



## **THE MCKENZIE INSTITUTE INTERNATIONAL**

### **DIPLOMA IN MECHANICAL DIAGNOSIS AND THERAPY® GENERAL INFORMATION – 2010 PROGRAMME**

#### **THE DIPLOMA**

The Diploma in Mechanical Diagnosis and Therapy® is awarded to participants who have qualified in accordance with the criteria approved by The McKenzie Institute International Board of Trustees and is designed to assess competencies in relation to the Diploma Curriculum.

The criteria for registration is attendance at the Institute's Educational Courses (Parts A, B, C, D, E) and also a successful pass in The McKenzie Institute International Credentialing Examination. Applications must be submitted by **15 February 2010** to commence the Distance Learning component in July 2010.

Registrations for commencement in 2010 are limited to 18 candidates. Fully completed registrations will be processed strictly in the order they are received. Please note - All supporting documentation must also be included before a registration will be processed.

#### **DIPLOMA CURRICULUM**

The Diploma Curriculum has as its foundation the teaching of Mechanical Diagnosis and Therapy® (Spinal and Extremity) as developed by Robin McKenzie. It consists of two components: Theoretical and Clinical.

##### **Aims of the Diploma**

1. Enable students to develop a high level of competence in the theory and practice of Mechanical Diagnosis and Therapy® of spinal and musculoskeletal disorders based on the philosophy of Robin McKenzie.
2. Enable students to identify clinical conditions that are unsuitable for mechanical therapy.
3. Enable students to develop skills in accessing, understanding and evaluating research relevant to Mechanical Diagnosis and Therapy®.
4. Promote critical analysis and clinical reasoning skills.
5. Further develop interpersonal and communication skills.
6. Foster the students' awareness of their professional responsibilities, including legal, ethical and cultural issues.

#### **Theoretical Component:**

Comprises a Distance Learning course titled "Foundations in Mechanical Diagnosis and Therapy" conducted by the University of Otago, School of Physiotherapy, Dunedin, New Zealand in collaboration with the McKenzie Institute International. Attendance at the University is not required but students will be enrolled at the University of Otago and therefore will have access to the University's extensive resources, which have been developed specifically to support distance teaching.

The language of the Diploma Programme is English. University of Otago regulations for admission to post graduate programmes require a reasonable standard of English. All students for whom English is a second language must provide evidence of English language competency in the form of successful IELTS or TOEFL testing. The date of the test results must be within two years of applying for the Diploma Programme.

The University paper is conducted over one University semester and is currently provided during the months of July to November. For 2009, the paper will commence on Monday 5 July 2010 and conclude on Friday 29 October 2010. There will be an intra semester break for one week during September. The paper entails an average of 20 hours per week of self-directed learning which is inclusive of reading, participation on the University's Blackboard, completion of assignment tasks, electronic communication, accessing literature and reflective time. The paper is taught by staff from the McKenzie Institute International and the University of Otago. Teaching will be conducted through a series of modules delivered by remote teaching methods (distance learning). Students will require access to a computer with web access. Assessments will be conducted throughout the semester in a variety of forms ranging from assignments to web-based tasks. A Pass is required in each Module to attain a Pass in the University paper (PHTX 544), and thus the Theoretical Component of the Diploma Curriculum.

### **Theoretical Component Objectives:**

This component of the Diploma aims to:

- To expand the student's knowledge of the philosophy of Mechanical Diagnosis and Therapy and how it contrasts with other treatment concepts.
- To expand the student's knowledge of the structure and physiology of connective tissue.
- To further the student's knowledge of the anatomy and biomechanics of the intervertebral disc and its role as a symptom generator.
- To enhance the student's skill to search and analytically critique the scientific research relating to Mechanical Diagnosis and Therapy.
- To advance the student's knowledge of the McKenzie mechanical classification and the recognition of other spinal conditions.
- To advance the student's knowledge of spinal pathologies that relate to the intervertebral foramen, their recognition and management.
- To enhance the student's knowledge of the essential components of patient education and empowerment.
- To develop the student's skill in the preparation and writing of a case study.

### **CLINICAL COMPONENT: (alternative pathways available)**

The Clinical Component consists of a minimum of 360 hours of clinical practice based on a variety of musculoskeletal disorders. It emphasises the central importance of "the evidence" of the patient. The hours of clinical practice will include: supervised patient assessments and treatments, formal and informal tutorials and self directed learning. The maximum ratio of participants to Mentor is limited to three.

Qualified McKenzie practitioners, known as Mentors, who are appointed by The McKenzie Institute International, provide supervision. The Mentor conducts continuous assessments of the clinical performance of the candidates and regular formal assessments. Satisfactory proficiency in the Clinical Component is determined by the Mentor and/or by The McKenzie Institute International appointed assessors. Proficiency is determined by performance in both the formal assessments and in the continuous assessments.

