



# THE MCKENZIE INSTITUTE® INTERNATIONAL

## Part E: The Human Extremities

### Course Goals

As its name implies this course focuses on the Extremities and the application of the McKenzie theory and techniques in the mechanical diagnosis of problems and the therapeutic approaches to resolve these problems. Each major subdivision of the course has very specific educational objectives. In more general terms, the goals of this course reflect our sincere desire that you gain the knowledge and skills that form the basis from which you may begin to develop your own abilities in applying these principles.

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

1. Appropriately apply the McKenzie Method® of Mechanical Diagnosis and Therapy™ to patients with Extremities problems.
2. Distinguish between the McKenzie Syndromes (Postural, Dysfunction, and Derangement) as applied to the Extremities, and provide appropriate treatment regimens for each of the syndromes and their sub-classifications.
3. Identify when the application of external forces or external stabilization 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 maintain treatment goals.
5. Distinguish non-mechanical disorders and provide appropriate advice.

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### ➔ REVIEW OF BASIC PRINCIPLES AND EPIDEMIOLOGY

#### OBJECTIVES

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

1. Describe and differentiate the characteristics of the three McKenzie Syndromes (Postural, Dysfunction, and Derangement)
2. Describe and explain the implications of various findings from repeated movement testing in relation to the three McKenzie Syndromes
3. Explain the essential roles of the principles of self-treatment and of patient responsibility in achieving effective treatment
4. Identify the differences between pain syndromes in the spine and extremities
5. Describe the major epidemiological factors associated with extremity conditions
6. Understand the concept of 'natural history' in the resolution of extremity pain

### ➔ ANATOMY/ BIOMECHANICS AND PHYSIOLOGY

#### OBJECTIVES

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

1. Describe the characteristics of the soft tissues of the body with particular reference to their adaptability and response to loading, stress deprivation and to cumulative postural stresses.
2. Broadly differentiate between the functional anatomy and biomechanics of the upper and lower limbs

## ➔ **PATHOPHYSIOLOGY**

### OBJECTIVES

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

1. Describe the healing process in relation to the components of injury, inflammation, repair and remodeling
2. Describe and identify the etiology, clinical manifestations and underlying pathophysiology related to each of the three McKenzie syndromes

## ➔ **CONTRAINDICATIONS AND PRECAUTIONS**

### OBJECTIVES

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

1. Identify the precautions and contraindications to mechanical therapy, with particular reference to the extremities.

## ➔ **ASSESSMENT OF THE PATIENT - EXTREMITIES**

### OBJECTIVES

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

1. Accurately complete the history and clinical examination sections of the standard McKenzie assessment as used for the Extremities
2. Utilize the application of effective patient questioning strategies
3. Interpret and appraise the patient's answers to your questions
4. Assess movement loss during both active and passive movements.
5. Assess the effect of resisted tests
6. Conduct and evaluate repeated movement testing and static testing to influence the patient's symptoms
7. Define and demonstrate the appropriate use of terms involved in completing the repeated movement portion of the assessment
8. Analyze the results of repeated movement testing to differentiate between the three McKenzie syndromes
9. Conduct and evaluate relevant spinal assessment to exclude spinal pathology
10. Evaluate the results of the assessment to determine an appropriate management strategy

## ➔ **TREATMENT PROCEDURES**

### OBJECTIVES

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

1. Describe and explain the 'progression of force' concept used in the McKenzie approach with particular reference to the extremities
2. Describe and perform the basic skills and abilities to apply and evaluate the results derived from the extremities self-treatment procedures and therapist techniques in the treatment of the three McKenzie syndromes and their sub-classifications

