



2018 Advanced MDT: Clinical Decision Making Goals and Objectives

THE MCKENZIE INSTITUTE® INTERNATIONAL

COURSE GOALS

This advanced level course focuses on review and update of the principles and application of the McKenzie theory and techniques of Mechanical Diagnosis and Therapy® (MDT). The curriculum will include more intensive clinical reasoning and problem solving through a high volume of patient demonstrations and case study analysis involving all regions of the spine as well as the extremities. Each major subdivision of the course has very specific educational objectives that will reinforce and increase knowledge and skills, which will further refine your own abilities in applying these principles.

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

1. Through discussion and quiz responses, demonstrate expanded knowledge base of MDT principles, evaluation, and clinical reasoning and treatment interventions.
2. Through live patient presentation and lab activities, demonstrate accuracy in eliciting, recording and analyzing the history of patients presenting with spinal or extremity musculoskeletal problems and use this information to determine relevant and pertinent information to rule out serious pathology and guide the examination process.
3. Demonstrate the ability to competently perform relevant tests and measures identifying and using the most applicable symptomatic, mechanical and functional baselines to guide clinical reasoning.
4. Use clinical reasoning to synthesize history and examination findings to classify patients' conditions using proper MDT terminology.
5. Based on an expanded knowledge base of MDT and patient classification, develop a plan of care with appropriate loading strategies, education and self-management strategies.
6. Enhance patient education strategies related to pain and MDT by encompassing biopsychosocial factors and patient empowering strategies.
7. Competently perform four common clinician generated procedures.

➔ **THE MCKENZIE METHOD - REVIEW AND UPDATE OF THE PRINCIPLES AND APPLICATION**

OBJECTIVES

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

1. Accurately identify relevant lateral components of Derangement Syndrome and understand all associated terminology.
2. Accurately identify all spinal deformities and treatments.
3. Accurately identify classification and treatments for spinal and extremity patient case studies presented.
4. Gain an improved understanding of patient educational strategies and improved competency in responding to typical patient questions.
5. Gain experience in history taking and treatment strategies in small group sessions with colleagues.

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➔ PATIENT TREATMENT SESSIONS

OBJECTIVES

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

1. Accurately record the examination process.
2. Accurately predict course of treatment following the patient interview.
3. Identify the most applicable mechanical, symptomatic, and functional baselines.
4. Accurately assess patient response to treatment at follow-up(s).
5. Alter treatment plans as necessary based on mechanical, symptomatic, and functional baselines.

➔ PRACTICAL SESSIONS

OBJECTIVES

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

1. Perform and teach the self-treatment procedures for the spine and extremities.
2. Perform clinician techniques (mobilizations only) for the Cervical and Lumbar spines.
3. Apply the "Progression of Forces."

The McKenzie Institute International
Advanced MDT: Clinical Decision Making

DETAILED SCHEDULE

REGISTRATION/Continental Breakfast Day One: 7:30-8:00am

Course	Times	# Minutes	Program
Day One 8:00am to 6:00pm	8:00-9:00	60	Introduction/Participant Problem Areas & Requests
	9:00-10:00	60	Patient Demo and Analysis #1
	10:00-10:15	0	Break
	10:15-11:00	45	Lateral Forces Explored
	11:00-12:00	60	Patient Demo and Analysis #2
	12:00-1:00	0	Lunch
	1:00-2:00	60	Patient Demo and Analysis #3
	2:00-3:15	75	Technique Practical Session
	3:15-3:30	0	Break
	3:30-4:30	60	Patient Demo and Analysis #4
	4:30-6:00	90	Clinical Reasoning Exercises
Day One hours:		8.5	
Day Two 7:30am to 1:15pm	7:15am-7:30am	0	- Day Two sign-in/Continental Breakfast
	7:30-7:55	25	Assessment & Treatment of Deformities
	7:55-8:35	40	Reassessment Patients 1 & 2 and Discussion
	8:35-10:05	90	Clinical Reasoning Exercises Continued
	10:05-10:20	0	Break
	10:20-11:00	40	Reassessment Patients 3 & 4 and Discussion
	11:00-12:15	75	Case Studies - Clinical Reasoning Exercise
	12:15-12:45	30	Patient Questions / Education Strategies
	12:45-1:15	30	Closing and Discussion of Key Factors
Day Two hours:		5.5	
TOTAL course hrs.		14.00	

NOTE: These are fairly typical timelines; however the actual order of topics and timeline may vary between individual instructors' activities and patient simulation scheduling. Each day incorporates one hour lunch break midday and a fifteen-minute break morning and afternoon except the final day. **It is mandated by the Institute that all faculty adjust accordingly to maintain the contact hour requirement.**