



THE MCKENZIE INSTITUTE® INTERNATIONAL

Masterclass: MDT and the Athlete

Goals and Objectives

This manual and masterclass emphasise the application of MDT to the athletic and sporting population. Discussion will focus on the role of MDT in sports medicine and the challenges of the current model of sports medicine. Case studies will be presented and practical sessions addressing the various key principles of MDT will be included to give examples of applying these principles. Clinicians who have experience using MDT for Spine and Extremity disorders and who have a basic understanding of the principles of sport medicine will find the course most beneficial. It will however also give any clinician who has an interest in sports medicine and sports physiotherapy, an understanding of how the principles of MDT can be applied to this population.

Following attentive participation and completion, this masterclass will provide participants with knowledge and abilities to:

- 1) Explain the relevance and apply the principles of MDT (assessment, management, recovery of function, and prevention) to an athlete / member of the sports population presenting with a musculoskeletal injury;
- 2) Identify key questions and possible considerations in the History and Physical Examination, that will assist in understanding the athlete's training situation, ruling out serious pathology and establishing an MDT provisional classification.
- 3) Analyse and adapt the use of a variety of mechanical loading strategies, based on the sub-group classification and principles of MDT, in the intervention and management of sport injuries, optimal sports training and injury prevention;
- 4) Effectively apply the MDT evaluation algorithm and force progression concepts to identify athletes who may require alternative management strategies in their injury recovery.

Upon completion of this masterclass, participants will be able to utilise and promote Mechanical Diagnosis and Therapy (MDT) in the examination, intervention and management of patients presenting with sports related musculoskeletal injuries, pain and limited function.

Please note, as with all McKenzie Institute educational offerings, it is the responsibility of the clinician to utilize knowledge and skills gained in the course in accordance with their education, profession, and state practice acts.

Course	Times	# Minutes	Program	
Day One: 8:00am to 6:00pm	7:30-8:00		Registration	
	8:00-8:30	30	Introduction/Athlete Survey	
	8:30-9:15	45	Problems and Challenges	
	9:15-10:00	45	Specific Aspects of the History with an Athletic Population	
	10:00-10:15	0	Break	
	10:15-10:45	30	Summary of Findings from History	
	10:45-11:30	45	Specific Aspects of the Physical Exam	
	11:30-12:00	30	Summary of Findings from Physical Exam	
	12:00-1:00	0	Lunch on your own	
	1:00-2:00	60	Practice of Special Tests in Assessment	
	2:00-3:00	60	Patient Case 1: Runner (Hip/SIJ/Lumbar)	
	3:00-3:15	0	Break	
	3:15-4:45	45	Patient Case 2: Swimmer (shoulder)	
	4:45-5:15	75	Management of Derangement	
	5:15-6:00	45	Patient Case 3: Lifter (knee)	
Day 1 hours:	8.5			
Day Two: 7:30am to 1:15pm	7:00am- 7:30am	0	- Day Two sign-in/Continental Breakfast	
	7:30-8:00	30	Questions / Answers / Review Day 1	
	8:00-9:00	60	Contractile Dysfunction	
	9:00-9:45	45	CD Group Work	
	9:45-10:00	0	Break	
	10:00-10:45	45	Rehab Programming/Recovery of Function	
	10:45-11:45	60	Patient Case 4: Climber (MUR)	
	11:45-12:30	45	Prevention	
	12:30-1:00	30	Why MDT	
	1:00-1:15	15	Conclusion	
	Day 2 hours:	5.5		
	TOTAL COURSE	14.0		

NOTE: These are fairly typical timelines; however the actual order of topics and timeline may vary between individual instructors' activities and attendee numbers. 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.