



2020 Part D – MDT: Advanced Cervical & Thoracic Spine and Extremities – Upper Limb Goals and Objectives

THE MCKENZIE INSTITUTE® INTERNATIONAL

Course Goals

As its name implies, this course focuses on advanced Mechanical Diagnosis and Therapy for the cervical spine and an introduction to the application of Mechanical Diagnosis and Therapy for the upper extremities. The goals of this course are that you build on the knowledge and skills that you gained from the MDT Part B by improving your clinical reasoning, enhancing your patient management skills and expanding your knowledge base to include the extremities.

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

Cervical and Thoracic Spine

1. Identify, analyse and discuss common problems encountered in the application of Mechanical Diagnosis and Therapy for the cervical and thoracic spine.
2. Analyse and discuss the MDT assessment in a biopsychosocial framework and explore how it is used to differentially diagnose and determine classification.
3. Analyse and discuss the MDT management principles of Derangement, Dysfunction and Postural Syndrome with focus on reassessment, the progression of forces, recovery of function and prophylaxis.
4. Perform MDT procedures for the cervical and thoracic spine at an advanced level and to identify and analyse problems with their application.
5. Recognise the criteria of the OTHER subgroups in the cervical and thoracic spine, understand the criteria for diagnosis and explore management options
6. Analyse and differentiate the various causes of headache and discuss how the McKenzie History and Physical Examination assist in determining the presence of cervicogenic headaches.
7. Analyse and discuss case studies of patients presenting with cervical / thoracic symptoms, to differentiate and determine classification management.

Upper Extremities

8. Describe the major epidemiological factors associated with upper extremity conditions.
9. Describe and discuss the current evidence base for the use of MDT for upper extremity musculoskeletal disorders.
10. Describe and differentiate the characteristics of Derangement, Dysfunction and Postural Syndromes as they present in the upper extremity
11. Perform and analyse MDT assessments for upper extremity musculoskeletal disorders and determine the presence of McKenzie Syndromes.
12. Design appropriate management programs for patients who present with Derangement, Dysfunction and Postural syndromes.
13. Recognise the presentation of OTHER subgroups in the upper extremity, understand the criteria for diagnosis and explore management options
14. Analyse and discuss case studies of patients presenting with upper extremity symptoms, to differentiate and to determine classification and management

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➔ MODULE ONE

PROBLEM AREAS AND PROBLEM SOLVING GUIDE: CERVICAL AND THORACIC SPINE

OBJECTIVES

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

1. Identify, analyse and discuss individual problems encountered in the McKenzie assessment and classification of patients with cervical and thoracic spine disorders.
2. Identify, analyse and discuss the common problems in the MDT management of patients who present with cervical and thoracic spine disorders and use MDT clinical reasoning to identify appropriate solutions.
3. Compare and contrast individual areas of difficulty with those commonly encountered.

➔ MODULE TWO

ASSESSMENT AND DIFFERENTIATION

OBJECTIVES

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

1. Demonstrate an advanced understanding of the clinical significance of the components of the MDT assessment in a biopsychosocial context.
2. Analyse how the History and Physical Examination helps to identify serious spinal pathology in patients presenting with cervical / thoracic spine symptoms.
3. Demonstrate an advanced understanding of how the findings of the History and the Physical Examination sections of the MDT assessment assist in differentiating between symptoms that are cervical or thoracic in origin.
4. Demonstrate an advanced understanding of how the findings of the History and the Physical Examination sections of the MDT assessment assist in differentiating between symptoms that are cervical or thoracic in origin and those that are arising from upper extremity structures.
5. Demonstrate competence in using McKenzie terminology when completing a Cervical or a Thoracic Assessment form.
6. Analyse a completed McKenzie Cervical or Thoracic Assessment form to determine the correct McKenzie classification.

➔ MODULE THREE

MANAGEMENT OF THE MDT SYNDROMES

OBJECTIVES

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

1. Compare and contrast the management principles for the 3 Syndromes and OTHER sub-groups.
2. Analyse the role of force progressions and force alternatives and their implementation in the MDT management of patients.
3. Identify the components of the Reassessment process, analyse and interpret the findings to confirm classification and guide further management.
4. Summarise the components of Recovery of Function and Prevention and discuss the implementation of these in management.

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➔ MODULE FOUR CERVICAL SPINE WORKSHOP

OBJECTIVES

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

1. Demonstrate advanced skill in selecting, performing and teaching the self-treatment procedures for the cervical spine and analyse common problem areas.
2. Perform the clinician procedures for the cervical spine (excluding manipulation) at an advanced level and analyse common problem areas.

