

For all registration or order forms, supplemental reading or other material referenced in this document, visit our website to download the forms or order securely online anytime 24/7.

[www.mckenziemdt.org/index\\_us.cfm](http://www.mckenziemdt.org/index_us.cfm)

### The 17-day Program of Certification

- 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)

### Advanced Courses (These courses are not part of the 17-day certification program structure)

Part E: MDT Human Extremities (pre-requisite: Part C)

MDT Clinical Skills Update (pre-requisite: minimum Part D)

[Note: Courses must be completed in succession. *We strongly recommend taking ample time to practice between courses, typically 1-3 months minimum* depending on the volume of appropriate patients for adequate experience.]

### ELIGIBILITY POLICY

Appropriate health care professionals are those with academic backgrounds that have licensure, certification, or registration by a national 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.

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 our review of academic and licensing criterion, we have established these guidelines in determining the appropriate professionals who are eligible to enroll in our Program of Certification, or parts thereof, as follows:

#### **Minimal Criteria to complete Full Program of Certification (Parts A-D and Credentialing Examination):**

1. Healthcare practitioner with at least a Bachelors Degree in the field of study AND current licensure in the state of practice, or registration by the appropriate state or national regulatory organization.
2. In addition to having completed the four part course series, eligible practitioners must have had at least two years of postgraduate clinical experience to take the Credentialing Exam.

*(Approved healthcare providers: PT, DC, MD, DO, NP, and PA; and in some cases ATC, OT, and RCEP (by ACSM).)*

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

1. Healthcare practitioner with an Associate's Degree in the field of study AND current licensure in the state of practice *(Approved providers: PTAs)*

*(Those PTAs who are currently working with and supervised by certified McKenzie MDT practitioners may complete Parts C, D, and E. A letter from the certified MDT provider must accompany each course registration to verify supervision).*

2. A Bachelor's or Master's Degree in the field of study, but in a state without licensure or registration, or the practitioner has yet to become licensed or pass registry exam requirements. *(Approved providers: ATC, OT, EP)*
3. A 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.*

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

## THE COURSES:

The daily timeline may vary somewhat depending on course location. Any significant variance to these standard timelines will be provided with your course confirmation letter, travel and accommodation information – and posted online in "Details" found in the course listing.

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

7:30am Continental Breakfast each day (Registration 1<sup>st</sup> day)

Day 1-2: 8:00am – 5:30pm

Day 3: 8:00am – 1:15pm

Course Fee: \$650, Audit/Retake: \$325

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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

7:30am Continental Breakfast each day (Registration 1<sup>st</sup> day)

Day 1-2: 8:00am – 5:30pm

Day 3: 8:00am – 1:15pm

Course Fee: \$650, Audit/Retake: \$325

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### PART C

#### MDT: Advanced Lumbar Spine & Extremities – Lower Limb

*Pre-requisite: Completion of Part B*

This four day 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 Thursday - Sunday); 28 contact hours

7:30am Continental Breakfast each day (Registration 1<sup>st</sup> day)

Day 1-3: 8:00am – 5:15pm

Day 4: 8:00am – 1:00pm

Course Fee: \$690, Audit/Retake: \$345

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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 four day 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 (typically Thursday - Sunday); 28 contact hours

7:30am Continental Breakfast each day (Registration 1<sup>st</sup> day)

Day 1-3: 8:00am – 5:15pm

Day 4: 8:00am – 1:00pm

Course Fee: \$690, Audit/Retake: \$345

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## THE COURSES (cont):

### PART E

#### MDT of the Human Extremities

*Pre-requisite: Completion of Part C*

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:**

- Review of basic principles and epidemiology
- Anatomy/Biomechanics and physiology extremities
- Pathophysiology
- Contraindications and precautions
- Assessment of the extremity patient
- Treatment procedures
- Treatment of the three syndromes
- Reassessment and outcome predictors
- The prophylactic concept
- Practical sessions

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

Day 1: 7:30am Registration & Continental Breakfast  
8:00am – 6:00pm

Day 2: 7:30-8:00am Continental Breakfast  
8:00am – 2:00pm

**Course Fee:** \$400, Audit/Retake: \$200

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#### MDT Clinical Skills Update

*Pre-requisite: Completion of Part D*

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
- 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); 12 contact hours

Day 1: 7:30am Registration & Continental Breakfast  
8:00am – 5:15pm

Day 2: 7:30-8:00am Continental Breakfast  
8:00am – 1:00pm

**Course Fee:** \$450, Audit/Retake: not applicable

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### CREDENTIALING EXAMINATION\*

Passing this exam concludes the minimum level of training to be considered "certified" in the MDT McKenzie Method® (Cert.MDT). The exam consists of multi-level testing with written and performance components designed to assess the clinical knowledge and skills developed by the practitioner throughout the course curriculum.

#### **The seven major components of the Clinical Competencies:**

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

*\*Please note: The extremity material is not yet incorporated into the Credentialing Exam. However, revisions are underway and this will change in due course.*

#### **Eligibility Requirements:**

- Completion of Parts A-D
- Licensed or Registered practitioner
- Two years of post-graduate clinical experience

*Limited Class Size: Each exam is limited to only 25 participants. Applicants are accepted on a first-come, first-serve basis. Completed notarized application and full payment must be received 30 days prior to the posted exam date.*

**Exam Fee:** 1st Time: \$500      **Retake Fees:** Whole: \$250      Written only: \$200      Performance only: \$50

REFER TO THE CREDENTIALING EXAM BOOKLET for additional details and the cancellation policy. You can download the booklet from our website or upon request receive via email. Contact Cindy Dalton [cindy@mckenziemdt.org](mailto:cindy@mckenziemdt.org)

## PREPARING FOR COURSES

- You may participate in the online McKenzie Overview Course – currently free of charge.
- **It is strongly recommended** that you read Robin McKenzie's three textbooks – The Lumbar Spine, The Cervical and Thoracic Spine, and Human Extremities: Mechanical Diagnosis and Therapy® (*by Robin McKenzie and Stephen May*). To order any of these books, or for more information, contact OPTP directly at 800-367-7393 or visit [www.optp.com](http://www.optp.com).

