



THE MCKENZIE INSTITUTE® INTERNATIONAL **Advanced MDT: Fine Tuning Clinician Procedures**

Goals and Objectives

This advanced level course focuses on further developing the concepts of MDT clinical decision making and critical thinking with supervised practical sessions to promote the development of psychomotor skill in the application of MDT clinician procedures. Analysis of the literature in regards to mobilisation and manipulation and the indications and contraindications to manipulation will be discussed.

Following attentive participation and completion, this course will provide participants with advanced knowledge and skills to:

1. Analyze the MDT classifications and discuss where clinician procedures may be required in their management.
2. Discuss the MDT Progression of Forces concept and where clinician procedures are utilized.
3. Analyze the indications and contraindications for manipulation within MDT principles of force progression.
4. Discuss the theory of manipulation.
5. Discuss the current evidence for the use of mobilisation and manipulation.
6. Discuss the literature relating to cervical spine stability and become competent in assessing for signs and symptoms.
7. Discuss the literature relating to the clinical testing of the vertebral artery.
8. Discuss the theory of learning psychomotor skills.
9. Understand the principles of and apply proper body positioning/postures, line of drive and manual contact during the performance of MDT clinician procedures.
10. Develop the psychomotor skills required for assessing pre-manipulative end-feel in conjunction with symptom response.
11. Develop appropriate low amplitude velocity thrust techniques required for manipulation.
12. Demonstrate competent performance of MDT clinician procedures including mobilisation and manipulation.
13. Analyze and perform commonly used variations of the basic MDT clinician procedures.

Course Outline

This 14-hour advanced level course consisting of lecture presentations, practical demonstrations and supervised practice is open to PTs, DCs, DOs, MDs, and ATCs who are Credentialed in MDT or have completed Parts A through D of the McKenzie MDT Education Programme. Clinicians who have had experience using MDT for spinal disorders will find the course most beneficial. Please note, as with all MDT educational offerings, it is the responsibility of the clinician to utilize knowledge and skills gained in the course in accordance with their education, profession, and state practice acts.

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

Course	Times	# Minute s	Program
Day One 8:00am to 5:30pm	8:00-9:00am	60	MDT classification and indications/contraindications for manual cervical spine procedures
	9:00-9:30	30	MDT progression of forces (cervical spine)
	9:30-10:15	45	Analysis of literature regarding cervical spine manipulation
	10:15-10:30	0	<i>Break</i>
	10:30-11:30	60	Assessment for cervical spine stability and vertrobasilar insufficiency
	11:30-12:00	30	Cervical spine pre-manipulative hold
	12:00-1:00pm	0	<i>Lunch on your own</i>
	1:00-2:30	90	Cervical spine manual procedures sitting
	2:30-2:45	0	<i>Break</i>
	2:45-4:15	90	Cervical spine manual procedures supine
	4:15-4:45	30	Cervical spine technique round robin
	4:45-5:30	45	Analysis of literature regarding thoracic spine manip Day 1 Q&A
Day One hours:		8	
Day Two 8:00am to 3:00pm	7:30am-8:00am	0	- Day Two sign-in/Continental Breakfast
	8:00-9:00am	60	MDT classification and indications/contraindications for thoracic spine manual procedures
	9:00-10:00	60	MDT progression of forces (thoracic) Thoracic spine manual procedures
	10:00-10:15	0	<i>Break</i>
	10:15-10:45	30	Thoracic spine round robin
	10:45-11:15	30	Analysis of literature regarding lumbar spine manipulation
	11:15-12:15	60	MDT classification and indications/contraindications for lumbar spine manipulation MDT progression of forces (lumbar)
	12:15-1:00	0	<i>Lunch on your own</i>
	1:00-2:00	60	Lumbar spine manual procedures
	2:00-2:30	30	Lumbar spine round robin
	2:30-3:00	30	Day 2 Q&A
	Day Two hours:		6
TOTAL course hrs.		14.00	