



## Part A – The Lumbar Spine Goals and Objectives

### THE MCKENZIE INSTITUTE® INTERNATIONAL

#### Course Goals

As the name implies, this course focuses on the application of the McKenzie Method® of Mechanical Diagnosis and Therapy™ for the Lumbar Spine. Each major subdivision of the course has very specific educational objectives. In general terms, the goals of this course are that you gain knowledge and skills that form the basis from which you may begin to develop your own abilities in applying these principles.

Following attentive participation in, and completion of, this course will provide participants with the introductory knowledge, basic skills and abilities to begin to:

1. Appropriately apply the McKenzie Method of Mechanical Diagnosis and Therapy to patients with lumbar spine problems.
2. Distinguish between the McKenzie syndromes (derangement, dysfunction, postural) and other spinal conditions and provide appropriate management regimens for each of the McKenzie syndromes.
3. Identify when the application of external forces is required for the resolution of symptoms using McKenzie's concept of progression of forces.
4. Assist patients to design and apply the therapeutic processes to achieve management goals.

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#### ➔ **MODULE ONE** **INTRODUCTION AND EPIDEMIOLOGY**

##### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Describe the cardinal features of the McKenzie Method of Mechanical Diagnosis and Therapy and contrast it to other management approaches.
2. Describe the major epidemiological factors associated with low back pain.
3. Describe the risk and prognostic factors of low back pain.

#### ➔ **MODULE TWO** **PAIN AND CONNECTIVE TISSUE PROPERTIES**

##### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Identify the structures in the lumbar spine that have a nociceptive innervation.
2. Describe and differentiate chemical and mechanical pain.
3. Identify and differentiate the various stages of tissue healing and discuss their clinical significance.

#### ➔ **MODULE THREE** **MECHANICAL DIAGNOSIS: CLASSIFICATION AND DEFINITION OF TERMS**

##### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Identify and discuss indications and contra-indications for MDT.
2. Describe and differentiate the derangement, dysfunction and postural syndromes.
3. Describe and differentiate between the McKenzie syndromes and other spinal conditions.
4. Describe the term Centralisation phenomenon and discuss its clinical relevance.
5. Describe the term Lateral Shift and identify when it is clinically relevant.

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### **➔ MODULE FOUR HISTORY AND PHYSICAL EXAMINATION**

#### OBJECTIVES

1. Discuss the aims of the history taking.
2. Describe the components of the history section of the McKenzie assessment form and discuss the clinical relevance of each.
3. Discuss the application of effective patient questioning strategies and the interpretation of the patient's responses to the history questions.
4. Discuss the aims of the physical examination.
5. Describe the components of the physical examination section of the McKenzie lumbar assessment form and discuss the clinical relevance of each.
6. Define and demonstrate the appropriate use of terms involved in completing the McKenzie lumbar spine assessment form.
7. Accurately complete a McKenzie Lumbar assessment form.

### **➔ MODULE FIVE ANATOMICAL CONSIDERATIONS RELATED TO MECHANICAL DIAGNOSIS AND THERAPY**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Describe the structure, function and biomechanics of the intervertebral disc.
2. Describe the key biomechanical features of the lumbar spine.
3. Describe and explain the clinical significance of disc diurnal variations, disc nutrition and changes in the disc with aging.
4. Describe the clinical significance of Creep.
5. Describe and differentiate the stages of disc degeneration.
6. Relate stages of degeneration to clinical presentations.

### **➔ MODULE SIX EVALUATION OF CLINICAL PRESENTATIONS**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Discuss the symptomatic and mechanical presentations obtained during the assessment.
2. Describe the symptomatic and mechanical presentations of derangement, dysfunction, and postural syndrome patients.
3. Discuss the symptomatic and mechanical presentations of other spinal conditions.
4. Discuss the management principles of the three syndromes.

### **➔ MODULE SEVEN PROCEDURES OF MECHANICAL THERAPY**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Describe and explain the use of "force progressions" in the McKenzie Method.
2. Describe and explain the use of "force alternatives" in the McKenzie Method.
3. Discuss the differences between self-management procedures and clinician procedures.
4. Describe and evaluate the results of self-management and clinician procedures in the management of the three McKenzie syndromes.

