



2017 Advanced Extremities Goals and Objectives

THE MCKENZIE INSTITUTE® INTERNATIONAL

Course Goals

The course is 14 hours consisting of lecture presentations, assessment and treatment of patients, analysis of case studies and problem solving. The course is open to Credentialed Therapists and those who have completed Parts A to D of the McKenzie Educational program. Therapists who have had some experience using MDT for Extremity disorders will find the course most beneficial.

The emphasis will be on the shoulder and knee assessment and management as these are the most common sites of musculoskeletal pain and disability in the Extremities. However, other sites will also be discussed. Literature will be presented to reinforce and validate the MDT in the Extremities concept including a randomised control trial of OA knee, an Extremities Classification Survey, relevant Case Studies, and associated material.

The new Upper and Lower Extremities Assessment Sheets will be introduced and utilised with patients, and Extremities algorithms to assist with clinical reasoning and differentiation between the Spine and Extremities will also be presented. It is anticipated that the course participants will actively participate in small groups in the assessment and management of patients selected from the group wherever possible.

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

1. Build on their pre-existing understanding of MDT in the extremities.
2. Appropriately apply the McKenzie Method of Mechanical Diagnosis and Therapy to patients with extremities problems.
3. Distinguish between the McKenzie syndromes (Derangement, Dysfunction, Postural and OTHER) as applied to the extremities and provide appropriate management regimens for each of the syndromes.
4. Identify when force progressions and force alternatives are required for the resolution of symptoms using McKenzie's 'progression of forces' concept.
5. Design and apply appropriate MDT management for patient's presenting with extremity symptoms to enable them to achieve their management goals.

➔ **MODULE ONE** **OVERVIEW OF MDT LITERATURE**

OBJECTIVES

By engaging successfully with this module a participant will be able to:

1. Discuss some of the published literature that has investigated the use of MDT in the Extremities.
2. Discuss the clinical implications of the current evidence of MDT Extremity based research.
3. Discuss how the management of Extremity disorders with MDT aligns with current clinical practice.

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➔ MODULE TWO REVIEW OF MECHANICAL DIAGNOSIS

OBJECTIVES

By engaging successfully with this module a participant will be able to:

1. Define the key clinical characteristics of the Derangement, Dysfunction and Postural Syndromes as they present in the Extremities.
2. Identify and discuss the key clinical characteristics of the categories of OTHER.
3. Appreciate the comprehensiveness of the MDT Classification in the Extremities.

➔ MODULE THREE MDT ASSESSMENT AND CLASSIFICATIONS

OBJECTIVES

By engaging successfully with this module a participant will be able to:

1. Discuss and analyse the problems encountered when performing the McKenzie assessment with patients with extremity disorders.
2. Accurately perform the history and physical examination of the McKenzie assessment utilizing the Upper and Lower Extremities Assessment Sheets.
3. Demonstrate the appropriate application of terms used in completing the McKenzie assessment form.
4. Analyse the symptom responses seen with repeated movement testing and determine the significance of the findings.
5. Determine a mechanical classification based on information gained from the assessment.

➔ MODULE FOUR MANAGEMENT OF THE SYNDROMES

OBJECTIVES

By engaging successfully with this module a participant will be able to:

1. Apply principles of MDT management for Derangement Syndrome and discuss some of the common difficulties in its application.
2. Apply the principles of MDT management for Dysfunction Syndrome (Articular and Contractile) and discuss some of the common difficulties in its application.
3. Apply the principles of MDT management for Postural Syndrome.
4. Describe and explain when force progressions and force alternatives are required as part of MDT management.
5. Describe the outcome predictors that are used to assess progress and evaluate the effectiveness of the MDT management.

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➔ **MODULE FIVE
MANAGEMENT OF EXTREMITY OTHER**

OBJECTIVES

By engaging successfully with this module a participant will be able to:

1. Discuss the current clinical management (based on the evidence) of the categories of OTHER.
2. Discuss how MDT principles can be applied to the management of the categories of OTHER.
3. Identify where further research is required to facilitate appropriate management of the categories of OTHER.

The McKenzie Institute International
Advanced Extremities

DETAILED SCHEDULE

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

<u>Course</u>	<u>Times</u>	<u># Minutes</u>	<u>Program</u>
Day One <i>7:45am to 5:45pm</i>	7:45-8:15	30	Overview of MDT Literature
	8:15-8:45	30	Review of Mechanical Diagnosis
	8:45-9:45	60	MDT Assessment and Classification
	9:45-10:00	15	<i>Break</i>
	10:00-10:45	45	Patient Simulation #1
	10:45-11:30	45	Patient Simulation #2
	11:30-12:15	45	Patient Simulation #3
	12:15-1:15	0	<i>Lunch</i>
	1:15-1:45	30	Review of AM Patients
	1:45-2:30	45	Patient Simulation #4
	2:30-3:15	45	Patient Simulation #5
	3:15-3:30	0	<i>Break</i>
	3:30-4:15	45	Patient Simulation #6
	4:15-4:45	30	Review of PM Patients
	4:45-5:45	45	Techniques
Day One hours:		8.5	
Day Two <i>7:45am to 1:30pm</i>	<i>7:15am-7:45am</i>	0	<i>- Day Two sign-in/Continental Breakfast</i>
	7:45-8:15	30	Review Day One, Patient Analysis and Discussion
	8:15-9:15	60	Follow Up Patients #1-3
	9:15-10:15	60	Patient Review and Management of Syndromes
	10:15-10:30	0	<i>Break</i>
	10:30-11:30	60	Follow Up Patients #4-6
	11:30-12:15	45	Patient Analysis and Discussion - follow-up evaluations
	12:15-1:00	45	Complete Management of Syndromes
	1:00-1:30	30	Course Conclusions
Day Two hours:		5.5	
TOTAL course hrs.		14.00	

NOTE: These are fairly typical timelines; however the actual order of topics and timeline may vary between individual instructors' activities and patient simulation scheduling. Each day incorporates one hour 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 contact hour requirement.**