



## 12th International Conference in Mechanical Diagnosis and Therapy

Presented By:  
The McKenzie Institute International

*Onwards and Upwards:  
Pushing the Boundaries of  
Musculoskeletal Care*

**Conference Chairman:**

Dr Thomas E. (Ted) Dreisinger, PhD, FACSM

**Austin, Texas, USA  
5-7 October 2012**

**Venue**

Hilton Austin Hotel



### **Key Note Speakers**

Dr John Childs  
Dr Wim Dankaerts  
Prof Nadine Foster  
Dr Jeremy Lewis  
Dr Susan Mercer  
Dr Tom Petersen  
Dr Maurits van Tulder



# General Information

## Austin, Texas, USA

Welcome to Austin – the capital of Texas, USA, and the Live Music Capital of the World! This vibrant city echoes with the sounds of rock, blues, jazz, country, classical and Latin music. Austin stands as the gateway to the scenic Texas Hill Country, marked by rolling hills and wide open landscapes, and is surrounded by three lakes and a network of parks. This effervescent University town combines a friendly, laid-back ambience with a rich history and just a touch of Texas bravado. Austin awaits you in October 2012!

## Conference Venue

Hilton Austin Hotel, 500 East 4th Street, Austin, TX 78701, USA. Surrounded by the excitement of downtown Austin's business and entertainment districts, the 800 guest room Hilton Austin combines upscale Texas Hill Country décor with the finest array of meeting, dining and recreational facilities. Many leading attractions are within walking distance or only a short ride via taxi. Austin-Bergstrom International Airport is only 15 minutes away via taxi or airport shuttle service. [www.austin.hilton.com](http://www.austin.hilton.com)

## Conference Organisers

Lawrence Dott, Chief Executive Officer, The McKenzie Institute International

Trish Elise, Executive Assistant to the CEO, The McKenzie Institute International

## Conference Management

The McKenzie Institute International in conjunction with Vicki Johnson & Associates, LLC, USA.

## Official Language

The official language during the conference proceedings will be English.

## Registrations

We encourage you to register for the conference via the Internet. Online registration is available at the Institute's International website [www.mckenziemdt.org](http://www.mckenziemdt.org). If you would prefer to register by fax or post, please request a registration form by contacting Debbie Hilliard at Vicki Johnson & Associates by email ([mdtconference2012@gmail.com](mailto:mdtconference2012@gmail.com)) or fax +1-512 551-0164.

## Registration Fees

Up to and including 31 October 2011

USD729

From 1 November 2011 / Up to and including 30 April 2012

USD779

From 1 May 2012

USD829

## Accommodation – Hilton Austin Hotel

Hotel reservations at the Hilton Austin Hotel utilising the special conference rate of USD169 (plus taxes) per night can be made by completing the Accommodation Reservation Form on the Institute's website: [www.mckenziemdt.org](http://www.mckenziemdt.org). This special room rate is available during the period 2 - 9 October 2012.

## Carparking – Hilton Austin Hotel

Complimentary carparking is available at the Hilton Austin Hotel for the days of the actual conference (5-7 October 2012) to the first sixty (60) room reservations requesting such carparking. These carparks will be allocated strictly in the order that reservations are received.

## CEUs

Applications for CEUs are pending.

## Welcoming Reception

The Welcoming Reception will be held on Friday 5 October 2012 at 6.30 pm at the Hilton Austin Hotel.

## Conference Dinner – Texan Barbeque

The Conference Dinner will be held on Saturday 6 October 2012, commencing at 7.30 pm at The Salt Lick Pavillion. The Salt Lick is a legendary Texas barbecue restaurant in Driftwood, Texas, just outside of Austin, in the Texas Hill Country.

Guests will enjoy the rustic Hill Country scenery and starry skies along the banks of Onion Creek underneath a majestic canopy of oak and pecan trees. You will enjoy an extra big portion of Texas hospitality served up with this one-of-a-kind Texas barbecue experience, together with live Texan music providing entertainment for the evening.

The price per person is USD115 (includes return transport from the Hilton Austin Hotel to the venue). Places for this unique evening are strictly limited to 400. We encourage you to register early! Registrations will be processed strictly in the order they are received.

