

The McKenzie Institute International

**CENTRE FOR POSTGRADUATE STUDY IN
MECHANICAL DIAGNOSIS AND THERAPY**



International Credentialling Exam Information for Candidates

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We would like to take this opportunity to thank you for your interest in The McKenzie Institute International Credentialling Examination.

This examination has been designed to recognise the clinician utilising the McKenzie Method of Mechanical Diagnosis and Therapy in the treatment of patients.

Contained in this document is the information you need to prepare yourself for the examination.

If you have any questions or concerns after reading the document please contact:

*The McKenzie Institute USA
432 N Franklin St Ste 40
Syracuse, NY 13204
info@mckenzieinstituteusa.org
800-635-8380 or 315-471-7612*



1. PURPOSE

The McKenzie Institute conducts the Credentialling Examination to:

- Establish a standard of minimum competence in the application of the McKenzie Method of Mechanical Diagnosis and Therapy.
- Identify and recognise the clinician who has demonstrated basic competency in the McKenzie Method of Mechanical Diagnosis and Therapy (MDT).
- Develop a referral network of MDT qualified clinicians.

2. ELIGIBILITY

You are eligible to register for the Credentialling Examination if you have completed Parts A - D (including the extremities) of the McKenzie Institute International Education Programme, and are a licensed clinician.

Applicants will need to provide a copy of their professional license and then they will receive a Letter of Confirmation of registration after eligibility requirements are verified.

*If there are any health, learning issues or disabilities that may influence your participation in this examination, please contact the Institute. We will make every reasonable effort to make proper accommodations for you.

3. APPLICATION

3.1 Application Form

Register online or download the Exam Registration form from The McKenzie Institute USA website at:

http://mckenzieinstituteusa.org/forms/Order%20&%20Registrations%20Forms_Current/Cred%20Exam%20Reg%20Form_current.pdf .

3.2 Acceptance of Application

Once your application has been accepted and processed, you will receive a letter of confirmation which will provide you with the details relating to the exam including location and where appropriate accommodation information.

Please remember to bring a photo I.D. with you to the exam.



3.3 **Number of Candidates**

Exams are typically limited to 25 participants and there is a limit of 5 retakes. Where the exam places are limited, applications are accepted in the order they are received.

3.4 **Examination Fee**

The cost of the examination is:

Description	Fee
Examination	\$500
Retake of Exam:	
Whole Exam	\$250
Written Portion Only	\$200
Performance Simulation Only	\$50

3.5 **Cancellations, Transfers & Refunds**

3.5.1 **Cancellations**

If you must cancel your registration after receiving your letter of confirmation, you must submit a written notice to qualify for a transfer or possible refund.

Cancellations that occur within two weeks before the exam date, will incur a cancellation fee of \$100.00.

3.5.2 **Transfers**

The Institute will accommodate one transfer opportunity without penalty only if the cancellation occurs two or more weeks before the exam.

3.5.3 **Refunds**

The refund policy is as follows:

Period	Refund Amount
Prior to 4 weeks before the exam	\$400.00
2-4 weeks before the exam	\$200.00
Less than 2 weeks before the exam	No refund and \$100 transfer fee



4. FORMAT OF THE EXAMINATION

Every component of the International Credentialling Examination has been verified by The McKenzie Institute International Education Committee.

4.1 Content Areas

Since the primary objective of this Credentialling Exam process is the assessment of clinical skills and thought processes, the format of this examination is multi-method testing.

Each method has been selected for its perceived suitability in testing one or more of the content areas.

The content areas are as follows:

- *History*
- *Examination*
- *Conclusions*
- *Principle of Treatment*
- *Reassessment*
- *Prophylaxis*
- *Clinician procedures*

The exam is divided into a morning session and afternoon session. Each session will be approximately three to four hours in length to allow adequate time for completion of each section.

The morning session will comprise the following methods: paper-and-pen, chart evaluations and case studies.

The afternoon session will comprise the audiovisual presentation and performance simulation.

4.2 Methods

The testing methods currently used in the examination are paper-and-pen, chart evaluations, case studies, audiovisual presentation and performance simulation. A description and goal of each method is given below.

4.2.1 Paper-and-Pen

The written examination is administered in a multiple-choice format that focuses on assessing the candidate's knowledge of all content areas.



4.2.2 Chart Evaluations

Based on an actual patient's records, a patient's history and/or examination findings are presented on a McKenzie Institute International Assessment Form. This section focuses on the interpretation of the written history and examination form, a principle of treatment, identifying contraindications and the need for additional testing or medical procedures. The testing format is multiple-choice questions.

4.2.3 Case Study

Written case histories are presented on a McKenzie Institute International Assessment Form. Multiple-choice questions are asked that focus on evaluating the patient, reaching conclusions, developing a principle of treatment, and selecting treatment procedures. This section also focuses on reassessment concepts.

4.2.4 Audio Visual Presentation

A video is presented of a patient undergoing a history, examination, and/or a procedure in a clinical setting. Multiple-choice questions assess the candidate's ability to analyse and interpret the History, Examination, including the patient's movements and static postures, conclusions, the clinician / patient communications, and the proposed treatment programme. Ability to accurately record patient information is also assessed in this section.

4.2.5 Performance Simulation

Role-playing activities are used to examine the candidate's ability to perform MDT clinician procedures. Three techniques are randomly selected for each exam.

PLEASE NOTE:

Any procedures taught on Parts A – D courses, described in McKenzie & May's textbooks, and demonstrated in the procedures video (excluding manipulation), can be tested in the exam. Be sure that you are familiar with, and have practised performing, all procedures.

5. PASSING GRADE

The purpose of the Credentialling Examination is to assure the patient, the medical community, and the McKenzie Institute International that the clinician has attained a minimum level of competency in MDT. Because of this philosophy, a predetermined passing grade for the exam has been established based on field testing and on the Anghoff procedure for determining passing points for examinations.



The exam is divided into two sections:

- Paper and Pen, Chart Evaluations, Case Studies and Audio Visual Presentation are included in the first section.
- The Performance Simulation is the second section.

A candidate must pass both sections - the Written section which includes the Paper/ Pen, Chart Evaluations, Case Studies and Audio Visual presentation; and the Performance Simulation section. The passing score for the Written section is 73 points, and the passing score for the Performance Simulation section is 230 points.

