

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

The fully online delivery format is designed to provide high quality learning with the flexibility of considerable work that can be managed on your time. **However, it is a FULLY PARTICIPATORY COURSE with mandatory assignments throughout the five weeks that includes the following SEQUENTIAL components:**

- 1) A [Prerequisite Online Component](#) accessed through The McKenzie Institute USA website portal (asynchronous – on your own time) – **due Wednesday before course start date** with a 75% pass on the post-test. Approximate completion time is five (5) hours
- 2) Schoology Faculty-Guided Online Component taught by two experienced faculty consisting of:
  - a) asynchronous video podcasts, posting answers to course manual and online quizzes, and posting questions to discussion boards for faculty and peer feedback, and
  - b) live online synchronous sessions take place on Saturdays using ZOOM providing review of preceding modules, problem areas, case studies, group work on procedures and individual critique of procedures in the final Sync.

**PLEASE NOTE:** *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.***

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

**CEUs:** All standard courses have been approved as [detailed on our website](#). You will be issued a course completion certificate verifying the full 28 hours upon successful fulfillment of all assignments in the online course.

**OUTLINE OF ONLINE COURSE CONTENT (See Calendar EXAMPLE on page 2):**

<p><b>Prerequisite Online Component:</b></p> <ul style="list-style-type: none"> <li>• Due Wednesday prior to course start date – Modules 1-6 with a post-test passing score of 75% or higher</li> </ul>
<p><b>WEEK 1 in Schoology/Zoom: The Saturday start date begins with work on your own.</b></p> <ul style="list-style-type: none"> <li>• Personal Introduction Videos / Access to MDT Procedure Videos for review/preparation for activities in weeks 4-5</li> <li>• Asynchronous assignments: Modules 7-8 Podcasts (2 hrs, 10 min), self-guided, reflective learning, discussion board</li> <li>• End of Wk 1, Sat. (4 hrs)–Synchronous Session #1: Modules 1-8 Q&amp;A, Review Completion of Assessment Form, Patient Exam</li> </ul>
<p><b>WEEK 2 in Schoology:</b></p> <ul style="list-style-type: none"> <li>• Asynchronous assignments: Module 10 Podcasts (2 hrs), self-guided, reflective learning, discussion board</li> <li>• Derangement Exam (online)</li> </ul>
<p><b>WEEK 3 in Schoology/Zoom:</b></p> <ul style="list-style-type: none"> <li>• Asynchronous assignments: Modules 11-14 Podcasts (1 hr, 45 min), self-guided, reflective learning, discussion board</li> <li>• End of Wk 3, Sat. (4 hrs)–Synchronous Session #2: Modules 10-14 Q&amp;A, Review of Derangement Exam, Patient Exams</li> </ul>
<p><b>WEEK 4 in Schoology:</b></p> <ul style="list-style-type: none"> <li>• Asynchronous assignments: Module 9: MDT Procedures –           <ul style="list-style-type: none"> <li>○ Review and practice all techniques in course manual and in the online MDT Procedure Videos library to prepare for Group work and final Sync session assignments</li> <li>○ Groups will be designated with an assigned technique for each participant to record and post video for review.</li> </ul> </li> </ul>
<p><b>WEEK 5 in Schoology/Zoom:</b></p> <ul style="list-style-type: none"> <li>• Asynchronous assignments: Module 9: MDT Procedures continued review in manual and videos –           <ul style="list-style-type: none"> <li>○ Participants review other Group techniques and post critiques</li> </ul> </li> <li>• End of Wk 5, Sat. (2 hrs/Assigned to Group)–Synchronous Session #3: Role Plays and Individualized Technique Critique</li> </ul>

**EVALUATION OF STUDENT LEARNING**

Although formal grades will not be given for the course, participation and active engagement of the student throughout all components of the Online Course will be required to earn CEUs and a Certificate of Completion.

Student engagement online will be monitored by the faculty member(s), but it remains the responsibility of the student to meet 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 all three (3) Synchronous Sessions.
- Completion of quizzes based on module podcasts, Derangement Exam, and posts to the discussion board.
- **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.

