

## Part A: The Lumbar Spine

### Online Component Outline

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For your convenience, this outline details the running time for this online component. It consists of five modules with a total of 312 slides that contain audio, video, pop-up quizzes, and references to the appropriate sections of the course manual (provided online).

Immediately upon logging into the course, access the **MATERIALS** tab in the top right corner; a new window will open up to access the material below:

[Help](#) | [Resources](#) | [Materials](#) 

- Course Manual Sections: [Modules 1-5](#)
- Case Study (pg 131 manual reference): [Click here](#)
- Online Component [Outline and Timeline](#)

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**Process:** You will proceed sequentially through each slide and cannot skip ahead in the presentation. You can ‘pause’ each slide at any time. As you progress through the modules, you can return to any previously viewed slide or module at any time.

You may opt to do your work all at once in one session, or take a break and return at a later time. The presentation will ‘remember’ the last slide you viewed and you will return automatically to that slide in your next session. (A session is considered the period when you login and when you close the course.)

**Suggestion:** *After taking the interactive pop-up quizzes following each of the five modules might be a natural time to take a break from a session.*

**Completion Time:** The average estimate to allow for completing the entire Part A online component is approximately five hours. We note the “running time” as a guide, which does not take into account pre-test, quizzes, post-test, pausing to review sections in the manual, reflective thinking, and material assimilation.

*(For CEU purposes in the USA, to determine the contact hours, or “seat time” in the world of distance learning, we ran beta testing with approximately 75 course attendees from our Canadian branch of the Institute in 2011 for feedback on both the mechanics of the course and content. We took the average time that accounted for the actual “running time” with the consideration for those who would take additional time to work through the quiz activities successfully, and also return to review the wrong answers. Since onset in 2012 in the USA, annual reviews of evaluations continue to find this average time of completion to be commensurate.)*

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#### Pre-Test:

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22 questions, estimate 30 minutes

#### 1. Module One

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Introduction and Epidemiology

- a) MDT cardinal features
- b) Contrast MDT with other approaches
- c) Epidemiology
- d) Risk and prognostic factors

56 slides, one video – 29:76 minutes module running time

Interactive Quiz – Slide 56 @ 29:76 minutes consecutive running time

#### 2. Module Two

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Pain and Connective Tissues

- a) Identify lumbar structures with nociceptors
- b) Describe and differentiate chemical and mechanical pain
- c) Identify and differentiate tissue healing stages and discuss their clinical significance

32 slides – 9:14 minutes module running time

Interactive Quiz – Slide 31 @ 38:90 consecutive running time

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#### 3. Module Three

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Mechanical Diagnosis: Classification and Definition of Terms

- a) Indications and contraindications for MDT
- b) Describe and differentiate derangement, dysfunction and posture
- c) Differentiate MDT syndromes and other spinal conditions
- d) Describe centralisation and discuss relevance
- e) Describe lateral shifts and identify relevance

80 slides, one video – 27:45 minutes module running time

Interactive Quiz – Slide 80 @ 66:35 consecutive running time

#### 4. Module Four

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History and Physical Examination

- a) Aims of history
- b) Components of history and relevance
- c) Questioning strategies and interpretation
- d) Aims of examination
- e) Components of examination and relevance
- f) Use of terminology
- g) Assessment form completion

90 slides, one video – 20:57 minutes module running time

Interactive Quiz – Slide 90 @ 86:92 consecutive running time

#### 5. Module Five

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Anatomical Considerations for MDT

- a) Structure, function and mechanics of the disc
- b) Key biomechanics of the lumbar spine
- c) Disc diurnal variations, disc nutrition and age changes
- d) Clinical significance of creep
- e) Stages of disc degeneration
- f) Relate stages of degeneration to clinical presentations

45 slides, one video – 9:26 minutes module running time

Interactive Quiz – Slide 45 @ 96:18 consecutive running time

#### Patient Video (Estimate 70 minutes)

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- History – 11:00 minutes running time
- Examination – 38:23 minutes running time
- Q & A – 20:00 minutes estimate

#### Case Study (Estimate 20 minutes)

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Case Study and Quiz

Refer to the “**MATERIALS**” tab to download the PDF of the case study

#### Final Test: **Important to Note**

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22 questions; estimate 40 minutes. Must obtain a 75% pass to attend the live three-day course.

- Allow for extra time available if you are not successful and need to retake the test.
- You may toggle back through the modules and use your manual to review.
- You must complete the final test in one sitting.

***If you close the session before the test is submitted, the original answers will be lost.***

#### Last Step – Online Evaluation Form

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When you pass the test, a congratulations message that appears will contain a link to a short online evaluation. **Please be sure to complete this evaluation.**