➔ MODULE FIVE THORACIC SPINE WORKSHOP

OBJECTIVES

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

1. Demonstrate advanced skill in selecting, performing and teaching the self-treatment procedures for the thoracic spine and analyse common problem areas.
2. Perform the clinician procedures for the thoracic spine (excluding manipulation) at an advanced level and analyse common problem areas.

➔ MODULE SIX SUBGROUPS OF OTHER – DIFFERENTIATION, CRITERIA AND MANAGEMENT

OBJECTIVES

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

1. Discuss the criteria of the subgroups of OTHER and analyse how the subgroups would present during a MDT assessment.
2. Discuss the management of each subgroup by what is currently supported in the literature and analyse how this fits with MDT principles and strategies.

➔ MODULE SEVEN CERVICOGENIC HEADACHES

OBJECTIVES

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

1. Analyse and discuss how the McKenzie History and Physical Examination assists in determining the presence of cervicogenic headaches.
2. Analyse and discuss how the McKenzie History and Physical Examination helps to identify Headaches that may be related to Serious pathologies
3. Demonstrate advanced skill in performing and teaching the self-treatment procedures for the management of cervicogenic headaches.
4. Perform the clinician procedures for the cervical spine (excluding manipulation) that may be required for the management of cervicogenic headaches, at an advanced level and analyse common problem areas.

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➔ MODULE EIGHT EPIDEMIOLOGY / EVIDENCE BASE

OBJECTIVES

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

1. Describe the major epidemiological factors associated with upper extremity conditions.
2. Describe and discuss the current evidence on the prevalence of McKenzie syndromes in upper extremity disorders and the reliability of classification.
3. Describe and discuss the current evidence on the management of upper extremity disorders utilising MDT.

➔ MODULE NINE CHARACTERISTICS OF THE MDT SYNDROMES

OBJECTIVES

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

1. Describe and differentiate the characteristics of the MDT Syndromes – Derangement, Dysfunction (Articular and Contractile) and Postural in the upper extremity.

➔ MODULE TEN ASSESSMENT

OBJECTIVES

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

1. Skilfully and accurately complete the History and Physical Examination of the McKenzie assessment as used for the upper extremity
2. Analyse how the History and Physical Examination helps to identify precautions and contraindications to mechanical therapy in patients presenting with upper extremity symptoms
3. Conduct and evaluate a relevant spinal assessment to exclude symptoms that are cervical / thoracic spinal in origin as determined by the History and Physical Examination.
4. Demonstrate an understanding and the appropriate application of terms used in completing the McKenzie Upper Extremity assessment form.
5. Integrate the results of the History and Physical Examination including the repeated movement testing to differentiate and determine a provisional classification.

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➔ MODULE ELEVEN DERANGEMENT SYNDROME

OBJECTIVES

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

1. Describe the key clinical features of Derangement as they are seen in the History and Physical Examination components of the McKenzie Upper Extremity assessment form.
2. Design appropriate management programs for patients who present with Derangements in the upper extremity.
3. Discuss the concept of progression of forces and the use of force alternatives when treating upper extremity Derangements.
4. Analyse and demonstrate a variety of loading strategies for Derangements seen in the lower extremity, and discuss the rationale for their use.

➔ MODULE TWELVE DYSFUNCTION SYNDROME

OBJECTIVES

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

1. Describe the key clinical features of Articular Dysfunction that are seen on the McKenzie Upper Extremity Assessment form.
2. Discuss and design appropriate management programs for patients who present with an Articular Dysfunction in the upper extremity.
3. Describe the key clinical features of Contractile Dysfunction that are seen on the McKenzie Upper Extremity Assessment form.
4. Discuss and design appropriate management programs for patients who present with a Contractile Dysfunction in the upper extremity.
5. Analyse and demonstrate a variety of loading strategies for Contractile Dysfunctions seen in the upper extremity and discuss the rationale for their use.

➔ MODULE THIRTEEN POSTURAL SYNDROME

OBJECTIVES

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

1. Describe the key clinical features of Postural Syndrome that are seen in the McKenzie Upper Extremity Assessment form.
2. Discuss the principles of MDT management of Postural Syndrome when present in the Upper Extremity.

