

## EDUCATIONAL PROGRAMMING

### Mechanical Diagnosis and Therapy™ : McKenzie Method®

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For all registration or order forms, supplemental reading or other material referenced in this document, please go the Resource Centre of our website.

#### The 17-day Program of Certification

**NOTE: Part A must be completed first, and Part D completed last. The order of Parts B and C may be taken at the discretion of the course participant.**

Part A: Lumbar Spine (Days 1-4; Day 1 online component-Days 2-4 onsite)

Part B: Cervical & Thoracic Spine (Days 5-8; Day 5 online component-Days 6-8 onsite)

Part C: Advanced Lumbar Spine and Extremities – Lower Limb (Days 9-12)

Part D: Advanced Cervical and Thoracic Spine and Extremities – Upper Limb (Days 13-16)

Credentialing Exam (Day 17)

*There is no formal time span required between courses however it is highly recommended that you allow sufficient time to clinically practice the method and develop experience with more difficult patients. This will help you to prepare for the discussions and topics relating to advanced problem solving, clinical reasoning and technique practice in the next course.*

#### ELIGIBILITY POLICY

The Robin McKenzie Institute Canada's mission is to educate all eligible health care professionals in the mechanical assessment and treatment of spinal disorders and to conduct or support research in this area. Eligible health care professionals are those with academic backgrounds that have licensure, certification, or registration by a national or provincial regulatory or certifying organization and so will possess the prerequisite knowledge and skills best understand the principles of the McKenzie Method® of Mechanical Diagnosis and Therapy™. Please review our eligibility policy posted on our website for additional details and the list of eligible health practitioners that are permitted to attend McKenzie Institute Canada courses.

**It is not our role as an educational provider to enforce each individual health profession's regulations. All course participants are legally and ethically responsible for reviewing the applicable laws, the Standards of Practice, and the Code of Ethics of their profession to determine whether they may use the information, material and techniques taught in the courses within their professional and provincial jurisdictions. The McKenzie Institute cannot advise a participant as to whether he or she may use the information, material and techniques in the geographic areas in which he or she practices.**

From a review of appropriate professionals to be considered for enrollment in the MDT Programme of Certification, or parts thereof, the eligibility criteria to apply for the educational programming of The Robin McKenzie Institute (Canada) is as follows :

#### Minimal Criteria to complete Full Program of Certification

##### ***(Parts A-D and Credentialing Examination):***

Healthcare practitioners with at least a Bachelors Degree in the field of study AND current licensure in the province of practice, or registry by the appropriate provincial or national regulatory organization. In addition, to take the Credentialing Exam, clinicians must have completed the four part course series and also must have had at least two years of postgraduate clinical experience. Please refer to our eligibility policy on the website for more details.

### **Minimal Criteria for Parts A and B:**

Healthcare practitioner with a Degree in the field of study AND current licensure in the province of practice.

*This primarily refers to Kinesiologists, TRP's (QC) and Athletic Therapists (These clinicians may attend the course if they are currently working with and supervised by a practitioner that is eligible to credential, who has completed at least McKenzie Part A course). Please refer to our eligibility policy on the website for more details.*

A final year Physical Therapy student matriculating full-time in the *professional phase* of an accredited physical therapy program who has successfully completed at least one course in musculoskeletal examination and treatment in the physical therapy curriculum. *A letter from the Physical Therapy Program Director or Chair must accompany the Part A course registration to verify the student meets these requirements.* Please refer to our eligibility policy on the website for more details.

**\*We expect all participants to be responsible in reviewing their scope of practice, provincial practice act and other applicable national or provincial laws or regulations of their profession to determine to what extent they can utilize certain aspects of the McKenzie Method in their jurisdiction.**

### **COURSE DETAILS:**

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#### **PART A: MDT of the Lumbar Spine**

This course begins with a new comprehensive online session, followed by a three day live course focusing on the application of the McKenzie Method of Mechanical Diagnosis and Therapy of the lumbar spine. Principle format is lecture, discussion and live patient demonstrations.

#### **Course Outline includes:**

- Introduction and epidemiology
- Pain and connective tissue properties
- Mechanical diagnosis: classification and definition of terms
- Anatomical considerations related to MDT
- Recurrences and prophylaxis
- Patient demonstration, analysis and discussion

**Course Length:** 4 days (typically three days live in-classroom training however the course may blend some online training with less in-classroom training. Please read the individual course description for more details). 28 contact hours

**Please note that the schedules may vary from course to course. Please check our website for specific course details.**

**2021 Course Fees:** \$695.00 Audit/Retake: \$347.50 Available audit spaces are limited on each course.

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#### **PART B: MDT of the Cervical & Thoracic Spines**

#### **Pre-requisite: Completion of Part A**

This course begins with a new comprehensive online session, followed by a three day live course focusing on the application of the McKenzie Method of Mechanical Diagnosis and Therapy of the cervical and thoracic spines utilizing the same teaching format as Part A.

