



## 2018 Part A – MDT: The Lumbar Spine Goals and Objectives

### THE MCKENZIE INSTITUTE® INTERNATIONAL

#### Course Goals

As the name implies, this course focuses on the application of the McKenzie Method of Mechanical Diagnosis and Therapy for the Lumbar Spine. Each major subdivision of the course has very specific educational objectives. In general terms, the goals of this course are that you gain knowledge and skills that form the basis from which you may begin to develop your own abilities in applying these principles.

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 symptoms.
2. Distinguish between the McKenzie syndromes (Derangement, Dysfunction, Postural) and the subgroups of OTHER and provide appropriate management regimes for each of the syndromes.
3. Identify when the application of clinician 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 required to achieve the goals of management.

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**NOTE: Modules 1-5 are completed in the pre-requisite online component before the three-day live course.**

#### ➔ **MODULE ONE INTRODUCTION AND EPIDEMIOLOGY**

##### OBJECTIVES

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

1. Describe the cardinal features of the McKenzie Method of Mechanical Diagnosis and Therapy and contrast it with other management approaches.
2. Describe the major epidemiological factors associated with low back pain.
3. Describe the risk and prognostic factors of low back pain.

#### ➔ **MODULE TWO PAIN AND CONNECTIVE TISSUE PROPERTIES**

##### OBJECTIVES

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

1. Identify the structures in the lumbar spine that have a nociceptive innervation.
2. Describe and differentiate chemical, mechanical and chronic pain.
3. Identify and differentiate the various stages of tissue healing applicable to the trauma/recovering trauma subgroup of OTHER.

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### **➔ MODULE THREE MECHANICAL DIAGNOSIS: CLASSIFICATION AND DEFINITION OF TERMS**

#### OBJECTIVES

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

1. Identify and discuss indications and contra-indications for MDT.
2. Describe the clinical characteristics of the Derangement Syndrome.
3. Describe the clinical characteristics of Dysfunction Syndrome.
4. Describe the clinical characteristics of the Postural Syndrome.
5. Describe the clinical characteristics of Spinal OTHER.
6. Differentiate between Derangement, Dysfunction, Postural and OTHER.

### **➔ MODULE FOUR HISTORY AND PHYSICAL EXAMINATION**

#### OBJECTIVES

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

1. Discuss the aims of the history taking.
2. Describe the components of the history section of the McKenzie lumbar assessment form and discuss the clinical relevance of each section.
3. Discuss the use of effective patient questioning strategies and the interpretation of the patient's responses to the history questions.
4. Discuss the aims of the physical examination.
5. Describe the components of the physical examination section of the McKenzie lumbar assessment form and discuss the clinical relevance of each section.
6. Define and demonstrate the appropriate use of terms involved in completing the McKenzie lumbar spine assessment form.
7. Accurately complete a McKenzie Lumbar assessment form.

### **➔ MODULE FIVE ANATOMICAL CONSIDERATIONS RELATED TO MECHANICAL DIAGNOSIS & THERAPY**

#### OBJECTIVES

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

1. Describe the structure, function and biomechanics of the intervertebral disc.
2. Describe the key biomechanical features of the lumbar spine.
3. Describe and explain the clinical significance of disc diurnal variations, disc nutrition and changes in the disc with aging.
4. Describe the clinical significance of creep.
5. Describe and differentiate the stages of disc degeneration.
6. Relate stages of degeneration to clinical presentations.

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### **➔ MODULE SIX EVALUATION OF CLINICAL PRESENTATIONS**

#### OBJECTIVES

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

1. Discuss the symptomatic and mechanical presentations obtained during the assessment.
2. Describe the symptomatic and mechanical presentations of Derangement, Dysfunction, and Postural Syndrome patients.
3. Discuss the symptomatic and mechanical presentations of subgroups of OTHER.
4. Discuss the management principles of the three McKenzie syndromes.

### **➔ MODULE SEVEN PROCEDURES OF MECHANICAL THERAPY - THEORY**

#### OBJECTIVES

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

1. Describe and explain the use of “force progressions” concept in the McKenzie Method.
2. Describe and explain the use of “force alternatives” concept in the McKenzie Method.
3. Discuss the differences between patient procedures and clinician procedures.
4. Describe and evaluate the results of patient procedures and clinician procedures in the management of the three McKenzie syndromes.

### **➔ MODULE EIGHT PROCEDURES OF MECHANICAL THERAPY – PRACTICAL**

#### OBJECTIVES

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

1. Assess posture and movement loss.
2. Perform the assessment procedures of repeated movements and static testing for the lumbar spine.
3. Perform and teach the MDT patient procedures for the lumbar spine.
4. Perform the MDT clinician procedures for the lumbar spine as described.
5. Understand the rationale for the application of each procedure, and its place in the sequence of Progression of Forces.