**Clinical Component Objectives:**

At the completion of this component the student should be highly competent in:

1. The integration of the theory of Mechanical Diagnosis and Therapy and its application in the management of patients.
2. Examining patients using the history taking and physical examination procedures utilised in Mechanical Diagnosis and Therapy.
3. Using the information derived from the examinations to determine an appropriate classification for the patient.
4. Documenting the assessment and management of patients.
5. Effectively and safely managing patients and modifying management as appropriate.
6. Maximising treatment efficiency, effectiveness by the appropriate provision of education, self-management procedures, therapist techniques and prophylactic measures.
7. The application of the therapist techniques utilised in Mechanical Diagnosis and Therapy.
8. The identification of contraindications to Mechanical Diagnosis and Therapy and the performance of the pre-manipulative testing procedures.
9. Communicating effectively with all persons involved in the management of the patient's problems.

**Pathways Available for the Clinical Component**

To allow for the varied needs of the Diploma students there are a number of alternative pathways available to complete the Clinical Component of the Diploma.

Clinical Training sites are currently located in the USA, Scotland, Denmark, Finland and New Zealand. The registration fee payable for the different training programmes reflects the difference between residential and non-residential venues.

▪ **Clinical Training at Austin Texas USA:** **US\$14,500.00**

Choice of this pathway allows the student to undertake their clinical training in one x 9 week block or in two x 5 week rotations. Accommodation is provided in a fully furnished unit.

▪ **Montclair-New Jersey, USA:** **US\$12,500.00**

Choice of this pathway allows the student to undertake their clinical training as:

- One x 9 week block; or
- Three x 3 week blocks. This enables the training to be spread over a 12 month period, and it is the most appropriate pathway for students who find it difficult to undertake their training in one 9 week block. The exact dates of the three week blocks are determined by the Mentor and the student.

Accommodation is not provided but the mentor at Montclair will assist students to secure appropriate accommodation.

▪ **Clinical Training at Dundee, Scotland:** **US\$12,500.00**

Choice of this pathway allows the student to undertake their clinical training in one x 9 week block. Accommodation is not provided but the mentors at Dundee will assist students to secure appropriate accommodation.

▪ **Clinical Training at Ega, Denmark:** **US\$12,500.00**

Choice of this pathway allows the student to undertake their clinical training in one x 9 week block. Accommodation is not provided but the mentors at Ega will assist students to secure appropriate accommodation.

*This venue is only available to Danish, Swedish and Norwegian candidates.*

▪ **Clinical Training at Vaajakoski, Finland:** **US\$12,500.00**

Choice of this pathway allows the student to undertake their clinical training in one x 9 week block. Accommodation is not provided but the mentors at Vaajakoski will assist students to secure appropriate accommodation.

*This venue is only available to Finnish candidates.*

▪ **Richmond, New Zealand:** **US\$12,500.00**

Choice of this pathway allows the student to undertake their clinical training in one x 9 week block. Accommodation is not provided but the mentors at Richmond will assist students to secure appropriate accommodation.

*This venue is only available to New Zealand candidates at this time.*

**Once a Satisfactory pass is gained in both the Theoretical and Clinical Components of the Diploma Curriculum, students are eligible to sit The McKenzie Institute International's Final Examination for the Diploma in Mechanical Diagnosis and Therapy®.**

## **FINAL EXTERNAL EXAMINATION FOR THE DIPLOMA IN MECHANICAL DIAGNOSIS AND THERAPY®**

To be eligible to sit the Final External Examination and if successful, attain The McKenzie Institute International's Diploma in Mechanical Diagnosis and Therapy®, students must have completed and passed both the Theoretical and Clinical Components of the Diploma Curriculum. There must be a minimum of three months after the completion of the Clinical Component before a candidate is eligible to register for the final exam.

The Final Examination is conducted in the English language by a Panel of Examiners appointed by The McKenzie Institute International and is supervised by the International Director of Education.

The fee for the Final Examination is USD1,250 and the exam is conducted over two days. The fee is payable three months prior to the exam.

The number of candidates who may take the Final External Examination at any one scheduled Examination is limited to 12 candidates. Registrations will be processed strictly in the order they are received.

Once the Board of Trustees of The McKenzie Institute International is notified by the International Director of Education that a student has attained a Pass in the Final Examination, a McKenzie Institute International Diploma in Mechanical Diagnosis and Therapy certificate will be issued with the recipient's name recorded in the Institute's International Diploma Register.

Diploma candidates who fail the Final Examination are eligible to re-take the Examination. A re-take fee of USD1,250 will apply and is payable three months prior to the Examination.

## GENERAL

The level of interest to undertake The McKenzie Institute International Diploma Programme is high, and accordingly registrations are processed in the order they are received. **Applications will only be considered when full documentation (including TOEFL/IELTS certification if required) as listed on the application form provided.**

Fully completed application forms, together with all supporting documentation, should be submitted to Trish Elise at the address listed on the application form. Upon approval of the application by the Institute's CEO, a confidentiality agreement in relation to the Diploma Programme documents is forwarded to the applicant for completion, together with an invoice for the Programme. Following the return of the signed confidentiality agreement and deposit payment (as detailed in the invoice), enrolment procedures for the Distant Learning Component through the University of Otago will then be arranged.

