



Please read this document carefully to understand the expectations for this online course experience.

This online course offers an intensive timeline for those ready to immerse themselves in MDT applying what they learn immediately in the clinic throughout the course. It is a blend of asynchronous work including procedure reviews and synchronous sessions via Zoom that requires commitment and full participation as outlined in the course calendar below.

COURSE FEES: \$690 (Limited retakes spots available: \$345)

CEUs: All courses requiring preapproval are [detailed on our website](#). A digital certificate of course completion will be issued in your online Profile-Course History on the MIUSA website upon successful fulfillment of all course assignments.

REQUIRED TEXT: Part C Course Manual

The complete course manual is provided digitally via the [MIUSA website](#). Log in, go to the View Profile > Course History section.

COURSE OUTLINE

This course officially begins on Friday 9/18 with a Synchronous ZOOM Session.

You will receive an email from our office one week before the start date with extensive instructions to log into Schoology – **be sure to check your spam/junk folder that week!**

- Preliminary Tasks: Upload Personal Introduction video and post any questions for the Sync Session #1 by Thursday evening
- The requisite assignments are outlined in the calendar view below. **In particular, please note the weekly assigned procedures will require that you create a video performing the techniques and uploading to the designated folder for faculty review.**

ONLINE PART C: 9/18-10/9, 2026			All times noted in Eastern time zone		Due Dates in blue	
** Schoology access will be emailed on Friday, 9/11 **			** Access to Procedure Videos on 9/18 via MIUSA website **			
Module Assignments will be published as noted to work and complete at your own pace but adhering to the Due Dates.						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9/13	9/14	9/15	9/16	9/17	9/18	9/19
			Post Personal Video & Questions for Sync #1 Submit by midnight Thursday ⇄	Course Official Start Date Friday Sept 18 ⇄	SYNC #1: 3pm-6pmEDT Modules 1, 2, 3 (Release Podcasts)	Week 1 Techniques Assigned: #6A REIL with OP #14 Unilat Rot mob in ext
9/20	9/21	9/22	9/23	9/24	9/25	9/26
Module 5 Due: Diff Diagnosis Subgroup OTHER SI Joint		Module 7 & 8 Due: EXT: Epidemiology Characteristics of MDT Syndrome	Week 1 Techniques DUE		Module 9 Due: Assessment	Week 2 Techniques Assigned: #12B REIL with Frontal OP #18 Rotation in Flexion
9/27	9/28	9/29	9/30	10/1	10/2	10/3
Module 10 Due: Derangement - Hip, Knee, Ankle		Module 11 Due: Dysfunction - Articular & Contractile	Week 2 Techniques DUE	Module 12-13 Due: Postural Subgroups OTHER	SYNC #2: 3pm-6pmEDT Modules 5-13	Week 3 Techniques Assigned: #7 Extension Mob #17 Shift Correction
10/4	10/5	10/6	10/7	10/8	10/9	
Module 6 Due: Case Studies - Lumbar			Week 3 Techniques DUE	Module 14 Due: Case Studies - Extremities	SYNC #3: 3pm-6pmEDT Modules 4,6,14	
Log into the MIUSA website: View Profile > Course History 1. Complete the Course Evaluation form 2. Once submitted, your Course Certificate will populate						



EVALUATION OF STUDENT LEARNING

Deadlines for assignments are established to keep work on track and active participation in all online activity will be monitored for completion and must be evidenced to be eligible to receive a certificate of completion for the course.

While student engagement online will be monitored by the faculty member(s), it remains the responsibility of the student to meet all course expectations by particular due dates. Specifically, this will involve:

- Attendance and active participation in all three (3) Synchronous Sessions (ZOOM).
- Completion of all learning activities or quizzes based on module video podcasts.
- Weekly procedure assignments requiring you to create a video performing the techniques and uploading to the designated folder for faculty review and comment.

Note: Faculty will pose questions to groups or individuals on the discussion board and during synchronous sessions, making it imperative for the students to complete all assignments and learning activities prior to the due dates found on the course calendar provided with registration confirmation letters and again posted in Schoology in the Course Logistics and Introductions folder.

