



***Please read this document carefully to understand the expectations for this online course experience.***

**The online delivery format is a FULLY PARTICIPATORY COURSE taught by two experienced faculty with mandatory assignments throughout the five weeks as described in the Course Outline below.**

**COURSE FEES:** \$650 (Limited retakes spots available: \$325)

**CEUs:** All standard courses have been approved as [detailed on our website](#). A digital certificate of course completion verifying the full 28 hours will be issued in your online Profile-Course History on the MIUSA website upon successful fulfillment of all assignments in this course.

**REQUIRED TEXT: Part B Course Manual**

The complete course manual is provided digitally in your online Profile/Course History section when you log in to the MIUSA website. We recommend that you download the manual prior to starting the Prerequisite Component.

**COURSE OUTLINE (See Calendar *EXAMPLE* on page 2):**

The [Prerequisite Online Component](#) accessed through The McKenzie Institute USA website portal details are provided with your registration confirmation letter. Prepare for an approximate completion time of seven (7) hours.

- Due Wednesday prior to course start date – Modules 1-4 with a post-test passing score of 75% or higher

**WEEK 1 in Schoology/ZOOM: The Saturday start date begins with work on your own (Asynchronous).**

- Available access to MDT Procedure Videos for review/preparation for activities in weeks 4-5 starts right away.
- Due Saturday, Day 1: Personal Introduction Videos – upload your video
- Asynchronous assignments: Modules 5-6 Video Podcasts (2 hrs), self-guided, reflective learning, and quizzes
- End of Wk 1, SAT. (4 hrs) – Sync Session #1: Module 1-6 Q&A, Review Completion of Assessment Form, Patient Exams

**WEEK 2 in Schoology:**

- Asynchronous assignments: Modules 8-9 Video Podcasts (1 hr, 30 min), self-guided, reflective learning, and quizzes

**WEEK 3 in Schoology/ZOOM:**

- Asynchronous assignments: Modules 10-14 Video Podcasts (2 hrs, 45min), self-guided, reflective learning, and quizzes
- End of Wk 3, SAT. (4 hrs) – Sync Session #2: Modules 8-14 Q&A and Patient Exams

**WEEK 4 in Schoology:**

- Asynchronous assignments: Module 7: MDT Procedures – (**You will need a model to simulate the procedure tasks.**)
  - Review and practice all techniques in course manual and in the online MDT Procedure Videos library to prepare for Group work and final Sync session assignments
  - Groups will be designated with an assigned technique for each participant to record and post video for review.

**WEEK 5 in Schoology/ZOOM:**

- Asynchronous assignments: Module 7: MDT Procedures continued review in manual and videos –
  - Participants review other Group techniques and post critiques
- End of Wk 5, SAT. (2 hrs/Assigned to Group) – Sync Session #3: Role Plays and Individualized Technique Critique

**You will need a model to simulate the procedure tasks.**

**EVALUATION OF STUDENT LEARNING**

Although formal grades will not be given for the course, participation and active engagement of the student throughout all components of the Online Course will be required to earn CEUs and a Certificate of Completion.

**Deadlines for assignments are established to keep work on track and active participation in all online activity will be monitored for completion and must be evidenced to be eligible to receive a certificate of completion for the course.**

While we provide courtesy reminders as needed, it is the responsibility of the student to meet all course expectations by particular due dates. Specifically, this will involve:

- Prerequisite Online Component completion with a post-test passing score of 75% or higher
- Attendance and active participation in all three (3) Synchronous Sessions (ZOOM).
- Completion of learning activities or online quizzes based on the course manual and module video podcasts, and posts to the discussion board in Schoology.
- **Note:** Faculty will pose questions to groups or individuals on the discussion board and during synchronous sessions, making it imperative for the students to complete all assignments and learning activities prior to the due dates found on the course calendar provided with registration confirmation letters and again posted in Schoology in the Course Logistics and Introductions folder.