**ONLINE COURSE SYLLABI**  
**PART A – MDT: THE LUMBAR SPINE – COURSE DESCRIPTION, GOALS AND OBJECTIVES**

**REQUIRED TEXT: Part A Course Manual**

The complete course manual will be provided digitally through 3 access points in the: 1) Materials tab of the Prerequisite Online Component, 2) your online Profile/Course History section when you log in to the MIUSA website and 3) in the Schoology Resources folder. The following apps may help for note taking, highlighting, etc. within the secure course manual PDF document (\*\* Note: Additional fees may apply to app downloads):

- [Notability \(Apple\)](#)
- [Microsoft One Note](#)
- [Draw Board](#)
- [PDF Annotator](#)
- [PDF Element](#)

**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 synchronous sessions)
- To review all specific technology requirements, visit: [System Requirements \(powerschool-docs.com\)](http://powerschool-docs.com)

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

We will use Zoom for the Synchronous sessions. [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 CALENDAR EXAMPLE: REVIEW YOUR COURSE SPECIFIC DATES & TIMES of the 3 Live Sync Sessions on our website in the Course List - Location: Online\*\* detail; and use a current calendar to map out your specific course dates.**

A jpg of your course calendar can also be accessed in Schoology in the Course Overview section to download and save. **These are the due dates (deadlines) for assignments.**

2024		September			2024A303		Assignments due by midnight on days listed below.	ALL TIMES ARE EASTERN TIME ZONE!	PART A	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
08	09	10	11	12	13	14				
	Schoology access & tutorial emailed Students informed of immediate access to Procedure Videos		<a href="#">Prerequisite Online Component</a> DUE TODAY 9/11		<b>Official Course Start Date 9/14</b> ⇒ Work starts on your own for Week 1				Mod 7-8 podcasts published Student Intro Videos due by SAT midnight	
15	16	17	18	19	20	21				
			<a href="#">Module 7 due:</a> Video Podcasts Manual Quizzes Discussion Board		<a href="#">Module 8 due:</a> Video Podcasts Manual Quizzes Discussion Board				<b>SYNC SESSION #1</b> <b>9/21 (4 hrs)</b> 10:00am-2:00pm EDT <i>Mod 10 podcasts published</i>	
22	23	24	25	26	27	28				
			<a href="#">Module 10 due:</a> Video Podcasts Manual Quiz Discussion Board		<i>Mod 11-14 podcasts published</i>				Derangement Online Examination Due	
2024		October								
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
29	30	01	02	03	04	05				
			<a href="#">Module 11 + 12 due:</a> Video Podcasts Manual Quizzes Online self-guided Quiz		<a href="#">Module 13 + 14 due:</a> Video Podcasts Manual Quizzes Discussion Board				<b>SYNC SESSION #2</b> <b>10/5 (4 hrs)</b> 10:00am-2:00pm EDT	
06	07	08	09	10	11	12				
<a href="#">Module 9 MDT Procedures:</a>	Review all techniques in Course Manual. Follow bullet point checklists for EACH technique	Watch the online Videos - Practice! Use Discussion Board for Q&A	<a href="#">Module 9 Task 1 due:</a> Online QUIZ		<a href="#">Module 9 Task 2 due:</a> Students Post Video of their Group Technique Selections					
13	14	15	16	17	18	19				
			<a href="#">Module 9 Task 3 due:</a> Students Post Critiques to other Groups of Techniques						<b>SYNC SESSION #3</b> <b>10/19</b> <b>2 hrs x 2 groups</b> Group 1: 10:00AM Group 2: 12:30PM	
GROUPS WILL BE ASSIGNED ⇒										
COURSE EVALUATION FORM DUE BY MIDNIGHT SUNDAY, 10/20										

