

## Part A: The Lumbar Spine – Online Component Outline

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For your convenience, this outline details the running time for this online component. It consists of six modules with a total of 377 slides that contain audio, video, and pop-up quizzes (provided online).

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Immediately upon logging into the course, access the **MATERIALS** tab in the top right corner; a pop-up window will open up to access the material below:

### MATERIALS

- [McKenzie Assessment Forms](#)
  - Case Study: [Click here](#)
  - Online Component [Outline and Timeline](#)
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**Process:** You will proceed sequentially through each slide and cannot skip ahead in the presentation. You can ‘pause’ each slide at any time. As you progress through the modules, you may return to any previously viewed slide or completed module at any time.

You may opt to complete the work all at once in one session, or take a break and return at a later time. The presentation will ‘remember’ the last slide you viewed and you will return automatically to that slide in your next session. (A session is considered the period when you login and when you close the course.)

**Suggestion:** A natural time to take a break from a session might be best after taking the interactive pop-up quizzes following each of the six modules.

**Completion Time:** Completion of the entire Part A online component will take between five and seven hours. We note the “running time” as a guide, which does not take into account pre-test, quizzes, post-test, pausing to review sections in the manual, reflective thinking, and material assimilation.

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### Pre-Test:

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25 questions, *estimate 30 minutes*

#### 1. Module One

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Introduction and Epidemiology

- MDT cardinal features
- Contrast MDT with other approaches
- Epidemiology
- Risk and prognostic factors

58 slides, two videos – 29:25 minutes module running time

Interactive Quiz – Slide 58 @ 29:25 minutes consecutive running time

#### 2. Module Two

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Evidence for MDT in the Lumbar Spine

- Current evidence on the reliability of the MDT classification
- Current evidence on the prevalence of Centralisation, Directional Preference and MDT classifications
- Current evidence on Centralisation and Directional Preference (DP) as prognostic indicators
- Current evidence on the potential of MDT to reduce surgery rates and reduce costs
- Current evidence on the efficacy of management of the lumbar spine utilising MDT
- Current evidence on the efficacy of MDT with Psychosocial Factors

63 slides – 15:33 minutes module running time

Interactive Quiz – Slide 63 @ 15:33 consecutive running time

#### 3. Module Three

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MDT Classification and Definition of Terms

- Indications and contraindications for MDT
- Clinical characteristics of Derangement, Dysfunction and Postural Syndromes
- Clinical characteristics of Spinal OTHER subgroups
- Differentiate between Derangement, Dysfunction, Postural and OTHER

63 slides – 12:53 minutes module running time

Interactive Quiz – Slide 63 @ 12:53 consecutive running time

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### 4. Module Four

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Understanding Pain and Disability Drivers and Their Relationship to MDT Classification

- a) Current understanding of pain and its effect on patient outcomes
- b) Drivers of Pain Explained
- c) Drivers of Pain and Disability Explained

37 slides – 6:73 minutes module running time

Interactive Quiz – Slide 37 @ 6:73 consecutive running time

### 5. Module Five

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Pathoanatomical Considerations, Movement and Loading for MDT in the Spine

- a) Why doesn't MDT use pathoanatomical classifications?
- b) How different movements affect lumbar structures and how these movements and loading are reflected in daily activities
- c) Balance of lumbar movements on a daily basis in normal individuals and those who have low back pain
- d) What about the 'disc model' that was historically associated with MDT?

23 slides – 7:09 minutes module running time

Interactive Quiz – Slide 23 @ 7:09 consecutive running time

### 6. Module Six

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History and Physical Examination

- a) Aims of history
- b) Components of the history section of the MDT lumbar assessment form and interpretation and clinical relevance of each section
- c) Use of effective communication strategies and interpretation of patient's responses
- d) Aims of physical examination
- e) Components of examination section of the MDT lumbar assessment form and interpretation and clinical relevance of each section
- f) Appropriate use of terms involved in completing the MDT lumbar spine assessment form

123 slides, videos – 47:59 minutes module running time

Interactive Quiz – Slide 123 @ 47:59 consecutive running time

#### Patient Video (Estimate 70 minutes)

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- History – 11:00 minutes running time
- Examination – 38:23 minutes running time
- Q & A – 20:00 minutes estimate

#### Case Study (Estimate 20 minutes)

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Case Study and Quiz

Refer to the "**MATERIALS**" tab to download the PDF of the case study

#### Final Test: *Important to Note*

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25 questions; estimate 40 minutes. Must obtain a 75% pass to attend the live three-day course.

- *You must complete the final test in one sitting.*  
*If you close the session before the test is submitted, the original answers will be lost.*
- *Allow for extra time available if you are not successful and need to retake the test.*
- *You may toggle back through the modules and use your manual to review.*

#### Last Step – Online Component Evaluation Form

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When you pass the test, a congratulatory message will appear containing a link to a brief online evaluation related to the material you just completed. **Please be sure to complete this evaluation.** A comprehensive course evaluation will be provided at the end of the entire course.