## REGISTRATION DETAILS

**\*\*\* Become a Member of MIUSA and get 10% off course fees \*\*\***

### The course fees include:

- A copy of the book Treat Your Own Back by Robin McKenzie and a lumbar roll (Part A)
- A copy of the book Treat Your Own Neck by Robin McKenzie and a cervical roll (Part B)
- A copy of the book Treat Your Own Shoulder by Robin McKenzie (Part D and E)
- McKenzie technique assessment forms
- Comprehensive course manuals
- Certificate of completion
- Morning and afternoon refreshment breaks (lunch on your own)

**Payment must accompany your registration form.** If this is not possible for employer paid fees, a purchase order or letter of verification from the company must be provided. A credit card is required to hold a spot when payment is pending. All fees **MUST** be received prior to start of course. We accept checks or the following credit cards: **MasterCard, VISA or Discover**. We will not bill for registration unless specifically requested through our Administrative office.

**GROUP DISCOUNTS:** For groups of 3 or more from the same organization, a 10% discount is available on tuition for the same Part in the course series. All participants must register at the same time with an individual registration form for each person and payment for all participants must accompany the registrations.

**AUDIT FEE:** Need a refresher? For only 50% of the course tuition, we allow for two (2) spots on each course (**excluding CSU**) for anyone who would like to retake a course. Proof of when the course was previously attended may be required if before 1995 or outside the United States.

**CANCELLATION POLICY:** Once a registration has been processed, cancellation notices must be provided in writing. Cancellations up to 2 weeks prior to course will be charged a \$55.00 administrative fee. Cancellations within 2 weeks of the course will be charged the full amount of the course. If a company check has not been received prior to cancellation, your credit card will be charged accordingly. If you need to cancel you may: 1) send a substitute from your organization (request must be in writing), or 2) transfer your registration to another course for up to one year from the date of the written notification.

Additional Note for Parts A and B: If the online component has not been completed two weeks (14 days) before the course start date, or the test has not been taken, retaken, or a successful pass on the test has not been achieved seven (7) days before the start date, the cancellation policy terms will apply. Continued access to the online component will be denied after the 14-day post-course agreement. If eligible to transfer registration to a future course, online access will be reactivated only when an official transfer request to a new live course is provided in writing and acknowledged by the Institute. The new course date will prompt re-entry into online/test for our standard designated time period. If no written transfer request is made within one year, the participant must register again with full payment.

**MISSED HOURS ON A COURSE:** When a participant misses a day(s), or any portion of a day throughout the course, under no circumstances will a course certificate be provided to that participant. Per strict guidelines with state CEU requirements, we are required to verify course completion. Upon receipt of course materials from the course site, the MIUSA administrative office will mail the participant a letter of Course Hours Verification identifying the total hours attended. The student will not be eligible to continue with the next Part of the MDT Program of Certification until the previous course requirement has been completed. The participant can complete the day(s) or hours missed within one year of the course dates at no additional fee and then will receive the certificate for full course credit. If the participant does not complete this requirement within one year, he or she will be required to pay fees as follows:

*Less than half the course missed - pay the audit fee*

*Half or more of the course missed - pay in full*

**REFUNDS:** No refunds will be given when a cancellation is received within two weeks prior to the course date. The McKenzie Institute reserves the right to cancel a course up to 14 days prior to a course if there are insufficient registrations or due to unforeseen circumstances. If the course is cancelled by the McKenzie Institute, a full refund will be given or funds can be transferred to another course. It is best if you use a travel agent! The Institute is not responsible for reimbursement of non-refundable airline tickets.

**TRAVEL & LODGING:** We advise you not to purchase your airline tickets until you have the written confirmation of registration for a course or the exam. We also suggest airline travel arrangements be conducted through a travel agent. The Institute is not responsible for reimbursement of non-refundable airline tickets for any reason.

Your confirmation of registration will include course venue information and options for lodging in the local area provided by our course cosponsors as the most ideal. However, you are responsible for your own verification, booking and payment for hotel accommodations and we suggest securing a hotel reservation as early as possible.

**CONTINUING EDUCATION CREDITS:** A certificate of attendance with the appropriate number of CEUs noted will be provided to all participants who fully complete the courses and may be used for CEU verification and credit. The Institute has earned approval for CEUs in states requiring annual application for pre-authorization through state APTA or licensing agencies. In addition, The McKenzie Institute is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers (Provider #P931). Refer to our website for the exact hours or authorization numbers, if applicable, for each part or contact our administrative office. For other states or disciplines not identified, continuing education/medical units may not be available. Contact your state licensing agency for information on how to obtain credit. See our online directory for approval data -- <http://www.mckenziemdt.org/eduCEU.cfm>

**COMMERCIAL SUPPORT POLICY:** The McKenzie Institute® USA does not engage in commercial support for our education programs. Each instructor is required to sign a conflict of interest statement. Any potential conflict of interest including affiliations or financial interest that may affect the instructor's presentation will be disclosed in the course syllabus.