Part A – MDT: Introduction to MDT and Lumbar Spine

THE McKENZIE INSTITUTE® CANADA

An introduction to the concepts and applications of the McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT) focusing on the lumbar spine. Principle format is lecture, discussion and live patient demonstrations.

Course Fee: $795.00
(Limited Time Offer*: Fee includes complimentary A PLUS Plan that provides a $100.00 SAVINGS on a future Part B or C course*.)

Important Part A Course Information and Tips:

- MICanada course sessions are not recorded.
- To fulfill the participation requirements of the course, online course sessions require the student be visibly present and actively participate throughout. Attendees are required to use computer equipment with both camera and audio capabilities. It is the registrant's responsibility to ensure they are able to fulfill the participation requirements of the course.
- Fully online courses require the registrant to recruit an asymptomatic patient model for the practical sessions. Please read the individual course description for further details.
- The material for English instructed courses will be provided in English.
- The material for French instructed courses will be provided in both French and English. The manual will be provided in French, however, Session 1 (the first asynchronous session) is provided entirely in English.
- Some pre-course/session prep may be required prior to or during the course. Prep details will be made available approximately 10 days prior to the start of the course.
- *Please refer to A Plus Plan information on our website for further details.
- *The inclusion of the A Plus Plan is a limited time offer which is currently being offered on all Part A registrations received in 2026 and 2027. Future savings included in the plan on a future Part B or C course is valid for 2 years. Further details will be provided upon registration.
- Course attire is business casual; appropriate for either a virtual or in-person classroom setting. Clothing should allow you to easily move during practical sessions.
- Refreshments and meals are not provided on MDT courses.

Course Structure and Schedule:

- The typical Part A course structure is 2 sessions online followed by 2 days in a clinic setting.
- Session 1 (the first online asynchronous session) allows you to work at your own convenience and learn from an interactive blend of visuals, audio and video.
- Session 2 is held online (typically on a Tuesday or Wednesday evening starting at 4pm through until 8.30pm or on a Saturday or Sunday morning from 7:30am until 12:30pm) and taught live by the course instructor.
- Sessions 3 and 4 are typically held in a clinic setting or depending on the course, they may be held online. Sessions 3 and 4 typically run 8am until 5pm on a Saturday and Sunday.

Course Outline includes:

- Epidemiology and predisposing factors
- Evidence for MDT in the lumbar spine
- Classification, examination and management of Derangement, Dysfunction, and Postural syndromes, and subgroups of OTHER
- Understanding pain and disability drivers and their relationship to MDT Classification

- Pathoanatomical considerations, movement and loading
- MDT Procedures: Rationale, clinical reasoning and application
- Patient demonstration, analysis and discussion

Course Resources:

- Access to asynchronous online component (s)
- Fillable PDF version of the course manual. Course participants are responsible for downloading and storing manual. Fees are associated with replacing the manual after the course.
- MDT Procedure Videos (Access provided from the course start date expiring 110 days from the end date of course. 365 day access is available with a valid PLUS or PRO Plan.)
- MDT Comprehension Self-test (Access provided post-course)