



THE MCKENZIE METHOD

Confident Providers, Empowered Patients

All health care providers want to give their clients the best possible care with the most successful outcome. The McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT) has been providing both for decades.

The McKenzie Method is not a modality nor is it merely extension exercises. This unique approach is an evidence-based patient management system that utilizes big-picture intervention strategies. Actively involve and teach the patient to sustain a pain-free lifestyle long after their plan of care ends.

Effective MDT providers really listen to and observe their clients. They can give you distinct clues to help guide your clinical reasoning. In most cases, self-treatment can begin immediately, giving the patient control and power to alleviate pain and restore function using direction-specific exercises.

Imagine giving your patients control of their pain and the freedom to perform work and daily activities comfortably, even after years of difficulty. Imagine doing it in as little as two or three visits.

Rooted in more than 50 years of history, the McKenzie Method has established itself as a proven system of evaluation and intervention. MDT saves time and money, treating patients efficiently and without the aid of expensive equipment, testing or surgery.

Discover the key components of MDT in this overview or visit mckenzieinstituteusa.org

Mechanical Diagnosis and Therapy®



THE
McKenzie
INSTITUTE®
USA

EVALUATION DRIVES

The Proven Patient Management System of MDT

The McKenzie Method's comprehensive, evidence-based system of examination, evaluation, diagnosis, prognosis, intervention and treatment has inspired numerous studies and has produced many success stories over the years.

Aimed at patient education and independence, the process begins with a mechanical evaluation to establish a "cause and effect" relationship between historical pain behaviors.

Clinicians measure pain response to repeated test movements, positions and activities of current behaviors.

The systematic progression of applied mechanical forces utilizes pain response to monitor changes in motion and function to classify the impairment and reliably guide successful intervention.

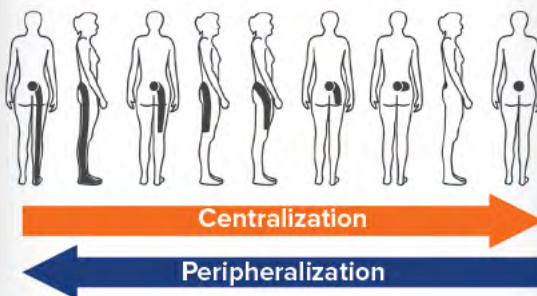
Such strong outcomes have made the McKenzie Method one of the most-researched classification systems for spine and extremity pain.

In the literature, some 34 studies examining the rates of the "Centralization" phenomenon or "Directional Preference" found a mean prevalence of 44 percent and 70 percent, respectively, indicating that these phenomena are common. More importantly, when identified, there is a very high likelihood of successful treatment results and lasting effects.

Numerous testimonials from patients and providers alike confirm what study after study proves: The McKenzie Method offers solutions that work. Every patient should have the opportunity to be screened appropriately by an MDT Certified Provider.

Review the evidence in our Resource Center at mckenzieinstituteusa.org/research-reference-list.cfm

CENTRALIZATION



DIRECTIONAL PREFERENCE - does it matter which exercise? Yes!



MDT CERTIFICATION

Brings the McKenzie Method of Mechanical Diagnosis and Therapy

With 27 other branches around the world and as the evidence grows, The McKenzie Institute® dedicates itself to training, certifying and advancing providers with ongoing education in MDT to continuously improve patient management and outcomes.

CORE CURRICULUM

The MDT Certification Program includes five core parts:

- **Part A: Lumbar Spine**
(Online component followed by three days on site)
- **Part B: Cervical & Thoracic Spine**
(Online component followed by three days on site)
- **Part C: Advanced Lumbar Spine and Extremities - Lower Limb** *(four days on site)*
- **Part D: Advanced Cervical & Thoracic Spine and Extremities - Upper Limb** *(four days on site)*
- **Credentialing Exam** *(one day on site)*

Coursework must start and end with Parts A and D, while Parts B and C may be taken in any order. All coursework concludes with the Credentialing Exam.

ADVANCED MDT COURSES

Further develop critical skills in clinical reasoning and decision making, and refine manual techniques.