## Accompanying Persons

There is an extensive variety of activities available for partners during Saturday 6 October and Sunday 7 October 2012. Packages are offered as either full group options or individual activities. Contact Debbie Hilliard at Vicki Johnson & Associates by email ([mdtconference2012@gmail.com](mailto:mdtconference2012@gmail.com)) or fax +1-512 551-0164 for full details.

# The Conference

## Key Note Speakers

**John Childs**, PT, PhD, MBA - Associate Professor & Director of Research, US Army-Baylor Doctoral Program in Physical Therapy, Schertz, TX, USA

**Wim Dankaerts**, PhD, MT, PT - Musculoskeletal Research Unit, Department of Rehabilitation Sciences, Faculty of Kinesiology and Rehabilitation Sciences, University of Leuven, Belgium

**Nadine Foster**, DPhil, BSc (Hons), PGCE, MCSP - Professor of Musculoskeletal Health in Primary Care, Arthritis Research UK Primary Care Centre, Primary Care Sciences, Keele University, Staffordshire, UK

**Jeremy Lewis**, PhD, MSc (Manipulative Physiotherapy) - Consultant Physiotherapist and Visiting Professor; Visiting Reader, St George's University of London, UK; Research and Innovation Lead, Musculoskeletal Service, Central London Community Healthcare, UK; Research Lead, Therapy Department, Chelsea and Westminster Hospital, London, UK

**Susan Mercer**, BPhy (Hons), MSc, PhD - Department of Clinical Research, Newcastle Bone & Joint Institute, The Royal Newcastle Centre, Australia

**Tom Petersen**, PT, PhD - Research Fellow, Back Center Copenhagen, Denmark

**Maurits van Tulder**, PhD - Professor of Health Technology Assessment, Department of Health Sciences & EMGO, Institute for Health and Care Research, VU University, Amsterdam, The Netherlands

## Speakers and Moderators

**Helen Clare**, PhD (USyd), FACP, Dip MDT - Specialist Musculoskeletal Physiotherapist, Sydney, Australia

**Colin Davies**, PT, Dip MDT - New Westminster, BC, Canada

**Thomas E. (Ted) Dreisinger**, PhD, FACSM - President, Therapy Advisers, LLC, San Diego, CA, USA

**Anja Franz**, PT, Dip MDT - Physiotherapy Officer, Canadian Forces Health Services Centre (Pacific), Esquimalt, BC, Canada

**Scott Herbowy**, PT, Dip MDT - St. David's Rehabilitation Spine and Sport Therapy, Austin, TX, USA

**Gary Jacob**, DC, LAc, MPH, Dip MDT - Postgraduate Faculty, National University of Health Sciences, Lombard, IL, USA; Postgraduate Faculty, Emperor's College of Traditional Oriental Medicine, Los Angeles, CA, USA

**Jose Liberato**, PT, Dip MDT - President, Instituto McKenzie do Brasil, Belo Horizonte, Brazil

**Uffe Bruno Lindstrøm**, PT, Dip MDT - Health Director, Healthcare Denmark, Aalborg, Denmark

**Stephen May**, FCSP, Dip MDT, MSc, PhD - Faculty of Health and Wellbeing, Sheffield Hallam University, UK

**Mark Miller**, BSc, PT, Dip MDT - Vice President, Integrated Mechanical Care, Tallahassee, FL, USA

**David Oliver**, PT, Dip MDT - Director of Physical Therapy in Motion, Ann Arbor, MI, USA

**Richard Rosedale**, PT, Dip MDT - London Health Sciences Centre, London, Ontario, Canada

**Tomasz Stengert**, MD, Dip MDT - President, Instytut McKenziego Polska, Poznan, Poland

**Hans van Helvoirt**, MA, Dip MDT/MT - Consultant, Medical Back Neck Centre, The Hague, The Netherlands

**Grant Watson**, PT, Dip MDT - Clinical Physiotherapy Specialist, Connect Physical Health, Newcastle-upon-Tyne, Tyne and Wear, UK

**Mark Werneke**, MPT, Dip MDT - Rehabilitation Spine Center, CentraState Medical Center, Freehold, NJ, USA

**Todd Wetzel**, MD - Professor and Vice Chair, Department of Orthopaedic Surgery and Sports Medicine, Professor of Neurosurgery, Temple University School of Medicine, Philadelphia, PA, USA