A candidate is able to re-take the exam if they do not achieve a pass. If a candidate passes only one section then they only have to re-take the section they failed. A candidate may retake either or both sections of the exam up to three times. If they are not successful after three attempts, direction for remedial study is strongly recommended and can be provided by the faculty of the Branch conducting the exam.

You will receive your results by mail within 2-3 weeks.

6. INFORMATION AND REGULATIONS FOR THE EXAMINATION

1. Be sure to arrive at the exam venue no later than 15 minutes before the scheduled commencement time of the exam.
2. Bring your letter of confirmation and a photo I.D.
3. No visitors are permitted at the exam venue.
4. Notepaper, books, notes, etc. are not permitted in the exam room. Notepaper and pencils will be provided, and collected at the end of the exam.
5. Once the test has begun, you may leave the exam room only with the examiner's permission. The time lost whilst absent from the room cannot be made up.
6. You can be dismissed from the examination for:
 - (a) Impersonating another candidate
 - (b) Creating a disturbance
 - (c) Giving or receiving help on the exam
 - (d) Attempting to remove exam materials or notes from the room
 - (e) Using notes, books, etc. brought in from outside.
7. Prior to the start of the exam, you will be asked to sign and date a Confidentiality Agreement. (An example of the Confidentiality Agreement follows.)

The following Confidentiality Agreement may vary by branches.



SAMPLE CONFIDENTIALITY AGREEMENT



Credentialing Examination Confidentiality Agreement

In order to make The McKenzie Institute Credentialing Examination fair for all candidates and to protect the confidentiality of the candidates, you must sign this agreement. Refusal to sign will result in your inability to take the written or practical portions of the examination.

You agree not to divulge or discuss with anyone the contents of the written and practical examinations, the names of the other candidates taking the written and practical examinations, and how many candidates participated in the written and practical examinations.

Any and all content utilized in and developed for The McKenzie Institute Credentialing Examination, including the written and practical examinations, is the exclusive property of The McKenzie Institute International, licensed to The McKenzie Institute USA, and is protected by United States and international copyright laws. Furthermore, all such content included in The McKenzie Institute Credentialing Examination is deemed proprietary and confidential information, and shall not be disclosed, copied, re-created, or forwarded by any candidate taking the examination. Any disclosure of this confidential or proprietary information will be deemed an infringement of United States and international copyright law, and may result in disciplinary action, including criminal and civil liability.

Furthermore, breach of this agreement will result in the forfeiture of your certification and a permanent restriction on retaking either the written or practical examinations.

Course #:
Student #:



7. PREPARATION FOR THE EXAMINATION

7.1 Pre-requisites

The following courses are the mandatory prerequisite for this examination:

Courses A, B, C, and D offered only through The McKenzie Institute:

- Part A: MDT: The Lumbar Spine
- Part B: MDT: Cervical & Thoracic Spine
- Part C: MDT: Advanced Lumbar Spine and Extremities - Lower Limb
- Part D: MDT: Advanced Cervical & Thoracic Spine and Extremities - Upper Limb

7.2 Preparation Materials

In preparation for this exam, use of the following materials is recommended:

1. *“The Lumbar Spine – Mechanical Diagnosis and Therapy®” (second edition 2003, Volumes One and Two), “The Cervical and Thoracic Spine – Mechanical Diagnosis and Therapy®” (second edition 2006, Volumes One and Two), “The Human Extremities – Mechanical Diagnosis and Therapy®”, all written by Robin McKenzie and Stephen May. (Available through OPTP)*
2. Course manuals, notes, and *Treat Your Own Back / Treat Your Own Neck / Treat Your Own Shoulder / Treat Your Own Knee* books.
3. Attending the Advanced Extremities and Clinical Skills Update (CSU) Courses
4. Take the Online Case Manager Course
5. Official Institute online materials – MDT procedure videos, webinars, past issues of the IJMDT, MDT World Press and JMMT.
6. Retake (audit) any component of the Institute’s International Education Programme.

7.3 Instruction Prior to Exam

Examiners for the Credentialling Exam a candidate is undertaking cannot provide any form of instruction or feedback relating to the Performance Simulation component within two weeks of the exam. Candidates should refer to the web-based description of the MDT procedures for clarification of any issue relating to the performance of MDT procedures.



8. SAMPLE QUESTIONS AND INFORMATION ABOUT THE EXAMINATION

To familiarise yourself with the format prior to the exam, the following are sample questions for the Paper/Pen, Chart Evaluation and Case Study sections of the Credentialling Exam together with the directions. (*Answer key provided on the last page.*)

8.1 Paper/Pen

Read each question and all choices, and then decide which choice is correct. There is only one correct answer for each question. You will not be given credit for any question for which you indicate more than one answer or for any that you do not answer. There is no penalty for guessing.

1. On the initial visit of a 27 year old male patient presenting with intermittent back and left thigh and calf pain, your provisional classification is Lumbar Adherent Nerve Root. His history is consistent with a derangement six months ago after a lifting injury. He has not received any previous care. What are the appropriate self treatment exercise recommendations for the first two days?

Note: Your provisional classification is based on the following test results:

- RFIS (Repeated Flexion in Standing) Produce Back and Leg Pain/No Worse Moderate loss motion
 - REIS (Repeated Extension in Standing) No Effect, Minimal loss of motion
 - RFIL (Repeated Flexion in Lying) Produce Back Pain/No Worse
 - REIL (Repeated Extension in Lying) Produce Strain /No Worse
- (a) RFIL (Repeated Flexion in Lying) 10/2hours, RFIS (Repeated Flexion in Standing) 10/2hours starting at mid day, REIL (Repeated Extension in Lying) after either RFIL and RFIS for prophylaxis, postural advice
 - (b) RFIS (Repeated Flexion in Standing) 10/2hours, REIL (Repeated Extension in Lying) after the RFIS for prophylaxis, postural advice
 - (c) RFIL (Repeated Flexion in Lying) 10/2hours, REIL (Repeated Extension in Lying) after the RFIL for prophylaxis, postural advice
 - (d) FIS (Repeated Flexion in Standing) 10/2hours, REIS (Repeated Extension in Standing) afterwards for prophylaxis, postural advice



