



Part C – Problem Solving Workshop Goals and Objectives

THE MCKENZIE INSTITUTE® INTERNATIONAL

This is a three-day practical workshop-style course, which emphasises student participation in problem solving, classification and treatment of spinal patients. The course also includes demonstrations of complex patients. Problems and difficulties perceived by the students or identified by the tutor are dealt with. There is in-depth discussion of the indications and contra-indications for the use of mechanical therapy in general and clinician technique in particular. The appropriate application of self-treatment procedures and clinician techniques are taught and practised. The course has limited enrolment to ensure adequate tutor/student ratio in case study problem solving and technique learning.

Following attentive participation and completion this course module will provide participants with the intermediate knowledge, skills and abilities to:

1. Identify and correct common problems encountered in the McKenzie initial assessment and classification of spinal patients.
2. Identify and correct common problems in the treatment progression of spinal patients.
3. Identify when the application of clinician forces is required for the resolution of symptoms using McKenzie's 'Progression of Forces' concept.
4. Accurately perform selected intermediate level clinician techniques for the spine.
5. Identify contra-indications to the above techniques

➔ **MODULE ONE** **PROBLEM AREAS AND PROBLEM SOLVING GUIDE**

OBJECTIVES

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

1. Identify and discuss the common problems encountered in the McKenzie initial assessment and classification of spinal patients.
2. Identify and discuss the common problems in the management of spinal patients.
3. To compare and contrast individual areas of difficulty with those commonly encountered.
4. To analyse the common areas of problems encountered with Mechanical Diagnosis and Treatment and identify appropriate solutions.

➔ **MODULE TWO** **REVIEW OF ASSESSMENT**

OBJECTIVES

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

1. To demonstrate an understanding of the clinical significance of the components of the History section of the McKenzie assessment form.
2. To demonstrate an understanding of the clinical significance of the components of the Physical examination section of the McKenzie assessment form.
3. To demonstrate an ability to use the McKenzie terminology when completing an assessment form.
4. To analyse a completed McKenzie assessment form to determine the presence of a McKenzie classification.
5. To analyse the components of the reassessment process to determine the appropriate ongoing management of patients with spinal symptoms.

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➔ **MODULE THREE FORCE PROGRESSION**

OBJECTIVES

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

1. Demonstrate an understanding of the role of force progressions in the management of patients with MDT.
2. To determine when a force progression is required in the management of a patient with MDT.
3. To explain the importance of force progression in the sequence of pre-manipulative testing.
4. To describe the sequence of force progressions for each of the treatment principles.

➔ **MODULE FOUR LUMBAR SPINE WORKSHOP**

OBJECTIVES

1. To demonstrate the self- treatment procedures for the lumbar spine and analyse common problem areas.
2. To perform the clinician procedures for the lumbar spine (excluding manipulation) and analyse common problem areas.
3. To describe and discuss the common problem areas encountered with the recovery of function in the lumbar spine.

➔ **MODULE FIVE CERVICAL SPINE WORKSHOP**

OBJECTIVES

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

1. To demonstrate the self- treatment procedures for the cervical spine and analyse common problem areas.
2. To perform the clinician procedures for the cervical spine (excluding manipulation) and analyse common problem areas.
3. To describe and discuss the common problem areas encountered with the recovery of function in the cervical spine.

➔ **MODULE SIX THORACIC SPINE WORKSHOP**

OBJECTIVES

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

1. To demonstrate the self- treatment procedures for the thoracic spine and analyse common problem areas.
2. To perform the clinician procedures for the thoracic spine (excluding manipulation) and analyse common problem areas.
3. To describe and discuss the common problem areas encountered with the management of the McKenzie syndromes in the thoracic spine.

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➔ MODULE SEVEN CASE STUDIES

OBJECTIVES

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

1. To analyse case studies presented on McKenzie assessment forms and determine the presence of derangement, dysfunction and posture syndrome.
2. To analyse case studies presented on McKenzie assessment forms and determine the presence of Red flags.
3. To analyse case studies presented on McKenzie assessment forms and determine the presence of other spinal conditions.
4. To design a management plan for the provisional classification determined for the case studies provided.