**The McKenzie Institute International**  
**ONLINE Part A: The Lumbar Spine**

**28 hours**

**DETAILED SCHEDULE**  
**Eastern Time Zone**

PREREQ ONLINE COMPONENT: Asynchronous	TOPICS
includes Pre- and Post-Exam	<u>Module 1:</u> Introduction, Epidemiology & Mod 1 Quiz <u>Module 2:</u> Evidence for MDT in the Spine & Mod 2 Quiz <u>Module 3:</u> MDT Classification and Definition of Terms & Mod 3 Quiz <u>Module 4:</u> Understanding Pain & Disability Drivers & Relation to MDT Classification & Mod 3 Quiz <u>Module 5:</u> Pathoanatomical Considerations, Movement & Loading for MDT in the LS & Mod 5 Quiz <u>Module 6:</u> History, Physical Examination & Mod 6 Quiz

**Prereq Online hours: 7**

**REVIEW YOUR SPECIFIC DATES & TIMES of the 3 Live Sync Sessions on our website in the Course List Location: Online\*\* detail**

FACULTY GUIDED ONLINE	Hours	TOPICS
<b><u>Asynchronous Sessions (Week 1-Saturday Start Date):</u></b> Podcasts (30 min) x 2 Post and Receive Feedback from Faculty  Podcast (30 min) Intro to Procedures Podcast (30min) x 2 Treatment procedures with rationale Post and Receive Feedback from Faculty	1    0.5 1	<u>Module 7:</u> Evaluation of Clinical Presentations Derangement, Dysfunction, Postural and OTHER <u>Module 8:</u> Introduction to MDT Procedures Extension, Lateral and Flexion Principles
<b><u>Synchronous Session #1 (END OF WEEK 1):</u></b> Faculty-Guided LIVE Online Session via ZOOM Saturday 10:00am - 2:00pmEST	4	Active Discussion, Group Work, Q&A Modules 1-8 Completion of Assessment Form and Patient Exams
<b><u>Asynchronous Sessions (Week 2):</u></b> Podcasts (30min) x 6  Derangement Examination completed online	3	<u>Module 10:</u> Management of Derangement Syndrome  Module 10: Derangement
<b><u>Asynchronous Sessions (Week 3):</u></b>  Podcast (30 min) x 2 Self-Guided Quiz Post and Receive Feedback from Faculty  Podcast (30 min) Post and Receive Feedback from Faculty  Podcast (30 min) Post and Receive Feedback from Faculty	1    0.5  0.5	<u>Modules 11 &amp; 12:</u> Management of Dysfunction Syndrome / Postural Syndrome  <u>Module 13:</u> Follow-up Evaluations  <u>Module 14:</u> Prevention of Recurrences
<b><u>Synchronous Session #2 (END OF WEEK 3):</u></b> Faculty-Guided LIVE Online Session Saturday 10:00am - 2:00pmEST	4	Modules 10-14 Q&A, Review and Q&A of Derangement Exam Group Work and Patient Exams
<b><u>Asynchronous Sessions (Week 4):</u></b> MDT Procedures - Course Manual and Videos Review and Practice	3.5	<u>Module 9:</u> Student Group Technique Work Submit Group Videos in Schoology
<b><u>Asynchronous Sessions (Week 5):</u></b> MDT Procedure Videos (Cont.)		Students post feedback to peers in alternate groups Time accounted for wk 4 Review all group videos - self reflection
<b><u>Synchronous Session #3 (END OF WEEK 5):</u></b> Faculty-Guided LIVE Online Session Times will be assigned (EST): Saturday 10:00am-12:00pm / 12:30-2:30pm	2	<u>Module 9:</u> MDT Procedures - Virtual Lab Practicals Student:Faculty Ratio 10:1

Times will be assigned:  
**Group 1 (10:00 AM EST)**  
**Group 2 (12:30 PM EST)**

**Faculty Guided Online hours: 21**

**TOTAL ONLINE hours: 28**

### **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.

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**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:

2. Describe the indicators used to establish changes in the patient's symptomatic and mechanical presentation.
3. Describe the review process and clinical reasoning used to confirm that patient's classification.
4. 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.