2. **A 32 year old female patient with constant pain across C6-C7 with radiation into the Right Scapula and Right upper arm reports that during the test movements of Repeated Retraction her symptoms are felt a bit more with each movement, but are about the same when she returns to the starting position. The response to single movements and repeated movements were the same. How would you record this on the evaluation form? Repeated Retraction:**
- (a) Increase, No Worse
 - (b) Produce, No Worse
 - (c) Increase, Worse
 - (d) Produce, Worse
3. **Which of the following symptoms may indicate serious pathology (Red Flag) in a patient presenting with complaint of headache?**
- (a) Use of narcotics to manage pain.
 - (b) Progressive worsening of temporal/occipital headache with visual changes.
 - (c) Headache aggravated with routine activity.
 - (d) Difficulty sleeping due to challenge finding a comfortable position.
4. **A patient returns for follow up treatment 24 hours after the initial assessment, what should the review process include?**
- (a) Review site, frequency and intensity of symptoms, effect of posture correction and test repeated flexion and extension.
 - (b) Review symptomatic presentation, compliance with home programme, retest all repeated movements for mechanical baselines.
 - (c) Review symptomatic changes, mechanical baselines and effect of posture change.
 - (d) Review of symptomatic and mechanical presentation; review compliance with posture recommendations and performance of home programme. Retest appropriate key findings.



8.2 Chart Evaluations and Case Studies

These sections of the examination consist of multiple-choice questions.

1. On the Chart Evaluations, you will have one of the following:

- A completed history and examination assessment sheet
- A completed history sheet only
- A completed examination sheet

The assessment sheets and questions will be clearly marked 'Evaluation 1, 2, 3.'

2. With the Case Studies, you will have completed:

- History
- Examination Sheets, and
- Follow up visits

The Case Studies and questions are clearly marked 'Case Study 1, 2, 3' etc.



CHART EVALUATION SAMPLE: ALEX



THE MCKENZIE INSTITUTE LUMBAR SPINE ASSESSMENT

Chart Evaluation Sample - Alex

Date _____

Name Alex Sex M / F

Address _____

Telephone _____

Date of Birth _____ Age 28

Referral GP / Orth / Self / Other _____

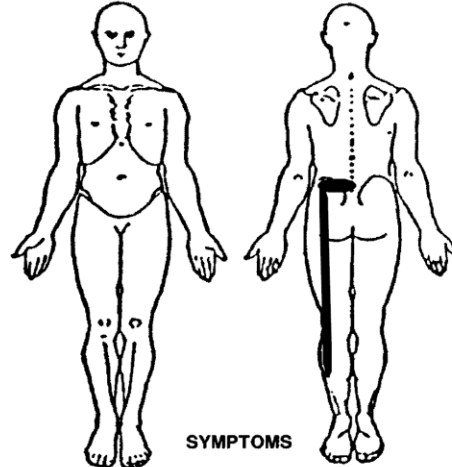
Work: Mechanical stresses Travelling Computer Technician
Standing / Bending & Sitting

Leisure: Mechanical stresses Gym, Sports

Functional Disability from present episode Working Part-Time
No exercise

Functional Disability score _____

VAS Score (0-10) 6 - 7 / 10



HISTORY

Present Symptoms Left L5 - S1, across left buttocks, posterior thigh and calf

Present since 7 days Improving / Unchanging / Worsening

Commenced as a result of Lifting suitcase after 6 hour plane ride Or no apparent reason

Symptoms at onset: back / thigh / leg Next day calf - noticed he was slightly crooked

Constant symptoms: back / thigh / leg Intermittent symptoms: back / thigh / leg

Worse bending LBP & Leg sitting rising standing walking lying
am / as the day progresses / pm LBP when still / on the move

other Hard to find comfortable sleep position

Better bending sitting standing walking Lying slightly
am / as the day progresses / pm when still / on the move

other Ice

Disturbed Sleep Yes / No Sleeping postures: prone / sup / side R / L Surface firm / soft / sag

Previous Episodes 0 / 1-5 / 6-10 / 11+ Year of first episode _____

Previous History 5 years ago back pain only after weight lifting

Previous Treatments None

SPECIFIC QUESTIONS

Cough / Sneeze Strain / +ve / -ve Bladder: normal / abnormal Gait: normal / abnormal

Medications: Nil / NSAIDS / Analg / Steroids / Anticoag / Other _____

General Health Good / Fair / Poor _____

Imaging: Yes / No _____

Recent or major surgery: Yes / No _____ Night Pain: Yes / No Positional

Accidents: Yes / No _____ Unexplained weight loss: Yes / No _____

Other: _____



Chart Evaluation Sample - Alex

EXAMINATION

POSTURE

Sitting: Good / Fair / Poor Standing: Good / Fair / Poor Lordosis: Red / Acc / Normal Lateral Shift: Right / Left / Nil
Correction of Posture: Better / Worse / No effect _____ Relevant: Yes / No
Other Observations: _____

NEUROLOGICAL

Motor Deficit 5 / 5 Reflexes Intact
Sensory Deficit Intact Dural Signs SLR (L) 20 (R) 50

MOVEMENT LOSS

	Maj	Mod	Min	Nil	Pain
Flexion	✓				Back & left leg
Extension	✓				Back & left leg
Side Gliding R				✓	
Side Gliding L	✓				Back & left leg

TEST MOVEMENTS Describe effect on present pain – During: produces, abolishes, increases, decreases, no effect, centralising, peripheralising. After: better, worse, no better, no worse, no effect, centralised, peripheralised.

