



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 is due MONDAY prior to course start date.** Access is given upon confirmation of course registration and is comprised of Modules 1-4 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 B: 4/8-29, 2026			All times noted in Eastern time zone		Due Dates in blue	
** Schoology access will be emailed on Friday, 4/3 **			** Access to Procedure Videos on 4/8 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
4/5	4/6	4/7	4/8	4/9	4/10	4/11
Prerequisite Online Component via MIUSA website DUE Today		Official Course Start Date →	Course Begins Today Post Intro Videos Modules 5,6,8 published at 5am	Week 1 Procedures Assigned →	Procedure #s: In sitting- #1B-Retraction w/ Clin OP #1C-Thoracic Ext Mob	
4/12	4/13	4/14	4/15	4/16	4/17	4/18
	Module 5 due: Manual Quizzes Discussion Board	Module 6 due: Manual Quizzes Discussion Board	SYNC SESSION #1 4:00pm-7:00pm EDT	Week 1 Procedure Video Uploads DUE Modules 9-14 published at 5am	Week 2 Procedures Assigned →	Procedure #s: In sitting- #1C-Retraction Mob #4C-Lateral Flexion Mob
4/19	4/20	4/21	4/22	4/23	4/24	4/25
	Module 8 due: Manual Quiz Discussion Board	Module 9 due: Discussion Board Manual and Self-Guided Quizzes	Office Hours (Optional) 5:00pm-6:00pm EDT 7:30pm-8:30pm EDT	WK 2 Procedure Video Uploads DUE	Week 3 Procedures Assigned → Modules 10+11 due: Manual Quizzes Discussion Board	Procedure #s: #2B-Retraction & Ext w/Rotation & Clin. Traction in supine #5C-Cervical Rotation Mob in sitting
4/26	4/27	4/28	4/29			
	Modules 12+13 due: Manual Quizzes Discussion Board	WK 3 Procedure Video uploads due Module 14 due: Manual Quizzes Discussion Board	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 B Course Manual

The complete course manual is provided digitally via the [MIUSA website](#). Log in, and go to the View Profile > Course History section. We recommend that you download the manual prior to starting the Prerequisite Component.

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://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

This course focuses on the application of the McKenzie Method® of Mechanical Diagnosis and Therapy® for the cervical and thoracic spine. Each section of the course has very specific educational objectives. In more general terms, the goals of this course are that you gain knowledge and skills that will form the foundation from which you can develop your own abilities in applying these principles.

Following attentive participation and completion, this course will provide participants with introductory knowledge, basic skills and abilities to begin to:

1. Appropriately apply the McKenzie Method of MDT to patients with cervical / thoracic symptoms in the context of the biopsychosocial model of care.
2. Distinguish between the McKenzie syndromes (Derangement, Dysfunction, Postural) and the subgroups of OTHER and provide appropriate management regimes for each of the classifications.
3. Identify when the application of clinician forces are 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 patient goals.

NOTE: *Modules 1-4 are completed in the prerequisite online component before the Faculty Guided Components of the course in Schoology.*

➔ MODULE ONE INTRODUCTION AND EPIDEMIOLOGY

OBJECTIVES

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

1. Review 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 pain of cervical origin.
3. Describe the risk and prognostic factors related to cervical pain.



➔ **MODULE TWO**

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 therapy.
2. Describe the clinical characteristics of the Derangement Syndrome.
3. Describe the clinical characteristics of the Dysfunction Syndrome.
4. Describe the clinical characteristics of the Postural Syndrome.
5. Describe the clinical characteristics of Spinal OTHER subgroups.
6. Differentiate between Derangement, Dysfunction, Postural and OTHER.

➔ **MODULE THREE**

BIOMECHANICS, MOVEMENT AND LOADING IN THE CERVICAL SPINE

OBJECTIVES

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

1. Describe the relevant biomechanics of the cervical spine.
2. Describe how different movements affect the cervical spine structures and how these movements are performed in everyday activities.
3. Describe the features of aging and degeneration in the cervical spine and how they may relate to clinical presentations.