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### **➔ MODULE EIGHT PROCEDURES OF MECHANICAL THERAPY – PRACTICAL**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Assess posture and movement loss.
2. Perform the assessment procedures of repeated movements and static testing for the lumbar spine.
3. Perform and teach the self-management procedures for the lumbar spine.
4. Perform the clinician procedures of: overpressure to extension in lying, extension mobilisation and therapist correction of lateral shift.

### **➔ MODULE NINE MANAGEMENT OF DERANGEMENT SYNDROME**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Identify and explain the four stages of management of a Derangement.
2. Describe the essential management principles for each stage of Derangement.
3. Describe the indications for the progression of forces required in the management of the Derangement syndrome.
4. Discuss the specific management pathways for the three sub-classifications of Derangements – symmetrical bilateral symptoms, unilateral asymmetrical to the knee and unilateral asymmetrical below the knee.

### **➔ MODULE TEN MANAGEMENT OF DYSFUNCTION SYNDROME**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Describe and explain the management of the Dysfunction syndrome.
2. Explain the essential principles of self-management and of patient responsibility in achieving, appropriate management outcomes.
3. Design a typical management programme, which includes an educational component and an active mechanical component.
4. Describe the clinical features of adherent nerve root and discuss a typical management programme for this type of dysfunction.

### **➔ MODULE ELEVEN MANAGEMENT OF POSTURAL SYNDROME**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Describe and explain the management of the postural syndrome.
2. Explain the essential principles of self-management and of patient responsibility in achieving appropriate management outcomes.
3. Design a typical management programme which includes education on: the association between posture and pain, posture correction and the avoidance of aggravating postures.

## Part A – The Lumbar Spine Goals and Objectives

### ➔ **MODULE TWELVE FOLLOW UP EVALUATIONS**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Describe the indicators used to establish changes in patient's symptoms.
2. Describe the review process used to confirm the patient's classification.
3. Assess and evaluate the response to a management programme, assess progress in view of the goals of management, and initiate appropriate modifications to ensure that the goals are achieved.

### ➔ **MODULE THIRTEEN RECURRENCES AND PROPHYLAXIS**

#### OBJECTIVES

With sufficient time to/for practice, participants will be able to meet/achieve the following objectives:

1. Identify those factors, which predispose patients to a recurrence of low back pain.
2. Explain the prophylactic concept.
3. Explain the role of self-management and patient responsibility in effective prophylaxis.
4. Design a specific prophylactic programme for each of the three McKenzie syndromes.

**The McKenzie Institute International**  
**Part A The Lumbar Spine Mechanical Diagnosis & Therapy**

**DETAILED SCHEDULE**

**REGISTRATION/Continental Breakfast Day One: 7:30-8:00am**

| <u>Course</u>                             | <u>Times</u>    | <u># Minutes</u> | <u>Program</u>        | <u>Titles</u>  |
|---|-----------------|------------------|-----------------------|--|
| <b>Day One</b><br><b>8:00am to 5:00pm</b> | 8:00-9:00am     | 60               | Module One            | Introducation and Epidemiology                             |
|   | 9:00-10:00am    | 60               | Module Two            | Pain and connective Tissue Properties                      |
|   | 10:00-10:15am   | 0                | - Break - am          |  |
|   | 10:15-12:00noon | 105              | Module Three          | Mechanical Diagnosis: Classification & Definition of Terms |
|   | 12:00-12:45     | 0                | - Lunch -             |  |
|   | 12:45 - 2:00pm  | 90               | Module Three cont'd   | Mechanical Diagnosis: Classification..cont'd               |
|   | 2:15-2:45pm     | 30               | Module Four           | History and Physical Examination                           |
|   | 2:45-3:00pm     | 0                | - Break - pm          |  |
|   | 3:00-4:00pm     | 60               | Patient Demonstration | New Patient assessment #1                                  |
|   | 4:00-5:00pm     | 60               | Patient Demonstration | New Patient assessment #2                                  |