Symptoms During Testing	Symptoms After Testing	Mechanical Response		
		↑Rom	↓Rom	No Effect
Pretest symptoms standing: Back & Left Leg 6/10				
FIS ↑ Back & left leg				
Rep FIS X 3 ↑ Back & leg	Worse			
EIS ↑ Back & leg				
Rep EIS X 3 ↑ Back & leg	Worse			
Pretest symptoms lying:				
FIL ↑ Leg				
Rep FIL X 3 ↑ Leg	Worse			
EIL ↑ Leg				
Rep EIL X 3 ↑ Leg	Worse			
If required pretest symptoms:				
SGIS - R No effect				
Rep SGIS - R				
SGIS - L ↑ Back & leg				
Rep SGIS - L				

STATIC TESTS

Sitting slouched _____ Sitting erect _____
Standing slouched _____ Standing erect _____
Lying prone in extension _____ Long sitting _____

OTHER TESTS

PROVISIONAL CLASSIFICATION

Derangement _____ Dysfunction _____ Posture _____ Other _____
Derangement: Pain Location _____

PRINCIPLE OF MANAGEMENT

Education _____ Equipment Provided _____
Mechanical Therapy yes / no _____
Extension Principle _____ Lateral Principle _____ Flexion Principle _____
Other _____
Treatment Goals _____



CHART EVALUATION Question

5. **Based on information provided on the assessment form for Alex, how should you proceed?**
- (a) Assess symptom response to therapist manual shift correction.
 - (b) Refer patient back to doctor.
 - (c) Assess symptom response to sustained extension.
 - (d) Instruct patient in correct sitting posture and reassess in 24 hours.



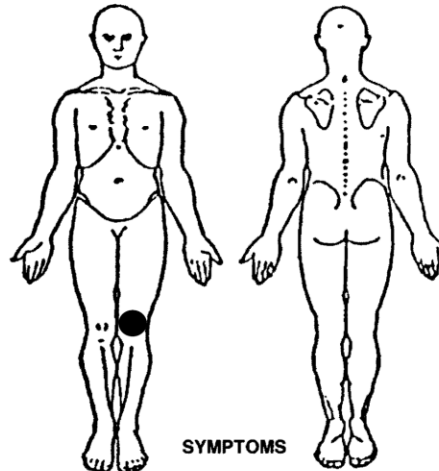
CASE STUDY SAMPLE: GEORGE – Assessment and Follow-up



**THE MCKENZIE INSTITUTE
LOWER EXTREMITIES ASSESSMENT**

CASE STUDY SAMPLE - GEORGE

Date _____
 Name George Sex M F
 Address _____
 Telephone _____
 Date of Birth _____ Age 35
 Referral: GP / Orth / Self / Other _____
 Work: Mechanical stresses Accountant
 Leisure: Mechanical stresses Runner
 Functional disability from present episode Decreased running
 Functional disability score _____
 VAS Score (0-10) 0-5 / 10



HISTORY

Present symptoms Left knee
 Present since 3 months Improving / Unchanging / Worsening
 Commenced as a result of Running Or No Apparent Reason
 Symptoms at onset Left knee Paraesthesia: Yes / No
 Spinal history None Cough / Sneeze +ve / -ve
 Constant symptoms: _____ Intermittent Symptoms: Left knee

Worse bending sitting / rising / first few steps standing walking stairs squatting kneeling
 am / as the day progresses / pm when still / on the move Sleeping: prone / sup / side R / L
 Other Running – pain can linger 3-4 hours after 5 mile run
Better bending sitting standing walking stairs squatting / kneeling
 am / as the day progresses / pm when still / on the move Sleeping: prone / sup / side R / L
 other Rest, activity avoidance

Continued use makes the pain: Better Worse No Effect
 Pain at rest Yes / No Site: Back / Hip / Knee / Ankle / Foot
 Other Questions: ~~Swelling~~ ~~Clicking / Locking~~ ~~Giving Way / Falling~~

Previous episodes One – three years ago – full resolution – no treatment
 Previous treatments None
 General health: Good / Fair / Poor
 Medications: Nil / NSAIDS / Analg / Steroids / Anticoag / Other Tried a few days– no effect
 Imaging: Yes / No X-rays negative
 Recent or major surgery: Yes / No Night pain: Yes / No
 Accidents: Yes / No Unexplained weight loss: Yes / No

Summary Acute / Sub-acute / Chronic Trauma / Insidious Onset
 Sites for physical examination Back / Hip / Knee / Ankle / Foot Other: _____



EXAMINATION

POSTURE

Sitting *Good* / **Fair** / *Poor* Correction of Posture: *Better* / *Worse* / *No Effect* / **NA** Standing: **Good** / *Fair* / *Poor*
Other observations: _____

NEUROLOGICAL: **NA** / *Motor* / *Sensory* / *Reflexes* / *Dural* _____

BASELINES (pain or functional activity): *pain with squat, up/down 1 step* _____

EXTREMITIES left *Hip* / **Knee** / *Ankle* / *Foot*

MOVEMENT LOSS	Maj	Mod	Min	Nil	Pain		Maj	Mod	Min	Nil	Pain
Flexion			✓		ERP	Adduction/Inversion					
Extension			✓		ERP	Abduction / Eversion					
Dorsi Flexion						Internal Rotation					
Plantar Flexion						External Rotation					

Passive Movement (+/- over pressure) (note symptoms and range):	PDM	ERP
flexion - minimal loss		✓
extension minimal loss		✓

Resisted Test Response (pain) *knee extension 4+/5 No Pain*
knee flexion 4+/5 No Pain

Other Tests _____

SPINE

Movement Loss *full movement*

Effect of repeated movements *No Effect*

Effect of static positioning _____

Spine testing **Not relevant** / *Relevant* / *Secondary problem* _____

Baseline Symptoms _____

Repeated Tests	Symptom Response		Mechanical Response	
	During – Produce, Abolish, Increase, Decrease, NE	After – Better, Worse, NB, NW, NE	Effect – ↑ or ↓ ROM, strength or key functional test	No Effect
rep passive flexion	Produce pain	No Worse		
rep active extension (unloaded in sitting)	Produce pain	No Worse	↑ Flex & Ext reduce pain with squat/step	
Effect of static positioning				

PROVISIONAL CLASSIFICATION

Extremities

Spine

Dysfunction – Articular _____ Contractile _____

Derangement *Extension Responder* _____ Postural _____

Other _____ Uncertain _____

PRINCIPLE OF MANAGEMENT

Education _____ Equipment Provided _____

Exercise and Dosage *Active unloaded knee extension 10 every 2 hours* _____

Treatment Goals _____



Follow Up Notes: George

Day 2 (24 hours later)

History: I feel about 50% better, pain only 3/10 with 5 mile run, lingered less than 1 hour, less pain with squat. Did exercises every 2 hours.