➔ MODULE FOURTEEN SUBGROUPS OF OTHER

OBJECTIVES

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

1. Discuss the criteria of the subgroups of OTHER in the upper extremities and analyse how the subgroups would present during a MDT assessment.
2. Discuss the management of each subgroup by what is currently supported in the literature and analyse how this fits with MDT principles and strategies.

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➔ **MODULE FIFTEEN CASE STUDIES**

OBJECTIVES

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

1. Analyse case studies of patients presenting with symptoms in the upper limb and discuss their classification.
2. Compare the assessment findings of the case studies and discuss how these assist with classification.
3. Describe and discuss MDT management strategies for case studies of patients presenting with upper limb symptoms.

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DETAILED SCHEDULE

Part D: MDT Advanced Cervical & Thoracic Spine and Extremities - Upper Limb

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

Course	Times	Time	Program	Titles
Day One 8:00am to 5:15pm	8:00 - 9:15am	75	Introduction Module One	Problem Areas and Problem Solving Guide: Cervical and Thoracic Spine
	9:15-10:30am	75	Module Two	Assessment and Differentiation
	10:30-10:45am	0	-Break-am-	
	10:45-11:45am	60	Patient Demonstration	Patient Assessment 1 - Cervical
	11:45-12:45pm	0	-Lunch-	
	12:45-1:45pm	60	Patient Demonstration	Patient Assessment 2 - Cervical
	1:45-2:45pm	60	Patient Demonstration	Patient Assessment 3 - Cervical
	2:45-3:00pm	0	-Break-pm-	
	3:00-5:15pm	135	Module Three	Management of the MDT Syndromes
	Day One hours:		7.75	
7:30am-8:00am		0	- Day Two sign-in/Continental Breakfast	
Day Two 8:00am to 5:15pm	8:00-9:30am	90	Module Four	Cervical Spine Workshop
	9:30-10:15am	45	Module Five	Thoracic Spine Workshop
	10:15-10:30am	0	-Break-am-	
	10:30-11:00am	30	Module Five	Thoracic Spine Workshop continued
	11:00-12:00pm	60	Patient Demonstration	Reassessment Patients 1, 2 (Day 2)
	12:00-1:00pm	0	-Lunch-	
	1:00-1:30pm	30	Patient Demonstration	Reassessment Patient 3 (Day 2)
	1:30-1:45pm	15	Q&A Discussion	Patients 1,2,3
	1:45-3:00pm	75	Module Three	Management of the MDT Syndromes continued
	3:00-3:15pm	0	-Break-pm-	
3:15-3:45pm	30	Module Three	Management of the MDT Syndromes continued	
3:45-5:15pm	90	Module Six	Subgroups of OTHER - Differentiation, Criteria and Management	
Day Two hours:		7.75		
7:30am-8:00am		0	- Day Three sign-in/Continental Breakfast	
Day Three 8:00am to 5:15pm	8:00 - 9:30am	90	Patient Demonstration	Reassessment Patients 1,2,3 (Day3) Q&A Discussion
	9:30-10:00am	30	Module Seven	Cervicogenic Headaches
	10:00-10:30am	30	Module Eight	Epidemiology/Evidence Base
	10:30-10:45am	0	-Break-am-	
	10:45-11:15am	30	Module Nine	Characteristics of the MDT Syndromes
	11:15-12:00pm	45	Patient Demonstration	Patient Assessment 4
	12:00-1:00pm	0	-Lunch-	
	1:00-1:45pm	45	Patient Demonstration	Patient Assessment 5
	1:45-2:30pm	45	Patient Demonstration	Patient Assessment 6
	2:30-2:45pm	15	Q&A Review	Patients 4-6
	2:45-3:00pm	0	-Break-pm-	
	3:00-4:00pm	60	Module Ten	Assessment
	4:00-5:15pm	75	Module Eleven	Derangement Syndrome
			Module Twelve	Dysfunction Syndrome
Module Thirteen			Postural Syndrome	
Day Three hours:		7.75		
7:30am-8:00am		0	- Day Four sign-in/Continental Breakfast	
Day Four 8:00am - 1:00pm	8:00-9:30am	90	Patient Demonstration	Reassessment Patients
	9:30-10:30am	60	Module Fourteen	Subgroups of OTHER
	10:30-10:45	0	-Break-am-	
	10:45-11:15am	30	Module Fifteen	Case Studies and Discussion
	11:15-12:45pm	90		Credentialing Exam Preparation and Review
	12:45-1:00pm	15	Q&A Discussion	Review and Conclusion
Day Four hours:		4.75		
TOTAL course hrs.		28		