



THE  
**McKenzie**  
INSTITUTE®  
USA

## 2020 Advanced MDT: Extremities Goals and Objectives

### THE MCKENZIE INSTITUTE® INTERNATIONAL

#### Course Goals

This intensive two-day course (14 hours) will focus on more advanced principles and practical application through clinical reasoning, problem solving, analysis of case studies, assessment and treatment of patients, and technique work.

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 extremity problems;
2. Distinguish between the McKenzie Syndromes (Postural, Dysfunction, and Derangement) as applied to the extremities;
3. Practice appropriate treatment regimens for each of the syndromes and their sub-classifications;
4. Identify when the application of external forces or external stabilisation is required for the resolution of symptoms using McKenzie's "progression of forces" concept;
5. Assist patients to design and apply the therapeutic processes on their own to maintain treatment goals;
6. Distinguish non-mechanical disorders and provide appropriate advice.

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

##### OBJECTIVES

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

1. Describe and discuss the current evidence on the reliability of the McKenzie classification in extremity disorders.
2. Describe and discuss the current evidence on the prevalence of the McKenzie classifications in extremity disorders.
3. Describe and discuss the current evidence on the management and prognosis for extremity disorders utilising MDT.

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### **➔ MODULE TWO REVIEW OF MECHANICAL DIAGNOSIS**

#### OBJECTIVES

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

1. Analyse and interpret the literature to understand why MDT classification in the extremities is indicated.
2. Define the key clinical characteristics of the Derangement, Dysfunction and Postural Syndromes as they present in the Extremities.
3. Identify and discuss the key clinical characteristics of the subgroups of Extremity OTHER.
4. Appreciate the comprehensiveness of the MDT Classification in the Extremities.

### **➔ MODULE THREE MDT ASSESSMENT AND CLASSIFICATIONS**

#### OBJECTIVES

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

1. Discuss and analyse problems encountered when performing an assessment of patients with extremity disorders.
2. Accurately perform an MDT assessment for patients with extremity disorders and record the appropriate information on an Upper or Lower Extremity Assessment form.
3. Utilise the correct terminology when completing an Upper or Lower Extremity assessment form.
4. To differentiate symptoms that are arising from the spine in a patient presenting with symptoms in the extremity.
5. Discuss how the spine can be assessed to determine it is not the source of the symptoms presenting in the extremities.
6. Analyse the information gained during the assessment, discuss its clinical significance and determine a mechanical classification.
7. Discuss the MDT process of reassessment and how the findings are utilised to confirm the provisional classification and alter management as appropriate.

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➔ **MODULE FOUR  
MANAGEMENT OF THE SYNDROMES**

OBJECTIVES

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

1. Apply the 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. Describe and explain when force progressions and force alternatives are required as part of MDT management.
4. Describe the outcome predictors that are used to assess progress, and evaluate the effectiveness of the MDT management.

➔ **MODULE FIVE  
MANAGEMENT OF EXTREMITY OTHER**

OBJECTIVES

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

1. Discuss the current clinical management (based on the evidence) of the subgroups of OTHER.
2. Discuss how MDT principles can be applied to the management of the subgroups of OTHER.
3. Describe and discuss the decision-making pathway for the assessment and management of Trauma / Recovering Trauma.
4. Identify where further research is required to facilitate appropriate management of the subgroups of OTHER.

**The McKenzie Institute International**  
**Advanced MDT: Extremities**

**DETAILED SCHEDULE**

REGISTRATION/Continental Breakfast Day One: 7:30-8:00am

<b>Course</b>	<b>Times</b>	<b># Minutes</b>	<b>Program</b>
<b>Day One</b> <b>8:00am to 6:00pm</b>	8:00-8:30	30	Overview of MDT Literature
	8:30-9:00	30	Review of Mechanical Diagnosis
	9:00-9:45	45	MDT Assessment and Classification
	9:45-10:00	0	<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
	4:45-6:00	75	Techniques/Management of Syndromes
<b>Day One hours:</b>		<b>8.5</b>	
<b>Day Two</b> <b>7:30am to 1:15pm</b>	7:15am-7:30am	0	- Day Two sign-in/Continental Breakfast
	7:30-8:00	30	Review Day One, Patient Analysis and Discussion
	8:00-9:00	60	Follow Up Patients #1-3
	9:00-10:15	75	Patient Review and Management of Syndromes
	10:15-10:30	0	<i>Break</i>
	10:30-11:30	60	Follow Up Patients #4-6
	11:30-12:00	30	Patient Analysis and Discussion - follow-up evaluations
	12:00-1:00	60	Complete Management of Syndromes
	1:00-1:15	15	Course Conclusions
<b>Day Two hours:</b>		<b>5.5</b>	
<b>TOTAL course hrs.</b>		<b>14.00</b>	

**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.**