**SCHOOLOGY <https://mckenzieinstitute.schoology.com/>**

Extensive instructions with your login credentials to access and navigate Schoology will be EMAILED to you the Monday before the course starts. **Be sure to check your spam/junk folder that week.** The basics you will need for online work –

- Strong Wi-fi/Internet connectivity
- Up-to-date Web Browser with Javascript and Cookies enabled
- A Webcam and microphone (for ZOOM sessions)
- To review all specific technology requirements, visit: [System Requirements \(powerschool-docs.com\)](https://powerschool-docs.com)

**ZOOM <https://www.zoom.us/>**

We will use Zoom for the Synchronous ("Sync") sessions. [Download the Zoom app or appropriate plugin](#) to your PC or device you plan to use for the Sync sessions. Links to register for each Sync session will be posted in Schoology and, once registered, an email will follow with the details to join each session.

**IMPORTANT TO NOTE: You will be required to have your webcam on at all times in Zoom sessions.**

**Please be considerate of your attire; dress as you would for an in-person course and minimize distractions i.e., pets, children, etc. We also expect rules of netiquette to be followed i.e., appropriate use of language/tone, avoidance of sarcasm/jokes, and respect for others privacy and information shared, etc.**

**COURSE CALENDAR EXAMPLE:**

**REVIEW YOUR COURSE SPECIFIC DATES & TIMES and use a current calendar to map out your specific course dates.**

**Find and verify the 3 ZOOM Sync Sessions dates in the MIUSA website Course List - Location: Online\*\* detail**

A jpg of your course calendar can also be accessed in Schoology in the Course Logistics & Introductions section to download and save. **The due dates (deadlines) for assignments are in blue.**

2025		November		2025B302		Assignments due by midnight on days listed below.	ALL TIMES ARE EASTERN TIME ZONE!	PART B
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
“	“	“	29	30	31			01
			<a href="#">Prerequisite Online Component</a> DUETODAY 10/29			<a href="#">Official Course Start Date 11/1</a> ⇒ Work starts on your own for Week 1		<a href="#">Mod 5-6 podcasts published</a> <a href="#">Student Intro Videos due by SAT midnight</a>
02	03	04	05	06	07			08
			<a href="#">Module 5 due:</a> Podcasts Manual Quizzes Discussion Board			<a href="#">Module 6 due:</a> Podcasts Manual Quizzes Discussion Board		<b>SYNC SESSION #1</b> <a href="#">11/8 (4 hrs)</a> 10:00am-2:00pm EDT <a href="#">Mod 8-14 podcasts published</a>
09	10	11	12	13	14			15
			<a href="#">Module 8 due:</a> Podcasts Manual Quiz Discussion Board			<a href="#">Module 9 due:</a> Podcasts Manual Quizzes Online self-guided Quiz		
16	17	18	19	20	21			22
	<a href="#">Module 10 + 11 due:</a> Podcasts Manual Quizzes Discussion Board		<a href="#">Module 12 + 13 due:</a> Podcasts Manual Quizzes Discussion Board			<a href="#">Module 14 due:</a> Podcasts Manual Quizzes Discussion Board		<b>SYNC SESSION #2</b> <a href="#">11/22 (4 hrs)</a> 10:00am-2:00pm EDT
23	24	25	26	27	28			29
<a href="#">Module 7 MDT Procedures: USE THIS WEEK to Review &amp; Practice</a>	Review all techniques in Course Manual. Follow bullet point checklists for EACH technique	Watch the online Videos - Practice!	Module 7 Discussion Board Q&A on techniques, if needed	Happy Thanksgiving				<a href="#">Module 7 Task 1 due:</a> Students Post Video of their Group Technique Selections
2025		December						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
30	01	02	03	04	05	06		
			<a href="#">Module 7 Task 2 due:</a> Students Post Critiques to other Groups of Techniques			<b>SYNC SESSION #3</b> <a href="#">12/6</a> <a href="#">2 hrs x 2 groups</a> Group 1: 10:00AM Group 2: 12:30PM		