*Day One hours: 7.75*

**Day Two**  
**8:00am to 5:00pm**

|   |                 |  |                       |  |
|---|-----------------|--|-----------------------|--|
| 7:30am-8:00am                             | 0               | <i>- Day Two sign-in/Continental Breakfast</i> |                       |  |
| <b>Day Two</b><br><b>8:00am to 5:00pm</b> | 8:00-9:45am     | 105  | Module Four cont'd    | History and Examination                  |
|   | 9:45-10:00am    | 0  | - Break - am          |  |
|   | 10:00-11:00am   | 60   | Module Five           | Anatomy                                  |
|   | 11:00-11:30am   | 30   | Patient Demonstration | Repeat Patient #1                        |
|   | 11:30-12:00noon | 30   | Patient Demonstration | Repeat Patient #2                        |
|   | 12:00-12:45     | 0  | - Lunch -             |  |
|   | 12:45 - 1:15pm  | 30   | Module Five cont'd    | Anatomical Considerations related to MDT |
|   | 1:15-2:00pm     | 45   | Module Six            | Evaluation of Clinical Presentations     |
|   | 2:00-3:00pm     | 45   | Patient Demonstration | New Patient assessment #3                |
|   | 2:45-3:00pm     | 0  | - Break - pm          |  |
|   | 3:00-4:00pm     | 60   | Patient Demonstration | New Patient assessment #4                |
|   | 4:00-5:00pm     | 60   | Patient Demonstration | New Patient assessment #5                |

*Day Two hours: 7.75*

**Day Three**  
**8:00am to 5:00pm**

|   |                 |  |                       |  |
|---|-----------------|--|-----------------------|--|
| 7:30am-8:00am                               | 0               | <i>- Day Three sign-in/Continental Breakfast</i> |                       |  |
| <b>Day Three</b><br><b>8:00am to 5:00pm</b> | 8:00-9:45am     | 105  | Module Six cont'd     | Evaluation of Clinical Presentations         |
|   | 9:45-10:00am    | 0  | - Break - am          |  |
|   | 10:00-10:30am   | 30   | Module Six cont'd     | Evaluation of Clinical Presentations         |
|   | 10:30-11:00am   | 30   | Module Seven          | Procedures of Mechanical Therapy             |
|   | 11:00-11:30am   | 30   | Patient Demonstration | Repeat Patient #1                            |
|   | 11:30-12:00noon | 30   | Patient Demonstration | Repeat Patient #2                            |
|   | 12:00-12:45     | 0  | - Lunch -             |  |
|   | 12:45-1:15pm    | 30   | Patient Demonstration | Repeat Patient #3                            |
|   | 1:15-1:45pm     | 30   | Patient Demonstration | Repeat Patient #4                            |
|   | 1:45-2:15pm     | 30   | Patient Demonstration | Repeat Patient #5                            |
|   | 2:15-2:30pm     | 0  | - Break - pm          |  |
|   | 2:30-3:45pm     | 75   | Module Eight          | Procedures of Mechanical Therapy - Practical |
|   | 3:45-4:30pm     | 45   | Module Nine           | Management of Derangement Syndrome           |
|   | 4:30-5:00pm     | 30   | Case Studies          |  |

*Day Three hours: 7.75*

**Day Four**  
**8:00am to 3:30pm**

|  |               |   |                       |                                     |
|--|---------------|---|-----------------------|-------------------------------------|
| 7:30am-8:00am                              | 0             | <i>- Day Four sign-in/Continental Breakfast</i> |                       |                                     |
| <b>Day Four</b><br><b>8:00am to 3:30pm</b> | 8:00-9:15am   | 75  | Module Nine cont'd    | Management of Derangement Syndrome  |
|  | 9:15-10:00am  | 45  | Module Ten            | Management of Dysfunction Syndrome  |
|  | 10:00-10:15am | 0   | - Break - am          |                                     |
|  | 10:15-10:30am | 15  | Module Eleven         | Management of Posture Syndrome      |
|  | 10:30-11:30am | 60  | Patient Demonstration | Repeat Patients #1-5                |
|  | 11:30-12:00   | 30  | Module Twelve         | Follow-up Evaluations, Case Studies |
|  | 12:00-1:00    | 60  | Module Thirteen       | Recurrences and Prophylaxis         |

*Day Four hours: 4.75*

**TOTAL course hrs. 28**

NOTE: This is a fairly typical timeline; however the actual order of topics and timeline may vary between individual instructors' activities and patient simulation scheduling. Each day incorporates 45-minute lunch break midday and a fifteen-minute break morning and afternoon except the final day. It is mandated by the Institute that all faculty adjust accordingly to maintain the 28-contact hour requirement.