



Please read this document carefully to understand the expectations for this online course experience.

This online course offers a condensed timeline for those ready to immerse themselves in MDT applying what they learn immediately in the clinic throughout the course. It is a blend of asynchronous work and synchronous sessions via Zoom during weekdays that requires commitment and full participation as outlined in the course calendar below.

COURSE FEES: \$650 (Limited retakes spots available: \$325)

CEUs: All courses requiring preapproval are [detailed on our website](#). A digital certificate of course completion will be issued through the MIUSA website verifying the full 28 hours upon successful fulfillment of all assignments in this course.

COURSE OUTLINE

- **The Prerequisite Online Component accessed via the MIUSA website due MONDAY prior to course start date.** Access is given upon confirmation of course registration and is comprised of Modules 1-6 with a post-test passing score of 75% or higher required. Prepare for an approximate completion time of seven (7) hours.
- The remainder of the course online is conducted with faculty in the Schoology LMS Platform. The requisite assignments are outlined in the calendar view below. **In particular, please note the weekly assigned procedures will require that you create a video performing the techniques and uploading to the designated folder for faculty review.**

ONLINE PART A: Condensed			All times noted in Eastern time zone		Due Dates in blue	
** Schoology access will be emailed on Friday, 7/31 **			** Access to Procedure Videos on 8/5 via MIUSA website **			
Module Assignments will be published as noted to work and complete at your own pace but adhering to the Due Dates.						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8/3	8/4	8/5	8/6	8/7	8/8
	Prerequisite Online Component via MIUSA website DUE Today	Official Course Start Date →	Course Begins Today Post Intro Videos Modules 7, 8, 10 published at 5am	Week 1 Procedures Assigned →	Procedure #s: #6A - Ext in lying w/ Clin OP #12B - Ext in lying HOC w/ Clin OP (lateral)	
8/9	8/10	8/11	8/12	8/13	8/14	8/15
		Modules 7 + 8 DUE: Course Manual & Online Quizzes Discussion Board	SYNC SESSION #1 4:00pm-7:00pm EDT	Week 1 Procedure Video Uploads DUE Modules 11-14 published at 5am	Week 2 Procedures Assigned → Module 10 Online Quiz DUE	Procedure #s: #7 - Ext Mob #19 - Flexion Rotation Mob
8/16	8/17	8/18	8/19	8/20	8/21	8/22
	Derangement Examination DUE		Module 11 + 12 Posture/Dysfunction Online Quiz DUE Office Hours (Optional) 5:00pm-6:00pm EDT 7:30pm-8:30pm EDT	WK 2 Procedure Video Uploads DUE	Week 3 Procedures Assigned →	Procedure #s: #13 - Ext Mob w/HOC #17 - Manual shift correction Module 13 + 14 Quizzes DUE
8/23	8/24	8/25	8/26			
	Module 9 Online Quiz Due	WK 3 Procedure Video Uploads DUE	SYNC SESSION #2 4:00pm-7:00pm EDT	Log into the MIUSA website: View Profile > Course History 1. Complete the Course Evaluation form 2. Once submitted, your Course Certificate will populate		

REQUIRED TEXT: Part A Course Manual

The complete course manual is provided digitally via the [MIUSA website](#). Log in, and go to the View Profile > Course History section.

EVALUATION OF STUDENT LEARNING

Deadlines for assignments are established to keep work on track and active participation in all online activity will be monitored for completion and must be evidenced to be eligible to receive a certificate of completion for the course.

Student engagement online will be monitored by the faculty member(s), but it remains the responsibility of the student to meet all course expectations by particular due dates. Specifically, this will involve:

- Prerequisite Online Component completion with a post-test passing score of 75% or higher
- Attendance and active participation in the two (2) Synchronous Sessions (ZOOM).



- Completion of all learning activities or quizzes based on the course manual and module video podcasts, Derangement Exam, and posts to the discussion board. In addition, you will be assigned weekly procedures to create a video performing the technique and uploading to the designated folder for faculty review.
- **Note:** Faculty will pose questions to groups or individuals on the discussion board and during synchronous sessions, making it imperative for the students to complete all assignments and learning activities prior to the due dates found on the course calendar posted in Schoology at the top of the Event listings.

SCHOOLY <https://mckenzieinstitute.schoology.com/>

Extensive instructions with your login credentials to access and navigate Schoology will be EMAILED to you the Monday before the course starts. **Be sure to check your spam/junk folder that week.** The basics you will need for online work –

- Strong Wi-fi/Internet connectivity
- Up-to-date Web Browser with Javascript and Cookies enabled
- A Webcam and microphone (for ZOOM sessions)
- To review all specific technology requirements, visit: [System Requirements \(powerschool-docs.com\)](https://www.powerschool-docs.com)

ZOOM <https://www.zoom.us/>

We will use Zoom for the Synchronous (“Sync”) Sessions and Office Hours. [Download the Zoom app or appropriate plugin](#) to your PC or device you plan to use for the Sync sessions. Links to register for each Sync session will be posted in Schoology and, once registered, an email will follow with the details to join each session.

IMPORTANT TO NOTE: You will be required to have your webcam on at all times in Zoom sessions.

Please be considerate of your attire; dress as you would for an in-person course and minimize distractions i.e., pets, children, etc. We also expect rules of netiquette to be followed i.e., appropriate use of language/tone, avoidance of sarcasm/jokes, and respect for others privacy and information shared, etc.

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. The Online Course delivery is a format that includes a Prerequisite Online Component (asynchronous) and the Schoology Faculty-Guided Online Component (with both synchronous and asynchronous sessions). 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.