Pre-requisite: Part D, and these courses are not part of the 17-day certification program structure

- **Advanced MDT: Advanced Extremities**
- **Advanced MDT: Clinical Decision Making**
- **Advanced MDT: Fine Tuning Clinician Procedures**
- **Online Case Manager – includes three Volumes, each with eight challenging cases.**

In addition, International and Americas Region McKenzie Conferences offer an array of world-class speakers, top researchers and clinicians, and hands-on workshops.

THE MCKENZIE INSTITUTE INTERNATIONAL DIPLOMA PROGRAM

Attainment of the Diploma MDT signifies achievement of the highest level of competency in the theory and practice of Mechanical Diagnosis and Therapy of musculoskeletal disorders.



MIUSA ORTHOPEDIC RESIDENCY PROGRAM and MIUSA ORTHOPEDIC MANUAL PHYSICAL THERAPY FELLOWSHIP PROGRAM

RESIDENCY PATHWAY

Leading to eligibility for Board Certification in Orthopedic Physical Therapy and MDT Credential



Blocks 1-3, Year One

- McKenzie Part A, B, C courses
- Online Case Manager Volume 1
- Orthopedic Section Home Study ISC 14.2, Research and Evidence Based Practice, and ISC 26.2
- Begin 150 direct orthopedic residency mentoring hours with mentors who are OCS, Cert.MDT or Dip. MDT

Blocks 4-6, Year Two

- McKenzie Part D, Advanced Extremity courses
- Online Case Manager Volume 2
- OS Home Study ISC 16.1, ISC 15, and ISC 17.1 while continuing mentoring hours



Successful pass of MDT written, practical final examination and mentoring experiences



Graduate from Orthopedic Residency Program and apply for OCS Examination

FELLOWSHIP PATHWAY

Leading to eligibility to apply for FAAOMPT

Required for Admission: Diploma in MDT with OCS or Diploma in MDT and graduation from an accredited Orthopaedic Residency



Commencement of 700 own clinical practice hours with a designated FAAOMPT mentor



Complete MDT Advanced Procedures Course with Extremities in Thrust Manipulation (24 hours)



Completion of OMPT Learning Activities and IFOMPT requirements including written and oral/practical examinations, psychomotor assessments and live patient exams



Completion 150 hours direct 1:1 OMPT Clinical Mentorship experience with a FAAOMPT mentor



Graduate from OMPT Fellowship Program and apply for Fellow Status with AAOMPT

MEMBERSHIP HAS ITS PRIVILEGES!

The best time to join is when you start your MDT training with a 10 percent discount on course fees.

Also:

- Ongoing 5 percent member-only discount on products purchased through OPTP
- Discounts for the Americas Region Conferences
- Print subscription to the *Journal of Manual & Manipulative Therapy* (JMMT)
- Marketing support for certified providers
- Online resources include ongoing access to video library of MDT procedures, journal article archive, job opportunity postings and more

THE CARE THEY NEED THE SKILLS YOU WANT

We provide the training that will elevate your career and patient care.

You'll learn an evidence-based* system of patient management including ...

- Active Examination
- Systematic Evaluation
- Dynamic Diagnosis
- Reliable Intervention

In the end, the McKenzie Method[®] gets you extraordinary results with educated and happy patients.

We aim to train the finest clinicians in the world and perfect your practice of an active clinical examination and diagnostic management system designed to direct the best patient-specific intervention for musculoskeletal conditions.

*Review the evidence at mckenzieinstituteusa.org/research-reference-list.cfm

SAVE TIME AND TRAVEL EXPENSES

Host a McKenzie Institute Course with Your Company.

Get great benefits like:

- Free or reduced course tuition
- Free products
- Free job opportunity placement online and much more

Visit mckenzieinstituteusa.org Today To Learn More!

FREE EDUCATIONAL RESOURCES

Get started with an online overview course and The McKenzie Institute USA's free webinars and podcasts available now at www.mckenzieinstituteusa.org

The Institute brings in top experts in the McKenzie Method to discuss research, best practices for clinicians, marketing tips and more as part of the free webinar and podcast series.

Visit our Resource Center at www.mckenzieinstituteusa.org to view the entire library and also check out informational videos, MDT procedure demonstrations and more!



podcasts



webinars



hands-on courses



networking



research

Contact us at:

The McKenzie Institute USA

432 North Franklin Street, Suite 40

Syracuse, NY 13204-1559

Ph. 315-471-7612 | 800-635-8380

Fax 315-471-7636

info@mckenzieinstituteusa.org