## Conference Scientific Committee

**Colin Davies**, PT, Dip MDT - New Westminster, BC, Canada

**Scott Herbowy**, PT, Dip MDT - St. David's Rehabilitation Spine and Sport Therapy, Austin, TX, USA

**Stephen May**, FCSP, Dip MDT, MSc, PhD - Faculty of Health and Wellbeing, Sheffield Hallam University, UK

**Richard Rosedale**, PT, Dip MDT - London Health Sciences Centre, London, Ontario, Canada

**Hans van Helvoirt**, MA, Dip MDT/MT - Consultant, Medical Back Neck Centre, The Hague, The Netherlands

## Conference Description

The Conference title and theme "Onwards and Upwards: Pushing the Boundaries of Musculoskeletal Care" has been carefully chosen.

The phrase "Onwards and Upwards" was one used frequently by the late Dr. Vert Mooney as a way of encouraging those around him. The McKenzie Institute International owes an enormous debt of gratitude to Dr. Mooney who for over 20 years served as Orthopaedic Advisor and International Trustee to the Institute. Dr Mooney was also a friend and advisor to all its members. We feel that using his phrase as the title of this conference is a fitting tribute to a great man.

This conference seeks to push our boundaries of knowledge forward through a series of lectures, panel discussions, interviews, patient demonstrations and Grand Rounds. The programme will appeal to all musculoskeletal clinicians. We expect that you, the participant, will leave Austin stimulated to challenge the current boundaries of musculoskeletal care.

## Conference Objectives

The primary objective of this conference is to provide a stimulating forum for the presentation of new concepts and to challenge current practices in the field of musculoskeletal medicine.

At the end of this conference, participants will be able to:

1. Understand the limitations of tissue specific diagnosis in the spine and extremities.
2. Understand the various musculoskeletal classification systems and how to judge their effectiveness.
3. Understand the role psychosocial factors play in musculoskeletal pain.
4. Understand the importance of treatment outcomes in health care.
5. Understand the pros and cons of spinal stabilisation theory and practice.
6. Understand the principles of the MDT assessment and treatment of musculoskeletal spinal and extremity problems.

# Conference Programme

## Friday 5th October 2012

1.00 pm	Welcoming Remarks and Introduction of Conference Chairman Official Opening by Conference Chairman	Lawrence Dott Ted Dreisinger
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### Theme: Extremities

**Moderator:**  
Colin Davies

1.20 pm	Shoulder Pain: The Dilemma of Diagnosis and a Suggestion for a New Model of Assessment	Jeremy Lewis
1.40 pm	Exploring the Potential for Derangements in OA Knees: An RCT	Richard Rosedale
2.00 pm	Knee Joint Derangement: Anatomical Possibilities	Susan Mercer
2.20 pm	Rotator Cuff Tendonopathy: A Model for the Continuum of Pathology and Management	Jeremy Lewis
2.40 pm	Panel Discussion on Extremities <b>Panel:</b> Lewis, Mercer, Rosedale	<b>Moderator:</b> Colin Davies
<b>3.00 pm</b>	<b>Break</b>	
3.30 pm	Grand Rounds: Extremity Patients – Assessments and Treatments	Jeremy Lewis & Scott Herbowy
5.00 pm	Panel Discussion <b>Panel:</b> Childs, Dankaerts, Foster, Lewis, Mercer, Herbowy, van Tulder	<b>Moderator:</b> Todd Wetzel
5.30 pm	Talking Point: Grant Watson discusses Extremities Issues with Jeremy Lewis and Susan Mercer	<b>Host:</b> Grant Watson Jeremy Lewis and Susan Mercer
5.50 pm	Questions from the Audience	
<b>6.00 pm</b>	<b>Conclusion of Day 1</b>	
6.30 pm – 8.00 pm	Welcoming Reception	