➔ MODULE EIGHT DERANGEMENT PRACTICAL

OBJECTIVES

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

1. To describe the management and demonstrate the procedures used for Derangement syndrome.
2. Discuss the advantages & disadvantages of the various alternatives of reductive procedures that can be used in the management of derangements.
3. To analyse why sagittal forces may worsen derangements and discuss what alternative reductive procedures may be used.
4. To differentiate between unilateral asymmetrical derangements below the knee and ANR and discuss which testing procedures are used in the management of both syndromes.
5. To discuss the differences in the management of a contralateral shift and an ipsilateral shift.

The McKenzie Institute International

DETAILED SCHEDULE

Part C: Mechanical Diagnosis & Therapy Problem Solving Workshop

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

Course	Times	# Minutes	Program	Titles
Day One 8:00am to 5:00pm	8:00-10:00am	120	Module One	Introduction, Problem areas
	10:00-10:15am	0	- Break - am	
	10:15-12:00	105	Module Two	Problem Areas and Case Studies
	12:00-12:45pm	0	Lunch	
	12:45-1:45pm	60	Module Three	Assessment Review
	1:45-2:45pm	60	Module Four	Review of Assessment and Case Studies
	2:45-3:00pm	0	- Break - pm	
	3:00-4:00pm	60	Module Four cont'd	Force Progression / Lumbar Spine: Extension Principle
	4:00-5:00pm	60	Patient Demonstration	New Patient assessment #1

Day One hours: 7.75

Day Two 8:00am to 5:00pm	7:30am-8:00am	0	- Day Two sign-in/Continental Breakfast	
	8:00-8:45am	45	Module Four cont'd	Lumbar Spine: Lateral Flexion
	8:45-9:15am	30	Module Four cont'd	S.I. Joint and Hip
	9:15-10:00am	45	Module Four cont'd	Case Studies
	10:00-10:15am	0	- Break - am	
	10:15-10:45am	30	Module Five	Cervical Spine: Extension Principle
	10:45-11:45	60	Patient Demonstration	New Patient assessment #2
	11:45-12:00	15	Patient Discussion	
	12:00-12:45pm	0	- Lunch -	
	12:45-1:45pm	60	Patient Demonstration	New Patient assessment #3
	1:45-2:15pm	30	Patient Demonstration	Repeat Patient #1
	2:15-3:00pm	45	Module Five	Cervical Spine: Lateral Compartment
	3:00-3:15pm	0	- Break - pm	
	3:15-5:00pm	105	Module Five	Cervical Spine: Flexion Principle, Differentiation and Upper Cervical

Day Two hours: 7.75

Day Three 8:00am to 5:00pm	7:30am-8:00am	0	- Day Three sign-in/Continental Breakfast	
	8:00-9:00am	60	Module Six	Thoracic Spine
	9:00-9:30am	30	Patient Demonstration	Repeat Patient #2
	9:30-10:00am	30	Patient Demonstration	Repeat Patient #3
	10:00-10:30am	30	Module Six	Thoracic Spine
	10:30-10:45am	0	- Break - am	
	10:45-11:00am	15	Module Eight	Derangement - Practical
	11:00-11:30am	30	Patient Demonstration	Repeat Patient #1
	11:30-12:15pm	45	Module Seven	Case Studies
	12:15-12:30	0	- Break - pm	
	12:30-1:00pm	30	Module Eight	Problem Solving
	1:00-1:30pm	30	Patient Demonstration	Repeat Patient #4
	1:30-2:00pm	30	Module Seven	Case Studies

Day Three hours: 5.5

TOTAL course hrs. 21

NOTE: Module Seven consists of seven (7) case studies which are used through out the course to facilitate learning in the various modules so that the student can learn to apply this new knowledge in a practical application by analyzing an appropriate case study(s).

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 21-contact hour requirement.