COMPLETE YOUR COURSE EVALUATION VIA YOUR PROFILE/COURSE HISTORY ON THE MIUSA WEBSITE

# The McKenzie Institute International

## ONLINE Part B: Cervical and Thoracic Spine 28 hours

## DETAILED SCHEDULE

Eastern Time Zone

PREREQ ONLINE COMPONENT: Asynchronous	TOPICS			
includes Pre- and Post-Exam	<u>Module 1:</u> <i>Introduction, Epidemiology &amp; Mod 1 Quiz</i> <u>Module 2:</u> <i>MDT Classification, Definition of Terms &amp; Mod 2 Quiz</i> <u>Module 3:</u> <i>Biomechanics, Movement, Loading in the Cervical Spine &amp; Mod 3 Quiz</i> <u>Module 4:</u> <i>History, Physical Examination &amp; Mod 4 Quiz</i>			
<b>Prereq Online hours: 7</b>				
<b>REVIEW YOUR SPECIFIC DATES &amp; TIMES of the 3 Live Sync Sessions on our website in the Course List Location: Online** detail</b>				
FACULTY GUIDED ONLINE	Hours	TOPICS		
<b>Asynchronous Sessions (Week 1-Saturday Start Date):</b>				
Podcasts (30 min) x 2	1	<u>Module 5:</u> <i>Evaluation of Clinical Presentations</i>		
Post and Receive Feedback from Faculty		<u>Module 6:</u> <i>Procedures of MDT – Theory &amp; Treatment Rationale</i>		
Podcasts (30 min) x 2	1	<b>Synchronous Session #1 (END OF WEEK 1):</b> Faculty-Guided LIVE Online Session via ZOOM <b>Saturday 10:00am - 2:00pmEST</b>		
Post and Receive Feedback from Faculty		<i>Active Discussion, Group Work, Q&amp;A Modules 1-6</i> <i>Completion of Assessment Form and Patient Exams</i>		
<b>Asynchronous Sessions (Week 2):</b>				
Podcasts (30min) x 2	1	<u>Module 8:</u> <i>Management of Derangement Syndrome</i>		
Post and Receive Feedback from Faculty		<u>Modules 9:</u> <i>Management of Dysfunction and Postural Syndromes</i>		
Podcasts (30 min) x 3	1.5			
Post and Receive Feedback from Faculty				
Self-Guided Quiz				
<b>Asynchronous Sessions (Week 3):</b>				
Podcasts (30 min) x 2	1	<u>Module 10 &amp; 11</u> <i>Follow-up Evaluations</i> <i>+ Prevention of Recurrences</i>		
Post and Receive Feedback from Faculty				
Podcasts (30 min) x 3	1.5	<u>Module 12 &amp; 13:</u> <i>Cervical Headaches</i> <i>+ Whiplash Associated Disorders</i>		
Post and Receive Feedback from Faculty				
Podcasts (30 min) x 1; (15 min) x 2	1	<u>Module 14</u> <i>Thoracic Spine</i>		
Post and Receive Feedback from Faculty				
<b>Synchronous Session #2 (END OF WEEK 3):</b>	4	<b>Synchronous Session #2 (END OF WEEK 3):</b> Faculty-Guided LIVE Online Session <b>Saturday 10:00am - 2:00pmEST</b>		
MDT Procedures - Course Manual and Videos	3	<i>Active Discussion, Q&amp;A Modules 8-14</i> <i>Group Work and Patient Exams</i>		
Review and Practice				
<b>Asynchronous Sessions (Week 4):</b>				
MDT Procedure Videos (Cont.)	3	<u>Module 7:</u> <i>Student Group Technique Work</i> <i>Submit Group Videos in Schoology</i>		
<b>Asynchronous Sessions (Week 5):</b>				
MDT Procedure Videos (Cont.)		<i>Students post feedback to peers in alternate groups</i>		
		<i>Time accounted for in wk 4 Review all group videos - self reflection</i>		
<b>Synchronous Session #3 (END OF WEEK 5):</b>	2	<b>Synchronous Session #3 (END OF WEEK 5):</b> Faculty-Guided LIVE Online Session <i>Times will be assigned (EST):</i> <b>Saturday 10:00am-12:00pm / 12:30-2:30pm</b>		
		<u>Module 9:</u> <i>MDT Procedures - Virtual Lab Practicals</i> <i>Student:Faculty Ratio 10:1</i>		
		Times will be assigned: <b>Group 1 (10:00 AM EST)</b> <b>Group 2 (12:30 PM EST)</b>		
<b>Faculty Guided Online hours:</b>	21			
<b>TOTAL ONLINE hours:</b>	28			



