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CENTRE FOR POSTGRADUATE STUDY IN MECHANICAL DIAGNOSIS AND THERAPY

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**Dear Members,**

As you are well aware, Mechanical Diagnosis and Therapy is gaining increased acceptance world-wide as a preferred method for musculoskeletal care. This is due to the recent evidence that supports the approach, as well as the outcomes demonstrated by our patients. To gain even greater recognition of MDT, collaboration with, and representation in other organizations may prove to be of benefit.

The MDT Method is often misconstrued, misrepresented, and poorly understood. This may play a role in why greater acceptance has not been seen. Misconceptions include the Method involving extension only and a hands-off only approach. Although addressing posture and fostering patient self-management remain integral to the Method, manual application of forces is also utilized to progress the patient toward independent function.

The International Federation of Orthopedic Manual Therapists (IFOMT) is recognized as an organization which has accepted standards for education and credentialing in manual therapy. In order to become a member of IFOMT, organizations must have recognized standards for testing and credentialing. The United States has a member organization in IFOMT which is called the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT). The AAOMPT is comprised of practitioners of various schools of thought who share a common mission of serving the profession and the public by promoting excellence in orthopaedic manual physical therapy practice, education and research through collaboration with national and international associations.

Representative schools of thought within the AAOMPT include the Maitland, Paris, Grimsby, Kaltenborn, Nordic, and Osteopathic Approaches. Although these approaches may be quite diverse, they all share the goal of improving patient care and supporting evidence based practice. The interaction and sharing of knowledge among AAOMPT members is very positive. The McKenzie approach, through its evidence, clinical successes, and standards (Credentialing and Diploma), deserves a place within this organization and has been accepted as a Fellowship program (MDT Fellowship) within the AAOMPT and APTA.

The American Physical Therapy Association (APTA), in collaboration with the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT), has developed a credentialing process for post-professional training programs in physical therapy. The APTA has developed standards as well as a process to recognize physical therapists who demonstrate superior post-professional clinical skills, advanced knowledge in an area of clinical practice, and the ability to function as consultants, advocates, and educators for their peers and patients. Physical therapists that practice the McKenzie Method and incorporate manual technique as part of their management of patients also deserve such recognition.

The credentialed programs have demonstrated through their application and on-site visit, a focused area of physical therapist clinical practice, education, or research. Now, the MDT Fellowship Program is also recognized as one of the 18 credentialed Fellowship Programs in manual physical therapy across the United States.

The MDT Fellowship Program includes completion of the MII Diploma program, a thrust manipulation course, and 440 hours of mentorship (130 hours 1:1) with a Fellow of the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT).

Credentialing of the MDT Fellowship program will allow inclusion of the program in the AAOMPT which is a member organization of the International Federation of Orthopaedic Manual Therapists (IFOMT). Graduates of the MDT Fellowship Program will achieve Fellowship recognition through the AAOMPT which will further promote MDT as well as enhance its presence among those clinicians and researchers involved in the management of musculoskeletal disorders.

I hope you will join me in endorsing and support this effort. Active participation within the AAOMPT and IFOMT can only serve to increase recognition and acceptance of the McKenzie Method.

Sincerely,

A handwritten signature in black ink that reads "Robin McKenzie". The signature is written in a cursive, flowing style.

Robin McKenzie