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### **➔ MODULE NINE MANAGEMENT OF DERANGEMENT SYNDROME**

#### OBJECTIVES

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

1. Identify and explain the four stages of management of a Derangement.
2. Describe the essential management principles for each stage of Derangement.
3. Describe the indications for the progression of forces required in the management of the Derangement syndrome.
4. Discuss the specific management pathways for the three sub-classifications of Derangements – central of symmetrical symptoms, unilateral or asymmetrical to the knee and unilateral or asymmetrical below the knee.

### **➔ MODULE TEN MANAGEMENT OF DYSFUNCTION SYNDROME**

#### OBJECTIVES

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

1. Describe and explain the management of the lumbar Dysfunction Syndrome.
2. Explain the essential principles of self-management and of patient responsibility necessary to achieve optimal outcomes.
3. Design a typical management programme for Lumbar Extension Dysfunction which includes an educational component and an active mechanical component.
4. Describe the clinical features of Adherent Nerve Root and discuss a typical management program for this type of Dysfunction.

### **➔ MODULE ELEVEN MANAGEMENT OF POSTURAL SYNDROME**

#### OBJECTIVES

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

1. Describe and explain the management of the Postural Syndrome.
2. Explain the essential principles of self-management and of patient responsibility necessary to achieve optimal outcomes.
3. Design a typical management programme for a patient with Postural Syndrome which includes education on: the association between posture and pain, postural correction and avoidance of aggravating postures.

### **➔ MODULE TWELVE FOLLOW UP EVALUATIONS**

#### OBJECTIVES

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

1. Describe the indicators used to establish changes in the patient's symptomatic and mechanical presentation.
2. Describe the review process used to confirm that patient's classification.
3. Assess and evaluate the response to the management provided, assess progress in view of the goals of management, and make appropriate modifications to ensure that the goals are achieved.

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### **➔ MODULE THIRTEEN RECURRENCES AND PROPHYLAXIS**

#### OBJECTIVES

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

1. Identify those factors, which predispose patients to a recurrence of low back pain.
2. Explain the prophylactic concept.
3. Explain the role of self-management and patient responsibility in effective prophylaxis.

ONLINE COMPONENT	Pre-Requisite	TOPICS	
		Module 1: <i>Introduction and Epidemiology</i> Module 2: <i>Pain and connective tissue properties</i> Module 3: <i>Mechanical Diagnosis: Classification and Definition of Terms</i> Module 4: <i>MDT History and Examination</i> Module 5: <i>Anatomic Considerations Related to MDT</i>	
<b>Online hours:</b>		<b>5</b>	
Live Course	Times	# Minutes	TOPICS
<b>Day One</b>	7:30am-8:00am	0	- Day One Registration/Continental Breakfast
<b>Friday</b> 8:00am to 5:30pm	8:00a-9:30a	90	Introduction and Review of Online: History and Physical Exam (Module 4)
	9:30a-9:45a	0	- Break - am
	9:45a-11:00a	75	Evaluation of Clinical Presentations (Module 6)
	11:00a-12:00p	60	Patient #1
	12:00p-1:00p	0	- Lunch -
	1:00p-2:00p	60	Patient #2
	2:00p-3:00p	60	Patient #3
	3:00p-3:15p	0	- Break - pm
	3:15p-3:30p	15	Discussion of Patients
	3:30p-4:00p	30	Procedures of Mechanical Therapy – Theory (Module 7)
4:00p-5:30p	90	Procedures of Mechanical Therapy – Practical (Module 8)	
<b>Day One hours:</b>		<b>8</b>	
<b>Day Two</b>	7:30am-8:00am	0	- Day Two sign-in/Continental Breakfast
<b>Saturday</b> 8:00am to 5:30pm	8:00a-8:15a	15	Q & A, Review and Discussion
	8:15a-9:00a	45	Procedures of Mechanical Therapy – Practical Review
	9:00a-10:30a	90	Management of Derangement Syndrome (Module 9)
	10:30a-10:45a	0	- Break - am
	10:45a-12:15p	90	Management of Derangement Syndrome (Module 9) cont
	12:15p-1:15p	0	- Lunch -
	1:15p-2:45p	90	Return Patients
	2:45p-3:00pp	0	- Break - pm
	3:00p-4:00p	60	Patient #4
	4:00p-5:00p	60	Patient #5
5:00p-5:30p	30	Discussion of Patients	
<b>Day Two hours:</b>		<b>8</b>	
<b>Day Three</b>	7:30am-8:00am	0	- Day Three sign-in/Continental Breakfast
<b>Sunday</b> 8:00am to 1:00pm	8:00a-8:30a	30	Q & A, Review and Discussion
	8:30a-9:30a	60	Management of Dysfunction (Module 10)
	9:30-10:00am	30	Management of Posture Syndrome (Module 11)
	10:00a-10:15a	0	- Break - am
	10:15a-12:15p	120	Return Patients
	12:15p-12:45p	30	Follow-Up Evaluations (Module 12)
	12:45p-1:15p	30	Recurrences and Prophylaxis/Conclusions (Module 13)
<b>Day Three hours:</b>		<b>5</b>	
<b>TOTAL course hrs.</b>		<b>26</b>	

**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.**