

## BEST WAYS TO PREPARE for the Credentialing Exam are by:

- Comprehensively reviewing your Part A – D manuals
- Review the online technique procedural videos and at the same time read through the step- by-step procedure instructions in the applicable course manual
  1. The manuals outline four key points for every technique: the set-up of the patient, how you are positioned, how you place your hands for contact, and the line of drive (plane of movement).
  2. Consider recording yourself using Zoom or using your computer and compare what your recording to what you see to the online procedural videos. This may help you correct errors before the exam.
  3. There may be value practicing with another clinician. Friends and family members cannot give you feedback about light, medium or end range pressure.
  4. For virtual exams, consider your choice of model. Models who are significantly different than you in height can make some of the techniques more challenging to perform well.
- Review the following mentoring videos:  
[\*MDT Clinical Reasoning: It Starts with the Form - Part I, History\*](#)  
[\*MDT Clinical Reasoning: It Starts with the Form - Part II, Examination\*](#)
- Use the approach and your MDT assessment forms daily. Practitioners that follow MDT protocol on a daily basis are more likely to do well on the exam. Extra forms can be downloaded from the Forms and Docs page in the Resource Centre. If your clinic uses another system, then consider taking the time to transpose some of your patient assessments to the McKenzie form as another way of studying for the exam.
- Take the free/online MDT Comprehension Self-Test for Parts A – D by logging in and accessing the Resource Centre. The MDT Comprehension Self-Test series was developed to highlight some of the key content and concepts of the approach, covered during the A to D courses. The self-test will help to provide you with a measure of your understanding of some of the fundamental MDT content covered during each course. After taking the applicable test, you will receive a report outlining the questions you answered correctly and incorrectly. While this feature is another great study tool, Clinicians studying for the Credentialing Exam should be aware that unlike the exam, the content covered on this test is limited. Clinicians studying for the Credentialing Exam should comprehensively review the material in the manual and not limit themselves to only reviewing the material covered on this self-test. Clinicians registered for the Credentialing Exam will have their access to the self-test cut-off 2 days prior to the exam.
- Consider taking the online Case Manager course. Volumes 1 through 3 are now available. They must be taken in sequence. Previous exam candidates have stated that they found it helpful to work through the cases as a way of preparing for the exam as they test your clinical reasoning capabilities. Your focus however should remain on the course manual content. If you decide to take a Case Manager course, then we would recommend taking out the D Plus plan for added savings, if you haven't already done so.
- If you haven't already done so, consider taking out the D Plus Plan and attending the Exam Prep Workshop which is included for members with a D Plus Plan.
- Form a study group with other clinicians preparing to challenge the exam.