Physical Examination: No pain at rest

Squat – p 3/10 at maximum Flexion

Flexion - minimal loss no pain

Extension – minimal loss product pain

Day 3 (3 days later)

History: I have done recommended exercises and I am about the same as last visit

Physical Examination: No pain at rest

Squat p 3/10 at maximum

Flexion – minimal loss no pain

Extension – minimal loss produce pain



CASE STUDY Questions

Based on the information provided on the assessment and follow up notes for George:

6. What would be your recommendation for treatment after Day 2?

- (a) Change direction of force to flexion
- (b) Add rotational component to extension
- (c) Continue treatment as outlined
- (d) Request patient stop running

7. What would be your recommendation for treatment after Day 3?

- (a) Change direction of force to flexion
- (b) Add force progression to extension
- (c) Add rotational component to extension
- (d) Continue treatment as outlined

Answer Key: 1. C; 2. A; 3. B; 4. D; 5. A; 6. C; 7. B



8.3 Audio Visual Section

8.3.1 Information

This section of the examination uses a DVD. Please familiarise yourself with the directions for this section, and the standard McKenzie Assessment Forms that follow.

The Audio Visual exam is divided into different sections:

- History
- Examination
- Conclusion
- Principle of Treatment
- Reassessment.

8.3.2 Procedure

You will

- Watch a DVD of a clinician examining and treating a patient.
- Listen and observe.
- Complete the assessment form provided based on what is being said and done by both the clinician and the patient.
- Refer to the information you have, or do not have, on your assessment form to help you answer the questions.
- You will be asked questions regarding the history, examination and treatment provided by the clinician.
- The clinician may be doing some of the history, exam and reassessment correctly or incorrectly, complete or incomplete.

After each section, the DVD will be stopped. An allotted amount of time will be given to answer questions regarding that section. The assessment form and answer sheets will then be collected.

The next section will be based on a new assessment form given to you with correct completion of the previous section. A few minutes will be provided for you to review.

Doing it this way, you will not be penalised and will have the opportunity to answer other sections correctly, even if you answered incorrectly on the previous section.



8.4 Performance Simulation

8.4.1 Information

This consists of Role-playing activities, which are used to examine the candidate's ability to perform MDT clinician procedures.

8.4.2 Procedure

You will be asked to perform three of the MDT clinician procedures as taught on Parts A - D courses, described in "The Lumbar Spine: Mechanical Diagnosis and Therapy" and "The Cervical and Thoracic Spine: Mechanical Diagnosis and Therapy," 2nd Edition textbooks, and demonstrated in the procedures video. A model is provided for the procedures.

Three techniques are randomly selected for each exam.

***We wish you every success with
The McKenzie Institute International Credentialling Examination***



APPENDIX

Assessment Forms





THE MCKENZIE INSTITUTE LUMBAR SPINE ASSESSMENT

Date _____

Name _____ Sex M / F

Address _____

Telephone _____

Date of Birth _____ Age _____

Referral: GP / Orth / Self / Other _____

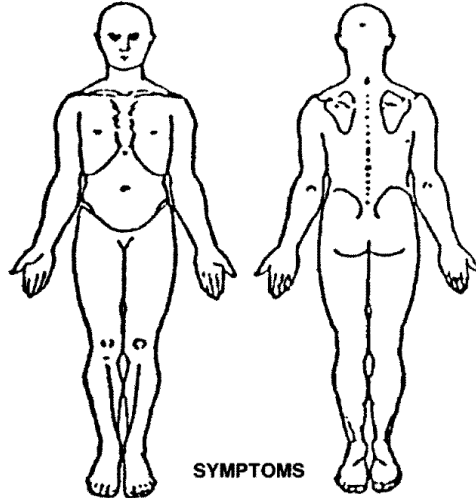
Work: Mechanical stresses _____

Leisure: Mechanical stresses _____

Functional disability from present episode _____

Functional disability score _____

VAS Score (0-10) _____



HISTORY

Present symptoms _____

Present since _____ *improving / unchanging / worsening*

Commenced as a result of _____ *or no apparent reason*

Symptoms at onset: *back / thigh / leg* _____

Constant symptoms: *back / thigh / leg* _____ Intermittent symptoms: *back / thigh / leg*

Worse *bending sitting / rising standing walking lying*
am / as the day progresses / pm when still / on the move
other _____

Better *bending sitting standing walking lying*
am / as the day progresses / pm when still / on the move
other _____

Disturbed sleep *yes / no* Sleeping postures: *prone / sup / side R / L* Surface: *firm / soft / sag*

Previous episodes 0 1-5 6-10 11+ Year of first episode _____

Previous history _____

Previous treatments _____

SPECIFIC QUESTIONS

Cough / sneeze / strain / +ve / -ve Bladder: *normal / abnormal* Gait: *normal / abnormal*

Medications: *Nil / NSAIDS / Analg / Steroids / Anticoag / Other* _____

General health: *good / fair / poor* _____

Imaging: *yes / no* _____

Recent or major surgery: *yes / no* _____ Night pain: *yes / no* _____

Accidents: *yes / no* _____ Unexplained weight loss: *yes / no*

Other: _____



EXAMINATION

POSTURE

Sitting: *good / fair / poor* Standing: *good / fair / poor* Lordosis: *red / acc / normal* Lateral shift: *right / left / nil*
 Correction of posture: *better / worse / no effect* _____ Relevant: *yes / no*
 Other observations: _____

NEUROLOGICAL

Motor deficit _____ Reflexes _____
 Sensory deficit _____ Dural signs _____

MOVEMENT LOSS

	Maj	Mod	Min	Nil	Pain
Flexion					
Extension					
Side gliding R					
Side gliding L					

TEST MOVEMENTS

Describe effect on present pain – During: produces, abolishes, increases, decreases, no effect, centralising, peripheralising. **After:** better, worse, no better, no worse, no effect, centralised, peripheralised.