NOTE: Modules 1-6 are completed in the Prerequisite Online Component before the Faculty Guided Components of the 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 and discuss the cardinal features of MDT and contrast it with other management approaches.
2. Describe and discuss the major epidemiological factors associated with low back pain.
3. Describe and discuss the risk and prognostic factors of low back pain.
4. Describe and discuss the low back pain first-line management strategies that are recommended in the literature and those that are not recommended.
5. Describe and discuss two lifestyle factors affecting low back pain.



➔ **MODULE TWO**

EVIDENCE FOR MDT IN THE LUMBAR SPINE

OBJECTIVES

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

1. Describe and discuss the current evidence on the reliability of the MDT classification for the lumbar spine.
2. Describe and discuss the current evidence on the prevalence of Centralisation, Directional Preference (DP) and the MDT classifications in the lumbar spine.
3. Describe and discuss the current evidence on Centralisation and DP as prognostic indicators.
4. Describe and discuss the current evidence on the potential of MDT to reduce surgery rates and reduce healthcare costs.
5. Describe and discuss the current evidence on the efficacy of the MDT management of the lumbar spine.
6. Describe and discuss the current evidence on the association of MDT and psychosocial outcomes.

➔ **MODULE THREE**

MDT 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 Subgroups of Spinal OTHER.
6. Differentiate between Derangement, Dysfunction, Postural and OTHER.

➔ **MODULE FOUR**

UNDERSTANDING PAIN AND DISABILITY DRIVERS AND THEIR RELATIONSHIP TO MDT CLASSIFICATION

OBJECTIVES

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

1. Describe and discuss the definition and clinical understanding of pain and how this may affect patient outcomes in the context of the ICF framework.
2. Identify and determine how the drivers of pain may influence the differential diagnostic process and classification.
3. Recognise and discuss how drivers of pain and / or disability manifest and how they may be relevant to the patient management and outcomes

➔ **MODULE FIVE**

PATHOANATOMICAL CONSIDERATIONS, MOVEMENT AND LOADING IN THE LUMBAR SPINE FOR MDT

OBJECTIVES

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

1. Describe and discuss why MDT does not use pathoanatomical based diagnosis.
2. Describe how different movements affect the lumbar spine and how these movements and loading are reflected in daily activities.
3. Describe the typical balance of flexion and extension on a daily basis and some of the associated research.



➔ **MODULE SIX**
HISTORY AND PHYSICAL EXAMINATION

OBJECTIVES

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

1. Identify the aims of the history taking and describe the clinical relevance of each component of the McKenzie lumbar spine assessment form.
2. Describe the components of the history section of the McKenzie lumbar assessment form and discuss the interpretation and clinical relevance of each section, including responses that may implicate Serious Pathology.
3. Discuss the use of effective communication strategies and the interpretation of the patient's responses to the history questions.
4. Identify and 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 spine assessment form.

➔ **MODULE SEVEN**
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 of patients obtained during the assessment.
2. Describe the symptomatic and mechanical presentations of patients with Derangement, Dysfunction, and Postural Syndrome.
3. Discuss the symptomatic and mechanical presentations of the subgroups of OTHER.
4. Discuss the management principles of the three MDT syndromes.

➔ **MODULE EIGHT**
INTRODUCTION TO MDT PROCEDURES

OBJECTIVES

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

1. Describe and explain the use of the “force progressions” concept in MDT.
2. Describe and explain the use of the “force alternatives” concept in MDT.
3. Discuss the differences between patient procedures and clinician procedures.
4. Understand and apply the clinical reasoning needed to achieve clinical benefits of patient procedures and clinician procedures in the management of the three MDT syndromes.

NOTE: Module 9 and patient demonstrations will be completed in the Onsite Lab Immersion Session which occurs at a later date following the successful completion of the Hybrid Online Components (Prerequisite and Faculty Guided) of the course.

➔ **MODULE NINE**
MDT PROCEDURES – PRACTICAL

OBJECTIVES

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

1. Perform and teach the MDT patient and clinician procedures for the lumbar spine.
2. Understand the rationale for the application of each procedure, and its place within the sequence of Progression of Forces.



➔ **MODULE TEN**

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. Understand and apply the clinical reasoning and the indications for the progression of forces required in the management of the Derangement Syndrome.
3. Discuss the specific management pathways for the three sub-classifications of Derangement – central or symmetrical symptoms, unilateral or asymmetrical above the knee and unilateral or asymmetrical below the knee.

➔ **MODULE ELEVEN**

MANAGEMENT OF DYSFUNCTION SYNDROME

OBJECTIVES

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

1. Describe and apply the clinical reasoning used in the management of patients with lumbar Dysfunction Syndrome.
2. Explain the essential principles of self-management and of patient responsibility necessary to achieve optimal outcomes.
3. Describe the clinical features of an Adherent Nerve Root and discuss a typical management programme for this type of Dysfunction.

➔ **MODULE TWELVE**

MANAGEMENT OF POSTURAL SYNDROME

OBJECTIVES

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

1. Describe and apply the clinical reasoning used in the management of patients with Postural Syndrome.
2. Explain the essential principles of self-management and of patient responsibility necessary to achieve optimal outcomes.

➔ **MODULE THIRTEEN**

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 and clinical reasoning used to confirm that patient's classification.
3. Assess, evaluate and apply clinical reasoning to the response to the management provided **for a patient with a provisional classification of Derangement**. Assess progress in relation to the patient's goals and make appropriate modifications to ensure that the goals are achieved.

➔ **MODULE FOURTEEN**

PREVENTION OF RECURRENCES

OBJECTIVES

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

1. Explain the concept of prevention.
2. Discuss the role of self-management and patient responsibility in effective prevention.