➔ **MODULE FOUR**

HISTORY AND PHYSICAL EXAMINATION

OBJECTIVES

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

1. Describe the components of the history section of the McKenzie cervical assessment form and discuss the clinical relevance of each section, including responses that may implicate Serious Pathology.
2. Identify and describe Drivers of pain and disability that may influence patient management.
3. Describe the components of the physical examination section of the McKenzie cervical assessment form and discuss the clinical relevance of each section.
4. Define and demonstrate the appropriate use of terms involved in completing the McKenzie cervical assessment form.
5. Accurately complete the McKenzie cervical assessment form.

➔ **MODULE FIVE**

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 patients with Derangement, Dysfunction, and Postural Syndrome.
3. Discuss the symptomatic and mechanical presentations of subgroups of OTHER.
4. Discuss the management principles of the three MDT syndromes.



➔ **MODULE SIX**
PROCEDURES OF MDT – THEORY

OBJECTIVES

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

1. Describe and explain the “progression of forces” concept used in MDT.
2. Describe and explain the “force alternatives” concept used in MDT.
3. Discuss the differences between patient procedures and clinician procedures.
4. Describe and evaluate the result of patient procedures and clinician procedures in the management of the three syndromes.

➔ **MODULE SEVEN**
PROCEDURES OF MDT – 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 procedures for the cervical spine.
2. Perform the MDT clinician procedures for the cervical spine as described.
3. Understand the rationale for application of each procedure, and its place in the sequence of Progression of Forces.

➔ **MODULE EIGHT**
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. Discuss the essential management principles used for each stage of the management of a Derangement.
3. Discuss the specific management pathways for the three sub-classifications of Derangement.

➔ **MODULE NINE**
MANAGEMENT OF DYSFUNCTION AND POSTURAL SYNDROMES

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 Cervical Dysfunction and Postural Syndromes.
2. Explain the essential principles of self-management and of patient responsibility in achieving appropriate management outcomes.
3. Describe a typical management programme for an Extension Dysfunction, which includes an educational component and an active mechanical component.
4. Describe the clinical features of an Adherent Nerve Root and design a typical management programme for this type of Dysfunction.

➔ **MODULE TEN**
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 the patient’s provisional classification.
3. Assess and evaluate the response to the management provided, assess progress in relation to the patient’s goals, and make appropriate modifications to ensure that the goals are achieved.



➔ **MODULE ELEVEN**

PREVENTION OF RECURRENCES

OBJECTIVES

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

1. Discuss the factors that predispose patients to a recurrence of neck pain.
2. Discuss the role of self-management and patient responsibility in effective prevention.
3. Design a specific preventative programme for each of the three MDT syndromes in the cervical spine.

➔ **MODULE TWELVE**

CERVICAL HEADACHES

OBJECTIVES

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

1. Discuss the possible causes of headaches.
2. Discuss the clinical characteristics of headaches caused by Derangement, Dysfunction and Postural Syndrome.
3. Describe the assessment and management of headaches that fit the classification of Derangement, Dysfunction and Postural Syndrome.

➔ **MODULE THIRTEEN**

WHIPLASH ASSOCIATED DISORDERS – MDT CLASSIFICATION – ‘TRAUMA’

OBJECTIVES

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

1. Discuss the background and issues concerning Whiplash Associated Disorders.
2. Design and evaluate an appropriate management programme.

➔ **MODULE FOURTEEN**

THORACIC SPINE

OBJECTIVES

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

1. Describe the relevant structure, function and biomechanics of the thoracic spine.
2. Describe the features of aging and degeneration in the thoracic spine and how they may relate to clinical presentations.
3. Describe and differentiate Derangement, Dysfunction and Postural Syndromes.
4. Describe the subgroups of OTHER that present in the thoracic spine.
5. Describe the components of the history and physical examination sections of the McKenzie assessment for the thoracic spine.
6. Describe and perform the patient and clinician procedures for the thoracic spine.
7. Describe the essential management principles for Derangement, Dysfunction and Postural Syndromes in the thoracic spine.