	Symptoms during testing	Symptoms after testing	Mechanical response		
			↑Rom	↓Rom	No effect
Pretest symptoms standing					
FIS					
Rep FIS					
EIS					
Rep EIS					
Pretest symptoms lying					
FIL					
Rep FIL					
EIL					
Rep EIL					
If required pretest symptoms					
SGIS - R					
Rep SGIS - R					
SGIS - L					
Rep SGIS - L					

STATIC TESTS

Sitting slouched _____ Sitting erect _____
 Standing slouched _____ Standing erect _____
 Lying prone in extension _____ Long sitting _____

OTHER TESTS

PROVISIONAL CLASSIFICATION

Derangement Dysfunction Posture Other
 Derangement: Pain location _____

PRINCIPLE OF MANAGEMENT

Education _____ Equipment provided _____
 Mechanical therapy: *yes / no* _____
 Extension principle _____ Lateral principle _____
 Flexion principle _____ Other _____
 Treatment goal _____





THE MCKENZIE INSTITUTE CERVICAL SPINE ASSESSMENT

Date _____

Name _____ Sex M / F

Address _____

Telephone _____

Date of Birth _____ Age _____

Referral: GP / Orth / Self / Other _____

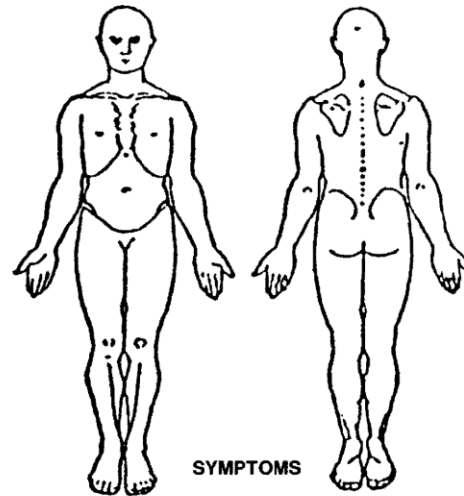
Work: Mechanical stresses _____

Leisure: Mechanical stresses _____

Functional Disability from present episode _____

Functional Disability score _____

VAS Score (0-10) _____



HISTORY

Present Symptoms _____

Present since _____ *improving / unchanging / worsening*

Commenced as a result of _____ *or no apparent reason*

Symptoms at onset: *neck / arm / forearm / headache* _____

Constant symptoms: *neck / arm / forearm / headache* Intermittent symptoms: *neck / arm / forearm / headache*

Worse *bending sitting turning lying / rising*
am / as the day progresses / pm when still / on the move
other _____

Better *bending sitting turning lying*
am / as the day progresses / pm when still / on the move
other _____

Disturbed Sleep Yes / No Pillows _____

Sleeping postures *prone / sup / side R / L* Surface *firm / soft / sag*

Previous Episodes 0 1-5 6-10 11+ Year of first episode _____

Previous History _____

Previous Treatments _____

SPECIFIC QUESTIONS

Dizziness / tinnitus / nausea / swallowing / +ve / -ve Gait / Upper Limbs: *normal / abnormal*

Medications: *Nil / NSAIDS / Analg / Steroids / Anticoag / Other* _____

General health: *Good / Fair / Poor* _____

Imaging: Yes / No _____

Recent or major surgery: Yes / No _____ Night pain: Yes / No _____

Accidents: Yes / No _____ Unexplained weight loss: Yes / No _____

Other _____



EXAMINATION

POSTURE

Sitting: *Good / Fair / Poor* Standing: *Good / Fair / Poor* Protruded Head: *Yes / No* Wry neck: *Right / Left / Nil*
 Correction of Posture: *Better / Worse / No effect* _____ Relevant: *Yes / No*
 Other Observations _____

NEUROLOGICAL

Motor Deficit _____ Reflexes _____
 Sensory Deficit _____ Dural Signs _____

MOVEMENT LOSS	Maj	Mod	Min	Nil	Pain
Protrusion					
Flexion					
Retraction					
Extension					

	Maj	Mod	Min	Nil	Pain
Lateral flexion R					
Lateral flexion L					
Rotation R					
Rotation L					

TEST MOVEMENTS Describe effect on present pain – **During:** produces, abolishes, increases, decreases, no effect, centralising, peripheralising. **After:** better, worse, no better, no worse, no effect, centralised, peripheralised.

	Symptoms During Testing	Symptoms After Testing	Mechanical Response		
			↑Rom	↓Rom	No effect
Pretest symptoms sitting					
PRO					
Rep PRO					
RET					
Rep RET					
RET EXT					
Rep RET EXT					
Pretest symptoms lying					
RET					
Rep RET					
RET EXT					
Rep RET EXT					
If required pretest pain sitting					
LF - R					
Rep LF - R					
LF - L					
Rep LF - L					
ROT - R					
Rep ROT - R					
ROT - L					
Rep ROT - L					
FLEX					
Rep FLEX					

STATIC TESTS

Protrusion _____ Flexion _____
 Retraction _____ Extension: *sitting / prone / supine* _____

OTHER TESTS

PROVISIONAL CLASSIFICATION

Derangement _____ Dysfunction _____ Postural _____ Other _____
 Derangement: Pain location _____

PRINCIPLE OF MANAGEMENT

Education _____ Equipment Provided _____
 Mechanical Therapy: *Yes / No* _____
 Extension Principle _____ Lateral Principle _____
 Flexion Principle _____ Other _____
 Treatment goals _____





THE MCKENZIE INSTITUTE THORACIC SPINE ASSESSMENT

Date _____

Name _____ Sex M / F

Address _____

Telephone _____

Date of Birth _____ Age _____

Referral: GP / Orth / Self / Other _____

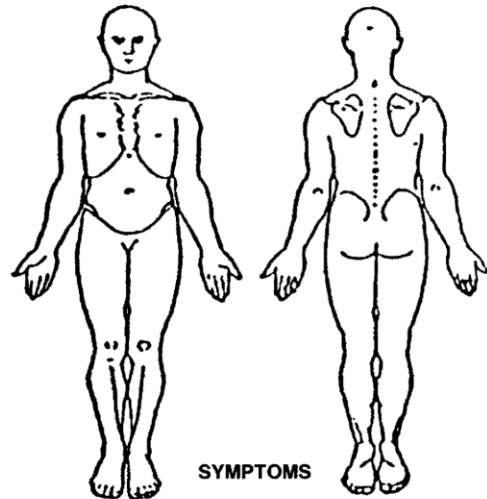
Work : Mechanical stresses _____

Leisure: Mechanical stresses _____

Functional disability from present episode _____

Functional disability score _____

VAS Score (0-10) _____



HISTORY

Present symptoms _____

Present since _____ *improving / unchanging / worsening*

Commenced as a result of _____ *or no apparent reason*

Symptoms at onset _____

Constant symptoms _____ Intermittent symptoms _____

Worse *bending sitting / rising turning neck / trunk standing lying*
am / as the day progresses / pm when still / on the move
other _____