### **COURSE GOALS**

This course focuses on the application of the McKenzie Method® of Mechanical Diagnosis and Therapy® for the cervical and thoracic spine. Each section of the course has very specific educational objectives. In more general terms, the goals of this course are that you gain knowledge and skills that will form the foundation from which you can develop your own abilities in applying these principles.

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

1. Appropriately apply the McKenzie Method of MDT to patients with cervical / thoracic symptoms in the context of the biopsychosocial model of care.
2. Distinguish between the McKenzie syndromes (Derangement, Dysfunction, Postural) and the subgroups of OTHER and provide appropriate management regimes for each of the classifications.
3. Identify when the application of clinician forces are required for the resolution of symptoms using McKenzie's "progression of forces" concept.
4. Assist patients to design and apply the therapeutic processes required to achieve the patient goals.

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***NOTE: Modules 1-4 are completed in the pre-requisite online component before the three-day live course.***

#### ► **MODULE ONE**

##### **INTRODUCTION AND EPIDEMIOLOGY**

###### **OBJECTIVES**

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

1. Review the cardinal features of the McKenzie Method of Mechanical Diagnosis and Therapy and contrast it with other management approaches.
2. Describe the major epidemiological factors associated with pain of cervical origin.
3. Describe the risk and prognostic factors related to cervical pain.

#### ► **MODULE TWO**

##### **MDT CLASSIFICATION AND DEFINITION OF TERMS**

###### **OBJECTIVES**

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

1. Identify and discuss indications and contra-indications for therapy.
2. Describe the clinical characteristics of the Derangement Syndrome.
3. Describe the clinical characteristics of the Dysfunction Syndrome.
4. Describe the clinical characteristics of the Postural Syndrome.
5. Describe the clinical characteristics of Spinal OTHER subgroups.
6. Differentiate between Derangement, Dysfunction, Postural and OTHER.

#### ► **MODULE THREE**

##### **BIOMECHANICS, MOVEMENT AND LOADING IN THE CERVICAL SPINE**

###### **OBJECTIVES**

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

1. Describe the relevant biomechanics of the cervical spine.
2. Describe how different movements affect the cervical spine structures and how these movements are performed in everyday activities.
3. Describe the features of aging and degeneration in the cervical spine and how they may relate to clinical presentations.



► **MODULE FOUR**

**HISTORY AND PHYSICAL EXAMINATION**

**OBJECTIVES**

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

1. Describe the components of the history section of the McKenzie cervical assessment form and discuss the clinical relevance of each section, including responses that may implicate Serious Pathology.
2. Identify and describe Drivers of pain and disability that may influence patient management.
3. Describe the components of the physical examination section of the McKenzie cervical assessment form and discuss the clinical relevance of each section.
4. Define and demonstrate the appropriate use of terms involved in completing the McKenzie cervical assessment form.
5. Accurately complete the McKenzie cervical assessment form.