#### **Course Outline includes:**

- History and physical examination
- Evaluation of clinical presentations
- Review and treatment of the three syndromes
- Procedures of mechanical therapy – theory & practical
- Cervical headaches
- Whiplash associated disorders
- Thoracic spine
- Patient demonstration, analysis and discussion

**Course Length:** 3 days (pre-requisite online component followed by three days onsite typically Friday - Sunday); 26 contact hours

**Course Length:** 3 days (typically three days live in-classroom training however the course may blend some online training with less in-classroom training. Please read the individual course description for more details). 28 contact hours

**Please note that the schedules may vary from course to course. Please check our website for specific course details.**

**2021 Course Fees:** \$695.00 Audit/Retake: \$347.50 Available audit spaces are limited on each course.

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## **PART C: MDT: Advanced Lumbar Spine & Extremities – Lower Limb**

**Pre-requisite:** Completion of Parts A

This course focuses on advanced Mechanical Diagnosis and Therapy for the lumbar spine and the application of Mechanical Diagnosis and Therapy for the lower limb.

### **Course Outline includes:**

- Problem areas and problem solving guide
- Review of assessment
- Force progression
- Epidemiology/evidence base for MDT
- Characteristics of three syndromes
- Lumbar and Thoracic spine workshops

**Course Length:** 4 days (typically four days live in-classroom training however the course may blend some online training with less in-classroom training. Please read the individual course description for more details). 28 contact hours

**Please note that the schedules may vary from course to course. Please check our website for specific course details.**

**2021 Course Fees:** \$795.00 Audit/Retake: \$397.50 Available audit spaces are limited on each course.

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## **PART D: MDT: Advanced Cervical & Thoracic Spine and Extremities – Upper Limb**

**Pre-requisite:** Completion of Parts A, B and C

This course focuses on advanced Mechanical Diagnosis and Therapy for the cervical and thoracic spine and the application of Mechanical Diagnosis and Therapy for the upper limb.

### **Course Outline includes:**

- Cautions and contraindications
- Clinician forces and McKenzie's "progression of forces" concept
- Evidence base for use of MDT in the upper limb
- Analyze case studies to determine classification
- Describe the three syndromes as they pertain to upper limb
- Design appropriate patient management programs
- Application of advanced clinician techniques

**Course Length:** 4 days: 28 contact hours [Verify timelines on our website as hours may vary daily.]

**Course Length:** 4 days (typically four days live in-classroom training however the course may blend some online training with less in-classroom training. Please read the individual course description for more details). 28 contact hours

**Please note that the schedules may vary from course to course. Please check our website for specific course details.**

**2021 Course Fees:** \$795.00 Audit/Retake: \$397.50 Available audit spaces are limited on each course.

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## **CREDENTIALING EXAMINATION**

The attainment of the Credentialing Level status indicates that the clinician has met predetermined requirements established by The McKenzie Institute International (MII) to recognize basic competency in Mechanical Diagnosis and Therapy® (MDT). The MII Credentialing Examination is the worldwide standard for all branches consisting of multi-method testing with written and practical components designed to assess the clinical knowledge and skills developed by the practitioner throughout the post-graduate course curriculum. Those who pass the exam may use the initials "Cert. MDT" and are added to the online Provider Locator for those seeking certified MDT providers.

### **The major content areas include:**

1. History
2. Examination
3. Conclusion
4. Principle of Treatment
5. Reassessment
6. Prophylaxis
7. Clinician Procedures

### **Eligibility Requirements:**

- Completion of Parts A-D through until the end of 2022. In 2023, the Advanced Extremities course will also be required.
- Licensed or Registered eligible practitioner
- Two years of post-graduate clinical experience

*Limited Class Size: Each exam has a limited number of places available for clinicians that wish to challenge the exam. Applicants are accepted on a first-come, first-serve basis. Completed applications must be received 30 days prior to the posted exam date.*

**Exam Fee:** 1st Time: \$500

**Retake Fees:** Whole: \$200 Written only: \$150 Performance only (during exam): \$75.00

Performance only (at a time other than a scheduled exam and with the agreement of all parties involved): \$150.00

## Advanced Courses (*Pre-requisite: Completion of Part D; not part of the Credentialing process*)

**MDT Advanced Human Extremities** (pre-requisite: Part D)

**MDT Clinical Skills Update** (pre-requisite: minimum Part D; the CSU course is not part of the certification program structure)

**MDT Masterclass or Workshop** (pre-requisite varies depending on the course).

The above courses are not a requirement of the certification program.