Better *bending sitting / rising turning neck / trunk standing lying*
am / as the day progresses / pm when still / on the move
other _____

Disturbed sleep *yes / no* _____ Pillows _____

Sleeping postures *prone / sup / side R / L* _____ Surface: *firm / soft / sag*

Previous episodes 0 1-5 6-10 11+ Year of first episode _____

Previous history _____

Previous treatments _____

SPECIFIC QUESTIONS

Cough / sneeze / deep breath / +ve / -ve _____ Gait: *normal / abnormal*

Medications: *Nil / NSAIDS / Analg / Steroids / Anticoag / Other* _____

General health: *good / fair / poor* _____

Imaging: *yes / no* _____

Recent or major surgery: *yes / no* _____ Night pain: *yes / no* _____

Accidents: *yes / no* _____ Unexplained weight loss: *yes / no*

Other _____



EXAMINATION

POSTURE

Sitting: *good / fair / poor* Standing: *good / fair / poor* Protruded head: *yes / no* Kyphosis: *red / acc / normal*
Correction of posture: *better / worse / no effect* _____
Other observations: _____

NEUROLOGICAL (upper and lower limb)

Motor deficit _____ Reflexes _____
Sensory deficit _____ Dural signs _____

MOVEMENT LOSS

	Maj	Mod	Min	Nil	Pain
Flexion					
Extension					
Rotation R					
Rotation L					
Other					

CERVICAL DIFFERENTIAL TESTING

Rep Pro _____
Rep Ret _____
Rep Ret Ext _____
Rep LF - R _____
Rep LF - L _____
Rep ROT - R _____
Rep ROT - L _____
Rep Flex _____

TEST MOVEMENTS Describe effect on present pain – **During:** produces, abolishes, increases, decreases, no effect, centralising, peripheralising. **After:** better, worse, no better, no worse, no effect, centralised, peripheralised.

	Symptoms during testing	Symptoms after testing	Mechanical response		
			↑Rom	↓Rom	No effect
Pretest symptoms sitting _____					
FLEX _____					
Rep FLEX _____					
EXT _____					
Rep EXT _____					
Pretest symptoms lying _____					
EIL (prone) _____					
Rep EIL (prone) _____					
EIL (supine) _____					
Rep EIL (supine) _____					
Pretest symptoms sitting _____					
ROT - R _____					
Rep ROT - R _____					
ROT - L _____					
Rep ROT - L _____					
Other: _____					

STATIC TESTS

Flexion _____ Rotation R _____
Extension / prone / supine _____ Rotation L _____

OTHER TESTS

PROVISIONAL CLASSIFICATION

Derangement _____ Dysfunction _____ Posture _____ Other _____
Derangement: Pain location _____

PRINCIPLE OF MANAGEMENT

Education _____ Equipment provided _____
Mechanical therapy: *yes / no* _____
Extension principle _____ Lateral principle _____
Flexion principle _____ Other _____
Treatment goals _____



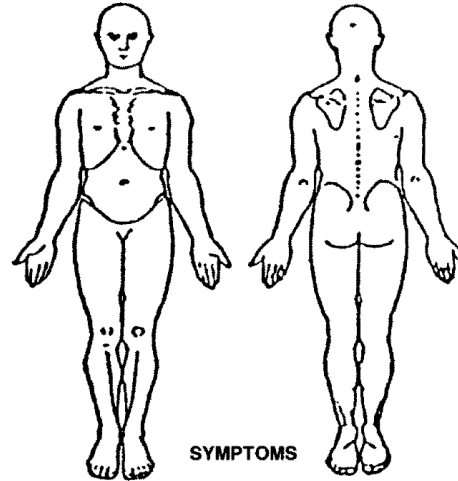


THE MCKENZIE INSTITUTE LOWER EXTREMITIES ASSESSMENT

Date _____
 Name _____ Sex M / F
 Address _____
 Telephone _____
 Date of Birth _____ Age _____
 Referral: GP / Orth / Self / Other _____
 Work: Mechanical stresses _____

 Leisure: Mechanical stresses _____
 Functional disability from present episode _____

 Functional disability score _____
 VAS Score (0-10) _____



HISTORY

Present symptoms _____
 Present since _____ Improving / Unchanging / Worsening
 Commenced as a result of _____ Or No Apparent Reason
 Symptoms at onset _____ Paraesthesia: Yes / No
 Spinal history _____ Cough / Sneeze +ve / -ve
 Constant symptoms: _____ Intermittent Symptoms: _____

Worse bending sitting / rising / first few steps standing walking stairs squatting / kneeling
 am / as the day progresses / pm when still / on the move Sleeping: prone / sup / side R / L
 Other _____

Better bending sitting standing walking stairs squatting / kneeling
 am / as the day progresses / pm when still / on the move Sleeping: prone / sup / side R / L
 other _____

Continued use makes the pain: Better Worse No Effect Disturbed night Yes / No
 Pain at rest Yes / No Site: Back / Hip / Knee / Ankle / Foot
 Other Questions: Swelling Clicking / Locking Giving Way / Falling

Previous episodes _____

Previous treatments _____

General health: Good / Fair / Poor _____

Medications: Nil / NSAIDS / Analg / Steroids / Anticoag / Other _____

Imaging: Yes / No _____

Recent or major surgery: Yes / No _____ Night pain: Yes / No _____

Accidents: Yes / No _____ Unexplained weight loss: Yes / No _____

Summary Acute / Sub-acute / Chronic Trauma / Insidious Onset
 Sites for physical examination Back / Hip / Knee / Ankle / Foot Other: _____



EXAMINATION

POSTURE

Sitting *Good / Fair / Poor* Correction of Posture: *Better / Worse / No Effect / NA* Standing: *Good / Fair / Poor*
Other observations: _____