► **MODULE FIVE**

**EVALUATION OF CLINICAL PRESENTATIONS**

**OBJECTIVES**

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

1. Discuss the symptomatic and mechanical presentations obtained during the assessment.
2. Describe the symptomatic and mechanical presentations of patients with Derangement, Dysfunction, and Postural Syndrome.
3. Discuss the symptomatic and mechanical presentations of subgroups of OTHER.
4. Discuss the management principles of the three MDT syndromes.

► **MODULE SIX**

**PROCEDURES OF MDT – THEORY**

**OBJECTIVES**

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

1. Describe and explain the “progression of forces” concept used in MDT.
2. Describe and explain the “force alternatives” concept used in MDT.
3. Discuss the differences between patient procedures and clinician procedures.
4. Describe and evaluate the result of patient procedures and clinician procedures in the management of the three syndromes.

► **MODULE SEVEN**

**PROCEDURES OF MDT – PRACTICAL**

**OBJECTIVES**

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

1. Perform and teach the MDT patient procedures for the cervical spine.
2. Perform the MDT clinician procedures for the cervical spine as described.
3. Understand the rationale for application of each procedure, and its place in the sequence of Progression of Forces.



► **MODULE EIGHT**

**MANAGEMENT OF DERANGEMENT SYNDROME**

OBJECTIVES

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

1. Identify and explain the four stages of management of a Derangement.
2. Discuss the essential management principles used for each stage of the management of a Derangement.
3. Discuss the specific management pathways for the three sub-classifications of Derangement.

► **MODULE NINE**

**MANAGEMENT OF DYSFUNCTION AND POSTURAL SYNDROMES**

OBJECTIVES

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

1. Describe and explain the management of the Cervical Dysfunction and Postural Syndromes.
2. Explain the essential principles of self-management and of patient responsibility in achieving appropriate management outcomes.
3. Describe a typical management programme for an Extension Dysfunction, which includes an educational component and an active mechanical component.
4. Describe the clinical features of an Adherent Nerve Root and design a typical management programme for this type of Dysfunction.

► **MODULE TEN**

**FOLLOW UP EVALUATIONS**

OBJECTIVES

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

1. Describe the indicators used to establish changes in the patient's symptomatic and mechanical presentation.
2. Describe the review process used to confirm the patient's provisional classification.
3. Assess and evaluate the response to the management provided, assess progress in relation to the patient's goals, and make appropriate modifications to ensure that the goals are achieved.

► **MODULE ELEVEN**

**PREVENTION OF RECURRENCES**

OBJECTIVES

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

1. Discuss the factors that predispose patients to a recurrence of neck pain.
2. Discuss the role of self-management and patient responsibility in effective prevention.
3. Design a specific preventative programme for each of the three MDT syndromes in the cervical spine.



► **MODULE TWELVE**

**CERVICAL HEADACHES**

**OBJECTIVES**

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

1. Discuss the possible causes of headaches.
2. Discuss the clinical characteristics of headaches caused by Derangement, Dysfunction and Postural Syndrome.
3. Describe the assessment and management of headaches that fit the classification of Derangement, Dysfunction and Postural Syndrome.

► **MODULE THIRTEEN**

**WHIPLASH ASSOCIATED DISORDERS – MDT CLASSIFICATION – ‘TRAUMA’**

**OBJECTIVES**

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

1. Discuss the background and issues concerning Whiplash Associated Disorders.
2. Design and evaluate an appropriate management programme.

► **MODULE FOURTEEN**

**THORACIC SPINE**

**OBJECTIVES**

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

1. Describe the relevant structure, function and biomechanics of the thoracic spine.
2. Describe the features of aging and degeneration in the thoracic spine and how they may relate to clinical presentations.
3. Describe and differentiate Derangement, Dysfunction and Postural Syndromes.
4. Describe the subgroups of OTHER that present in the thoracic spine.
5. Describe the components of the history and physical examination sections of the McKenzie assessment for the thoracic spine.
6. Describe and perform the patient and clinician procedures for the thoracic spine.
7. Describe the essential management principles for Derangement, Dysfunction and Postural Syndromes in the thoracic spine.