



Part D – Advanced Problem Solving Workshop Goals and Objectives

THE MCKENZIE INSTITUTE® INTERNATIONAL

This four-day practical workshop-style course emphasises student participation in advanced problem solving with regards to the categorisation and treatment of more complex and chronic spinal patients. The course includes the biomechanical basis of intermediate and advanced level therapist techniques. There is in-depth discussion of the clinical indications and contra-indications for the use of intermediate and advanced level clinician techniques within McKenzie's 'progression of forces' framework. The appropriate application of intermediate and advanced level clinician techniques is taught and practised. The course has limited enrolment to ensure adequate instructor/ student ratio in case study problem solving and technique learning, and is a preparation for the Credentialling Examination and subsequent entrance to the Diploma Programme.

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

1. Identify and correct, at an advanced level, problems encountered in the McKenzie initial assessment and categorisation of spinal patients.
2. Identify and correct, at an advanced level, problems encountered in the treatment progressions of spinal patients.
3. Identify the clinical indications for the use of intermediate and advanced level clinician techniques on the cervical, thoracic and lumbar spine.
4. Identify the clinical contra-indications for the use of intermediate and advanced level clinician techniques on the cervical, thoracic and lumbar spine.
5. Perform selected intermediate and advanced level clinician techniques on the spine

➔ **MODULE ONE**
APPLICATION OF CLINICIAN TECHNIQUES IN MDT

➔ **MODULE TWO**
CAUTIONS AND CONTRA-INDICATIONS

➔ **MODULE THREE**
LUMBAR TECHNIQUES

➔ **MODULE FOUR**
CERVICAL TECHNIQUES

➔ **MODULE SIX**
THORACIC TECHNIQUES

➔ **MODULE SEVEN**
SACRO-ILIAC JOINT

➔ **MODULE EIGHT**
PROBLEM SOLVING EXERCISE

➔ **MODULE NINE**
CASE STUDIES

The McKenzie Institute International

DETAILED SCHEDULE

Part D: Mechanical Diagnosis & Therapy Advanced Problem Solving Practical Workshop

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

<u>Course</u>	<u>Times</u>	<u>Time</u>	<u>Program</u>
Day One 8:00am to 5:00pm	8:00 - 10:30	150	Application of Clinician Techniques in MDT Indications, Rules and Guidelines
	10:30-10:45	0	break
	10:45-12:15	90	Precautions and Contraindications
	12:15-1:00	0	lunch
	1:00-3:30	90	Technique Workshop Lumbar Spine: Positioning and application
	3:30-3:45	0	break
	3:45-5:00	135	Technique Workshop Lumbar Spine Cont.

Day One hours: 7.75

<u>Course</u>	<u>Times</u>	<u>Time</u>	<u>Program</u>
Day Two 8:00am to 5:00pm	7:30am-8:00am	0	- Day Two sign-in/Continental Breakfast
	8:00-10:30	150	Lumbar Problem Solving: Case Study Analysis Lumbar Problem Solving: Differential Diagnosis
	10:30-10:45	0	break
	10:45-12:15	90	Technique Workshop Cervical Spine: Indications, precautions and contraindications
	12:15-1:00	0	lunch
	1:00-3:30	90	Technique Workshop Cervical Spine: Positioning and application
	3:30-3:45	0	break
	3:45-5:00	135	Technique Workshop Cervical Spine: Cont. Problem solving: Case studies/differential diagnosis

Day Two hours: 7.75

<u>Course</u>	<u>Times</u>	<u>Time</u>	<u>Program</u>
Day Three 8:00am to 5:00pm	7:30am-8:00am	0	- Day Three sign-in/Continental Breakfast
	8:00 - 10:30	150	Problem solving: Case studies/differential diagnosis Re-Assessment, Treatment, Compliance and Prophylaxis
	10:30-10:45	0	break
	10:45-12:15	90	Technique Workshop Thoracic Spine: Indications, precautions and contraindications, positioning and application
	12:15-1:00	0	lunch
	1:00-3:30	90	Testing & General Management of S-I Joint Disorders
	3:30-3:45	0	break
	3:45-5:00	135	Problem solving: Case studies/differential diagnosis

Day Three hours: 7.75

<u>Course</u>	<u>Times</u>	<u>Time</u>	<u>Program</u>
Day Four 8:00am - 1:00pm	7:30am-8:00am	0	- Day Four sign-in/Continental Breakfast
	8:00-10:30	150	Technique Practice Lumbar, Cervical and Thoasic Spines: Review
	10:30-10:45	0	break
	10:45-1:00	135	Differential Diagnosis: Lumbar Spine vs. Hip vs. S/I joint Differential Diagnosis: Cervical Spine vs. Shoulder

Day Four hours: 4.75

TOTAL course hrs.	28
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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.