NEUROLOGICAL: *NA / Motor / Sensory / Reflexes / Dural* _____

BASELINES (pain or functional activity): _____

EXTREMITIES *Hip / Knee / Ankle / Foot*

MOVEMENT LOSS	Maj	Mod	Min	Nil	Pain
Flexion					
Extension					
Dorsi Flexion					
Plantar Flexion					

	Maj	Mod	Min	Nil	Pain
Adduction / Inversion					
Abduction / Eversion					
Internal Rotation					
External Rotation					

Passive Movement (+/- over pressure) (note symptoms and range): _____

PDM	ERP

Resisted Test Response (pain) _____

Other Tests _____

SPINE

Movement Loss _____
Effect of repeated movements _____
Effect of static positioning _____
Spine testing *Not relevant / Relevant / Secondary problem* _____

Baseline Symptoms _____

Repeated Tests	Symptom Response		Mechanical Response	
	During – Produce, Abolish, Increase, Decrease, NE	After – Better, Worse, NB, NW, NE	Effect – ↑ or ↓ ROM, strength or key functional test	No Effect
Active/Passive movement, resisted test, functional test				
Effect of static positioning				

PROVISIONAL CLASSIFICATION

	Extremities	Spine
Dysfunction – Articular _____		Contractile _____
Derangement _____		Postural _____
Other _____		Uncertain _____

PRINCIPLE OF MANAGEMENT

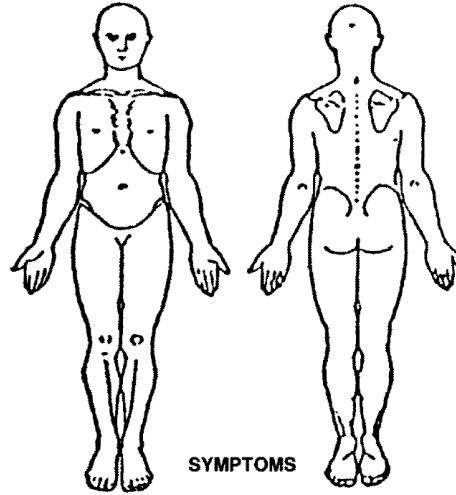
Education _____ Equipment Provided _____
Exercise and Dosage _____
Treatment Goals _____





THE MCKENZIE INSTITUTE UPPER EXTREMITIES ASSESSMENT

Date _____
 Name _____ Sex M / F
 Address _____
 Telephone _____
 Date of Birth _____ Age _____
 Referral: GP / Orth / Self / Other _____
 Work: Mechanical stresses _____
 Leisure: Mechanical stresses _____
 Functional Disability from present episode _____
 Functional Disability score _____
 VAS Score (0-10) _____



HISTORY

Handedness: Right / Left

Present Symptoms _____
 Present since _____ Improving / Unchanging / Worsening
 Commenced as a result of _____ Or No Apparent Reason
 Symptoms at onset _____ Paraesthesia: Yes / No
 Spinal history _____ Cough /Sneeze +ve / -ve
 Constant symptoms: _____ Intermittent Symptoms: _____

Worse	<i>bending</i>	<i>sitting</i>	<i>turning neck</i>	<i>dressing</i>	<i>reaching</i>	<i>gripping</i>
	<i>am / as the day progresses / pm</i>	<i>when still / on the move</i>	<i>Sleeping: prone / sup / side R / L</i>			
	<i>Other</i> _____					
Better	<i>bending</i>	<i>sitting</i>	<i>turning neck</i>	<i>dressing</i>	<i>reaching</i>	<i>gripping</i>
	<i>am / as the day progresses / pm</i>	<i>when still / on the move</i>	<i>Sleeping: prone / sup / side R / L</i>			
	<i>other</i> _____					

Continued use makes the pain: *Better* *Worse* *No Effect* *Disturbed night* Yes / No
 Pain at rest Yes / No Site: *Neck / Shoulder / Elbow / Wrist / Hand*
 Other Questions: *Swelling* *Catching / Clicking / Locking* *Subluxing*

Previous episodes _____
 Previous treatments _____
 General health: *Good / Fair / Poor* _____
 Medications: *Nil / NSAIDS / Analg / Steroids / Anticoag / Other* _____
 Imaging: Yes / No _____
 Recent or major surgery: Yes / No _____ Night pain: Yes / No _____
 Accidents: Yes / No _____ Unexplained weight loss: Yes / No _____

Summary *Acute / Sub-acute / Chronic* *Trauma / Insidious Onset*
 Sites for physical examination *Neck / Shoulder / Elbow / Wrist / Hand* *Other:* _____



EXAMINATION

POSTURE

Sitting *Good / Fair / Poor* Correction of Posture: *Better / Worse / No Effect / NA* Standing: *Good / Fair / Poor*
Other observations: _____

NEUROLOGICAL: *NA / Motor / Sensory / Reflexes / Dural* _____

BASELINES (pain or functional activity): _____

EXTREMITIES *Shoulder / Elbow / Wrist / Hand* _____

MOVEMENT LOSS	Maj	Mod	Min	Nil	Pain
Flexion					
Extension					
Supination					
Pronation					

	Maj	Mod	Min	Nil	Pain
Adduction / Ulnar Deviation					
Abduction / Radial Deviation					
Internal Rotation					
External Rotation					

Passive Movement (+/- over pressure) (note symptoms and range): _____ **PDM** **ERP**

Resisted Test Response (pain) _____

Other Tests _____

SPINE

Movement Loss _____
Effect of repeated movements _____
Effect of static positioning _____
Spine testing *Not relevant / Relevant / Secondary problem* _____

Baseline Symptoms _____

Repeated Tests	Symptom Response		Mechanical Response	
	During – Produce, Abolish, Increase, Decrease, NE	After – Better, Worse, NB, NW, NE	Effect – ↑ or ↓ ROM, strength or key functional test	No Effect
Active / Passive movement, resisted test, functional test				
Effect of static positioning				

PROVISIONAL CLASSIFICATION

Extremities	Spine
Dysfunction – Articular _____	Contractile _____
Derangement _____	Postural _____
Other _____	Uncertain _____

PRINCIPLE OF MANAGEMENT

Education _____ Equipment Provided _____
Exercise and Dosage _____
Treatment Goals _____

