



Part B – MDT: The Cervical and Thoracic 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 cervical and thoracic spine. Each major subdivision of the course has very specific educational objectives. In more 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 cervical and thoracic 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 "progression of forces" concept.
4. Assist patients to design and apply the therapeutic processes on their own to achieve management goals.

➔ **MODULE ONE INTRODUCTION AND EPIDEMIOLOGY**

OBJECTIVES

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

1. Review 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 pain of cervical and thoracic origin.
3. Describe the risk and prognostic factors.

➔ **MODULE TWO 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 wry neck and identify when it is clinically relevant.

➔ **MODULE THREE 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 relevant structure and function of the motion segments.
2. Describe the key biomechanical features of the cervical spine.
3. Describe the features of aging and degeneration in the motion segment and how it may relate to clinical presentations.

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➔ MODULE FOUR HISTORY AND PHYSICAL EXAMINATION

OBJECTIVES

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

1. Describe the components of the history taking section of the McKenzie cervical assessment form and discuss the clinical relevance of each.
2. Describe the components of the physical examination section of the McKenzie cervical assessment form and discuss the clinical relevance of each.
3. Define and demonstrate the appropriate use of terms involved in completing the McKenzie cervical assessment form.
4. Accurately complete the McKenzie cervical assessment form.

➔ MODULE FIVE 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 SIX PROCEDURES OF MECHANICAL THERAPY – THEORY

OBJECTIVES

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

1. Describe and explain the “progression of forces” used in the McKenzie Method.
2. Describe and explain the “force alternatives” used 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.

➔ MODULE SEVEN 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.
3. Perform and teach the self-management procedures.
4. Perform clinician overpressure to retraction, and the clinician techniques of – retraction mobilisation in sitting (Procedure 1c) and retraction and extension with rotation and traction in supine (Procedure 2b).

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➔ MODULE EIGHT MANAGEMENT OF DERANGEMENT SYNDROME

OBJECTIVES

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

1. Discuss the four stages of management of a Derangement.
2. Discuss the management principles used for Derangement syndrome.
3. Discuss the specific management pathways for Derangements with different symptom locations – central symmetrical symptoms, unilateral asymmetrical to the elbow and unilateral asymmetrical below the elbow.

➔ MODULE NINE 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. Describe a typical management programme for an extension Dysfunction, which includes an educational component and an active mechanical component.
4. Describe the clinical features of adherent nerve root and design a typical management programme for this type of Dysfunction.

➔ MODULE TEN 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.

➔ MODULE ELEVEN FOLLOW-UP EVALUATION

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.

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➔ MODULE TWELVE RECURRENCES AND PROPHYLAXIS

OBJECTIVES

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

1. Identify the factors that predispose patients to a recurrence.
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.

➔ MODULE THIRTEEN CERVICAL HEADACHES

OBJECTIVES

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

1. Differentiate between mechanically induced and non-mechanically induced headaches.
2. Distinguish headaches caused by each of the three McKenzie syndromes.
3. Describe and the assessment and management of Mechanical headaches using the principles of MDT.

➔ MODULE FOURTEEN WHIPLASH ASSOCIATED DISORDERS

OBJECTIVES

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

1. Discuss the clinical features of Whiplash associated disorders.
2. Design and evaluate an appropriate management programme.

➔ MODULE FIFTEEN THORACIC SPINE

OBJECTIVES

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

1. Describe the relevant structure, function and biomechanics of the motion segments.
2. Describe the features of aging and degeneration in the motion segment and how they may relate to clinical presentations.
3. Describe and differentiate Derangement, Dysfunction and Postural syndromes.
4. Describe and differentiate between the McKenzie syndromes and other spinal conditions.
5. Describe the components of the history and physical examination sections of the McKenzie assessment.
6. Describe and perform the self- management procedures.
7. Describe the essential management principles for Derangement, Dysfunction and Postural syndromes.

The McKenzie Institute International

DETAILED SCHEDULE

Part B The Cervical and Thoracic Spine Mechanical Diagnosis & Therapy

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

<u>Course</u>	<u>Times</u>	<u># Minutes</u>	<u>Program</u>	<u>Titles</u>
Day One 8:00am to 5:00pm	8:00-9:15am	75	Module One	Introduction and Epidemiology
	9:15-9:45am	30	Module Two	Mechanical Diagnosis: Classification & Definition of Terms
	9:45-10:00am	0	- Break - am	
	10:00-11:15am	75	Module Two	Mechanical Diagnosis: Classification & Definition of Terms
	11:15-12:00am	45	Module Three	Anatomical Considerations Related to MDT
	12:00-12:45pm	0	Lunch	
	12:45-2:30pm	105	Module Four	History and Physical Examination
	2:30-3:30pm	60	Patient Demonstration	New Patient assessment #1
	3:30-3:45pm	0	- Break - pm	
	3:45-4:45	60	Patient Demonstration	New Patient assessment #2
4:45-5:30pm	45	Patient Analysis / Discussion		

Day One hours: 8.25

Day Two 8:00am to 5:00pm	7:30am-8:00am	0	- Day Two sign-in/Continental Breakfast	
	8:00-9:15am	75	Module Five	Evaluation of Clinical Presentations
	9:15-9:45am	30	Module Six	Procedures of Mechanical Therapy-Theory
	9:45-10:00am	0	- Break - am	
	10:00-11:00am	60	Module Seven	Procedures of Mechanical Therapy - Practical
	11:00-11:30am	30	Patient Demonstration	Repeat Patient #1
	11:30-12:00noon	30	Patient Demonstration	Repeat Patient #2
	12:00-12:45pm	0	- Lunch -	
	12:45-1:45pm	60	Module Seven	Procedures of Mechanical Therapy - Practical (continued)
	1:45-2:45	60	Module Eight	Management of Derangement Syndrome
	2:45-3:00pm	0	- Break - pm	
	3:00-4:00pm	60	Patient Demonstration	New Patient assessment #3
	4:00-5:00pm	60	Patient Demonstration	New Patient assessment #4
5:00-5:30pm	30	Patient Analysis / Discussion		

Day Two hours: 8.25

Day Three 8:00am to 5:00pm	7:30am-8:00am	0	- Day Three sign-in/Continental Breakfast	
	8:00-8:30am	30	Module Eight	Management of Derangement Syndrome (continued)
	8:30-9:00am	30	Module Nine	Management of Dysfunction Syndrome
	9:00-9:15am	15	Module Ten	Management of Postural Syndrome
	9:15-9:30am	15	Module Eleven	Follow up evaluations
	9:30-9:45am	0	- Break - am	
	9:45-10:15am	30	Module Twelve	Recurrences and Prophylaxis
	10:15-10:45am	30	Module Thirteen	Cervical Headaches
	10:45-11:15am	30	Module Fourteen	Whiplash Associated Disorders
	11:15-11:45am	30	Patient Demonstration	Repeat Patient #1
	11:45-12:15	30	Patient Demonstration	Repeat Patient #2
	12:15-1:00pm	0	- Lunch -	
	1:00-1:30pm	30	Patient Demonstration	Repeat Patient #3
	1:30-2:00pm	30	Patient Demonstration	Repeat Patient #4
	2:00-3:30pm	90	Module Fifteen	The Thoracic Spine

Day Three hours: 6.5

TOTAL course hrs. 23

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 23-contact hour requirement.