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### **PART E: MDT of Advanced Extremities**

**Pre-requisite:** *Completion of Parts A, B, C, D*

The intensive, advanced two-day course expands McKenzie's principles to the assessment and treatment of the extremities. It consists of lecture, analysis of case studies, clinical reasoning, problem solving and heavy emphasis on assessment and treatment of patients—a trademark of McKenzie courses.

#### **The Course Outline includes:**

- Provide advanced force progressions and creative force alternatives for different joints and different syndrome classifications.
- Review of evidence, application of procedures, and how the McKenzie syndromes present in the extremities.
- Apply the method effectively and with patient education strategies that encourage patient compliance and buy-in. Help patients achieve their treatment goals while providing prognosis that are timely and realistic.
- Anatomy/Biomechanics and physiology extremities
- Assessment of the extremity patient
- Treatment procedures
- Reassessment and outcome predictors
- The prophylactic concept
- Practical sessions

**Course Length:** 2 days (typically Saturday – Sunday); 14 contact hours

**Please note that the schedules may vary from course to course. Please check our website for specific course details.**

**2021 Course Fee:** \$475.00 Audit/Retake: \$300.00 Available audit spaces are limited on each course.

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### **CSU: MDT Advanced Clinical Skills Symposium**

**Pre-requisite:** *Completion of Parts A, B, C and D*

Each CSS differs from the one before. CSS's are designed to challenge your problem-solving skills and enhance your clinical reasoning capabilities. This course focuses on review and update of the principles and application of the McKenzie theory and techniques of Mechanical Diagnosis and Therapy. The course will include more intensive clinical reasoning and problem solving through a high volume of patient demonstrations and case study analysis involving all regions of the spine, as well as the extremities.

#### **Course Outline includes:**

- More effectively apply MDT to spine or extremity patients
- Further cultivate patient interviewing skills
- Distinguish between McKenzie syndromes in challenging patients
- Hone technique skills with workshops designed to challenge
- More readily identify when external forces or external stabilization is required for the resolution of symptoms
- Hone ability to teach patients to maintain treatment goals

**Course Length:** 2 days (typically Saturday - Sunday); 15-16 contact hours

**Course Fee:** The fee varies depending on the structure of the course. The fee ranges from \$595.00 - \$695.00, Audit/Retake: Not applicable

**Fee typically includes** course material, refreshments and lunch on both days

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**TW OR SE: MDT Master Class or Workshop**

**Pre-requisite:** *Varies depending on the course.*

These advanced one-day workshops have been designed to provide MDT trained practitioners with an opportunity to refine their techniques and improve their clinical reasoning skills using a combination of case studies and role playing. These one-day courses will also include an open forum period that will encourage attendees to discuss real case issues in order to determine the best treatment options. Each major subdivision of the one day workshops has very specific educational objectives that will reinforce the knowledge and skills to further refine your own abilities in applying these principles. An effort will be made to schedule these workshops regionally on an annual basis, except during a MI Americas region conference year. When applicable, attending these one day workshops will enable Cert-Dip MDT's to fulfill the CCES requirement to maintain their status on The McKenzie Institute Canada Provider Locator.

**The Course Outline may include any combination of:**

- Focus on clinical reasoning and refinement of techniques
- Practice of techniques (varies depending on the course)
- Refine patient interview and compliance strategies
- Advanced Case studies, role playing, and problem solving
- Open forum discussion of issues clinicians face applying MDT
- Patient assessment & problem solving (varies depending on course)
- What's new in MDT – latest research and trends.

**Course Length:** 1 or 2 days (typically Saturday and/or Sunday); 7 to 15 contact hours depending on the course  
*The schedule may vary somewhat depending on course location. The exact hours will be provided with your course confirmation letter, travel and accommodation information*

**2021 Course Fee:** The fee varies depending on the structure of the course. The fee ranges from \$250.00 - \$550.00 depending on the length of the course, Audit/Retake: Not applicable

Fee typically includes course material, refreshments and lunch