## ➔ **TREATMENT OF THE THREE SYNDROMES**

### OBJECTIVES

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

1. With particular reference to the Extremities, design for each McKenzie syndrome and its sub-classifications a patient individualized treatment program which includes a home program, patient education, and the outcome predictors that will be used to assess progress
2. Apply the basic skills and abilities to evaluate a treatment program, assess progress towards meeting the goals of the treatment, and initiate appropriate modifications to assure progress towards success is maintained
3. Apply the basic skills and abilities to determine the appropriate time to initiate the 'recovery of function' phase of treatment
4. Apply the basic skills and abilities to determine the appropriate time for discharge

## **RE-ASSESSMENT AND OUTCOME PREDICTORS**

### OBJECTIVES

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

1. Use patient questioning strategies, which are effective in establishing indicators of improvement
2. Utilize effective patient questioning strategies, which can be used to establish the likely causes of lack of improvement or of deterioration of symptoms
3. Identify fast, slow or non-responders in relation to the three McKenzie syndromes with particular reference to the Extremities

## ➔ **THE PROPHYLACTIC CONCEPT**

### OBJECTIVES

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

1. Describe those factors that contribute to a recurrence of Extremity pain syndromes
2. Define the prophylactic concept
3. Design a prophylactic program for each of the McKenzie syndromes in relation to the Extremities
4. Explain why the principles of self-treatment and patient responsibility are essential for effective prophylaxis

## **PRACTICAL SESSION - EXTREMITIES**

### OBJECTIVES

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

1. Perform and teach the self-treatment procedures for the Extremities
2. Perform appropriate therapist techniques necessary for the treatment of specific conditions in the Extremities.
3. Apply the appropriate 'progression of forces' for specific conditions in the Extremities

# The McKenzie Institute International

# DETAILED SCHEDULE

## Part E: Mechanical Diagnosis & Therapy of the Extremities

### REGISTRATION/Continental Breakfast Day One: 7:15-7:45am

<u>Course</u>	<u>Times</u>	<u># Minutes</u>	<u>Program</u>
<b>Day One</b> <i>7:45am to 5:45pm</i>	7:45-8:15	30	Review of the McKenzie & Mechanical Therapy Principles
	8:15-8:45	30	Epidemiology and Abnormal Tissue States
	8:45-9:30	45	The 3 Syndromes as Applied to Extremities
	9:30-10:00	30	Comparison of Spine vs. Extremities
	10:00-10:45	45	Patient Simulation #1
	10:45-11:00	0	Break
	11:00-12:15	75	Extremity Evaluation Form - History and Physical Examination
	12:15-1:15	0	Lunch
	1:15-2:30	75	Patient Simulation #2
	2:30-3:15	45	Patient Simulation #3
	3:15-3:30	0	Break
	3:30-4:00	30	Case Studies/Problem Solving - Assessment and Diagnosis
	4:00-4:45	45	Patient Simulation #4
	4:45-5:30	45	Patient Simulation #5
	5:30-5:45	15	Q & A – Review of Patients and Assessment results and treatment plan development

Day One hours: **8.5**

### Day Two *7:45am to 1:30pm*

<i>7:15am-7:45am</i>	<b>0</b>	<i>- Day Two sign-in/Continental Breakfast</i>
7:45-8:00	15	Review Day One, Patient Analysis and Discussion
8:00-8:45	45	Patient Simulation #6
8:45-9:45	60	Repeat Patients #1-3
9:45-10:45	60	Common Joint Problems - Upper limb
10:45-11:00	0	Break
11:00-11:30	30	Common Joint Problems - Lower Limb
11:30-12:15	45	Repeat Patients #4 & #5
12:15-12:30	15	Patient Analysis and Discussion - follow-up evaluations and common errors
12:30-1:00	30	Literature Review
1:00-1:15	15	Post-Course Questionnaire
1:15-1:30	15	Conclusion - summary of principles of assessment and treatment

Day Two hours: **5.5**

**TOTAL course hrs. 14.00**

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. Lunch and breaks are incorporated as appropriate. It is mandated by the Institute that all faculty adjust accordingly to maintain the 14-contact hour requirement.