.
8. Perform MDT assessments for upper limb musculoskeletal disorders and determine the presence of McKenzie syndromes.
9. Design appropriate management programs for patients who present with Derangement, Dysfunction and Postural syndromes in the upper limb.
10. Analyse case studies of patients presenting with upper limb symptoms and determine their classification.