If you have any further queries, please do not hesitate to contact Trish Elise at email [Diploma.mckinst@xtra.co.nz](mailto:Diploma.mckinst@xtra.co.nz).

**The McKenzie Institute International  
Raumati Beach, New Zealand**

**May 2009**



**THE MCKENZIE INSTITUTE INTERNATIONAL**  
**DIPLOMA IN MECHANICAL DIAGNOSIS AND THERAPY**  
**CONFIDENTIAL APPLICATION FORM**

The information provided on this form is confidential to the Diploma Applicant, the Head Office of the McKenzie Institute International, the University of Otago, and the Institute's Diploma Clinical Mentor/s.

*If there is insufficient space for your printed replies to any of the below, please list on a separate sheet.*

**First Name:** \_\_\_\_\_ **Surname:** \_\_\_\_\_

**Title:** Mr / Mrs / Miss / Ms

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Phone: (W)** \_\_\_\_\_ **Phone: (H)** \_\_\_\_\_

**Fax:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Profession:** \_\_\_\_\_ **Nationality:** \_\_\_\_\_

**Please list any medical conditions that may affect your participation in the Diploma MDT Programme:**

**Preferred Clinical Diploma Venue:** *(please indicate your first and second preferences)*

Austin, Texas, USA (Residential)

Montclair, New Jersey, USA (Non-Residential)

Dundee, Scotland (Non-Residential)

Egå, Denmark (Non-Residential) *(Danish, Swedish & Norwegian candidates only)*

Vaajakoski, Finland (Non-Residential) *(Finnish candidates only)*

Richmond, New Zealand (Non-Residential) *(New Zealand candidates only)*

**Qualifications:** *(List degrees, diplomas & certificates)*

Qualification	Granting Institution	Year
1.		
2.		
3.		
4.		
5.		
6.		

**Clinical experience commencing with most recent:**

Employer	Location	Dates: From - To
1.		
2.		
3.		
4.		

**McKenzie Institute Courses and Credentialling Examination:** *(Attach copies of Certificates)*

Course	Location	Instructor/Examiner	Date
Credentialling Examination			
Part E			

**Other Post-Graduate Courses commencing with most recent:** *(Attach supporting documentation)*

Course	Location	Year
1.		
2.		
3.		
4.		

**Reasons for wishing to complete the Diploma Programme:**

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I hereby consent for my email address to be provided to other candidates who are also enrolled in The McKenzie Institute International Diploma Programme during 2010.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please attach **certified** copies of the following (see “Important Notes” overleaf):

- Academic transcript
- Birth certificate
- Marriage certificate (if there has been a change of name)

Please also attach:

- McKenzie Institute Part E Course Certificate
- McKenzie Institute Credentialling Exam Certificate
- Post-Graduate Course documentation
- Two professional references in writing
- Two passport photographs
- English language competency evidence eg. from IELTS, TOEFL (see “Important Notes” overleaf)
- Full CV (Curriculum Vitae)

**Forward with this application to:**

Trish Elise  
Personal Assistant to the CEO  
The McKenzie Institute International  
1 Alexander Road  
PO Box 2026  
Raumati Beach 5255  
New Zealand

## IMPORTANT NOTES

- The Academic transcript must be either an original transcript from the University you attended or a **certified** copy. It must list subjects passed and marks gained during each year of study and, if your undergraduate qualifications are not in English, must be accompanied by an English translation from an accredited agency.

Please do not send a copy of the diploma or degree only.

- It is essential to have your birth certificate and change of name documents certified at the correct level, i.e. by any one of the following:
  - ◆ Public Notary
  - ◆ Solicitor
  - ◆ Lawyer
- The certifier must comply as follows:
  - ◆ Sign the copy
  - ◆ Print his/her name under the signature
  - ◆ State his/her position or designation
  - ◆ Endorse the copy with his/her official seal (where applicable)
  - ◆ Provide his/her postal address
  - ◆ Include the statement “certified true copy of original document sighted”.
- IELTS / TOEFL – Contact the nearest New Zealand Embassy to check venue/dates for these tests at least two to three months prior to application.
  - ◆ IELTS (International English Language Testing System):  
A required score of 6.5 in the academic module, with no individual band below 6.0.
  - ◆ TOEFL (Test of English as a Foreign Language):  
Paper based test – A required score of 587, with TWE 4.5  
Internet based test – A required score of 95, with a minimum writing score of 22  
Computer based test – A required score of 240, with an essay rating of 4.5

**Please Note:**

**For your application to be accepted, all documentation as detailed above must be included with your application.**