## Saturday 6th October 2012

### Theme: Classification

**Moderator:**  
Helen Clare

8.30 am	Sub-grouping Based on Risk Factors: The StarTBack and IMPaCT Back Studies	Nadine Foster
8.50 am	The Failure of the Patho-anatomical Classification System	Tom Petersen
9.10 am	Classification Using Clinical Prediction Rules	John Childs
9.30 am	Diagnosis and Sub-classification of Chronic Low Back Pain Disorders with Maladaptive Motor Control Impairments	Wim Dankaerts
9.50 am	The MDT System of Musculoskeletal Classification	Hans van Helvoirt
10.10 am	Panel Discussion on the Different Systems <b>Panel:</b> Childs, Dankaerts, Foster, Petersen, van Helvoirt	<b>Moderator:</b> Helen Clare
<b>10.30 am</b>	<b>Break</b>	

### Theme: Psychosocial Aspects of Musculoskeletal Pain

**Moderator:**  
Tomasz Stengert

11.00 am	Behavioural Interventions for Back Pain: Evidence-based or Expert-based?	Maurits van Tulder
11.20 am	Obstacles to Recovery in Low Back Pain - Time to Focus on Key Factors	Nadine Foster

11.40 am	The Psychosocial Model and MDT	Mark Werneke
12.00 noon	Motivational Interviewing to Change Health Behaviour	Gary Jacob

**12.20 pm Lunch**

**Theme: Outcomes**

**Moderator:**  
Jose Liberato

1.50 pm	Does Classifying Patients Improve Outcomes?	Mark Werneke
2.10 pm	MDT versus Manipulation	Tom Petersen
2.30 pm	Using MDT Practice and Outcomes to Change Health Care Distribution	Mark Miller
2.50 pm	Measuring Outcomes of Back Pain Interventions in Research and Clinical Practice	Maurits van Tulder

**3.10 pm Break**

3.40 pm	Grand Rounds: Re-evaluations of Extremities Patients	Jeremy Lewis & Scott Herbowy
4.10 pm	Two Spinal Patients Assessments	Mark Miller & Hans van Helvoirt
5.10 pm	Panel Discussion <b>Panel:</b> Childs, Dankaerts, Foster, Herbowy, Lewis, Mercer, Miller, Petersen, van Helvoirt, van Tulder	<b>Moderator:</b> Todd Wetzel

**5.30 pm Day 2 Concludes**

6.45 pm Coaches depart Hilton Austin Hotel for Conference Dinner – Texan Barbeque

## Sunday 7th October 2012

**Theme: Stabilisation**

**Moderator:**  
Gary Jacob

8.30 am	The Case for Stabilisation	John Childs
8.50 am	Does it Matter How We Sit? Facts and Fallacies on Sitting and Low Back Pain	Wim Dankaerts
9.10 am	The Morphology of Lumbopelvic Musculature: Does it Confirm Postulated Roles in Stabilisation?	Susan Mercer
9.30 am	Is Stabilisation Protocol an Effective Way to Strengthen?	Ted Dreisinger
9.50 am	Literature Review	Stephen May
10.10 am	Architecture of the Posterior Cervical Muscles: Implications for Stability	Susan Mercer
10.30 am	Panel Discussion on Stabilisation <b>Panel:</b> Childs, Dankaerts, Dreisinger, May, Mercer	<b>Moderator:</b> Gary Jacob

**10.50 am Break**

**Theme: A Miscellany**

**Moderator:**  
Uffe Lindstrom

11.10 am	What Information This Spinal Surgeon Expects from his Therapist	Todd Wetzel
11.30 am	Musculoskeletal Injury in a War Zone	Anja Franz
11.50 am	Spinal Pain in the Elderly: A Follow Up	David Oliver
12.10 pm	New Research	
<b>12.30 pm Lunch</b>		
2.00 pm	Grand Rounds: Extremity Patient Re-evaluations	Jeremy Lewis & Scott Herbowy
2.30 pm	Grand Rounds: Spinal Patient Re-evaluations	Mark Miller & Hans van Helvoirt
3.00 pm	Panel Discussion <b>Panel:</b> Childs, Dankaerts, Foster, Herbow, Lewis, Mercer, Miller, Petersen, van Helvoirt, van Tulder	<b>Moderator:</b> Todd Wetzel
3.30 pm	Written Questions from the Audience to the Grand Rounds Panel	

**Concluding Events**

4.00 pm	Presentation of Extension Award	Lawrence Dott
4.15 pm	Announcement of 2015 International MDT Conference	Lawrence Dott
4.20 pm	Official Closing of Conference	Ted Dreisinger

**4.30 pm Conference Concludes**



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