



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.

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DETAILED SCHEDULE

Course	Times	# Minutes	Program
Day One:	12:30pm – 1:00pm		Registration
Friday Afternoon	1:00-1:15	15	Identification of difficulties with MDT clinician procedures in the Cervical Spine
	1:15-1:30	15	MDT progression of forces (Cervical spine) Indications / Contraindications
	1:30-2:00	30	Manipulation Theory
	2:00-2:15	15	Analysis of literature regarding cervical spine manipulation
	2:15-3:00	45	Analysis of literature regarding cervical spine stability and cervical arterial dysfunction
	3:00-3:15	0	Break
	3:15-4:15	60	Assessment of cervical spine stability and cervical arterial dysfunction
	4:15-4:45	30	Cervical spine pre-manipulative hold and clinical decision making
	Day 1 hours:	3.50	
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Day Two	7:30am-8:00am	0	- Day Two sign-in/Continental Breakfast
Saturday	8:00-9:30	90	Cervical spine manual procedures sitting
	9:30-9:45	0	Break
	9:45-11:15	90	Cervical spine manual procedures supine
	11:15-11:45	30	Cervical spine technique round robin
	11:45-12:00	15	Cervical spine Q&A
	12:00-1:00	0	Lunch on your own
	1:00-1:30	30	Analysis of literature regarding thoracic spine manipulation
	1:30-2:00	30	MDT progression of forces (Thoracic spine) Indications / Contraindications
	2:00-3:00	60	Thoracic Spine procedures
	3:00-3:15	0	Break
	3:15-3:45	30	Thoracic spine procedures "round robin"
	3:45-4:00	15	Thoracic spine Q&A
	Day 2 hours:	6.5	
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Day Three	7:30am-8:00am	0	- Day Three sign-in/Continental Breakfast
Sunday morning	8:00-8:30	30	Analysis of literature regarding Lumbar spine manipulation
	8:30-9:00	30	MDT progression of forces (Lumbar spine) Indications / Contraindications
	9:00-10:15	75	Lumbar spine procedures
	10:15-10:30	0	Break
	10:30-11:00	30	Lumbar spine technique "round robin"
	11:00-12:00	60	Review of all procedures Q&A
	12:00-12:15	15	Concluding Remarks
	Day 3 hours:	4	
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TOTAL course hrs.		14.00	