SCHOOLGY [You must use this URL]: <https://mckenzieinstitute.schoology.com/>

Extensive instructions with your login credentials to access and navigate Schoology will be EMAILED to you the Friday before the course starts. **Be sure to check your spam/junk folder that week.**

The basics you will need for online work –

- Strong Wi-fi/Internet connectivity
- Up-to-date Web Browser with Javascript and Cookies enabled
- A Webcam and microphone (for synchronous sessions)
- To review all specific technology requirements, visit: [System Requirements \(powerschool-docs.com\)](https://powerschool-docs.com)

ZOOM <https://www.zoom.us/>

We will use Zoom for the Synchronous sessions. [Download the Zoom app or appropriate plugin](#) to your PC or device you plan to use for the Sync sessions. Links to register for each Sync session will be posted in dated folders of the main menu in Schoology and, once registered, an email from Zoom will follow with the details to join each session.

IMPORTANT TO NOTE: *You will be required to have your webcam on at all times in Zoom sessions.*

Please be considerate of your attire; dress as you would for an in-person course and minimize distractions i.e., pets, children, etc. We also expect rules of netiquette to be followed i.e., appropriate use of language/tone, avoidance of sarcasm/jokes, and respect for others privacy and information shared, etc.

COURSE GOALS

As its name implies, this course focuses on advanced Mechanical Diagnosis and Therapy for the lumbar spine and an introduction to the application of Mechanical Diagnosis and Therapy for the lower extremities. The goals of this course are that you build on the knowledge and skills that you gained from the MDT Part A 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:

Lumbar Spine

1. Identify, analyse and discuss common problems encountered in the application of Mechanical Diagnosis and Therapy for the lumbar 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 lumbar spine at an advanced level and be able to identify and analyse problems with their application.
5. Recognise the criteria of the subgroups of OTHER and understand how to differentiate from the Syndromes
6. Analyse and discuss case studies of patients presenting with lumbar spine symptoms to differentiate and determine classification and management.



Lower Extremities

1. Describe the major epidemiological factors associated with lower extremity conditions.
 2. Describe and discuss the current evidence base for the use of MDT for lower extremity musculoskeletal disorders.
 3. Describe and differentiate the characteristics of Derangement, Dysfunction and Postural Syndromes as they present in the lower extremity.
 4. Perform a spinal assessment and analyse the findings to differentiate between symptoms that are lumbar spine in origin or are arising from lower extremity structures
 5. Perform and analyse MDT assessments for lower extremity musculoskeletal disorders and determine the presence of McKenzie Syndromes.
 6. Design appropriate management programmes for patients who present with Derangement, Dysfunction and Postural Syndromes.
 7. Recognise the presentation of the subgroups of OTHER in the lower extremity, and understand the criteria for diagnosis and management options.
 8. Analyse and discuss case studies of patients presenting with lower extremity symptoms to differentiate, and to determine classification and management.
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➔ MODULE ONE: PROBLEM AREAS AND PROBLEM SOLVING

OBJECTIVES

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

1. Identify and discuss the common problems encountered with the McKenzie assessment and classification of patients who present with lumbar spine disorders.
2. Identify, analyse and discuss the common problems with the MDT management of patients who present with lumbar spine disorders and use MDT clinical reasoning principles 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. Demonstrate an advanced understanding of how the findings of the MDT assessment assist in differentiating between symptoms that are lumbar spine in origin or are arising from lower extremity structures.
3. Analyse how the MDT assessment helps to identify precautions and contraindications to mechanical therapy in patients presenting with lumbar spine symptoms.
4. Demonstrate competence in using McKenzie terminology when completing a Lumbar Assessment form.
5. Analyse a completed McKenzie Lumbar 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.
2. Analyse the role of force progressions and force alternatives and their implementation in the management of patients with MDT.
3. Identify the components of the Re-assessment process, analyse and interpret the findings to confirm classification and guide further management
4. Summarise the components of Recovery of Function and Prophylaxis and discuss the implementation of these in management.



➔ **MODULE FOUR: LUMBAR SPINE PROCEDURES**

OBJECTIVES

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

1. Effectively instruct the self-treatment procedures for the lumbar spine, identify difficulties in performance and problem solve as required.
2. Effectively perform the clinician procedures for the lumbar spine, analyse and correct errors with performance.
3. Understand the indications for the application of each procedure, interpret the response and discuss implications.

➔ **MODULE FIVE: DIFFERENTIAL DIAGNOSIS AND SUBGROUPS OF OTHER**

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.
2. Analyse the findings of the MDT assessment to differentiate MDT syndromes from subgroups of OTHER.
3. Perform the pain provocation tests for the sacro-iliac joint, interpret the results, discuss classification and management
4. Discuss the management of each subgroup of OTHER integrating MDT principles.

➔ **MODULE SIX: CASE STUDIES**

OBJECTIVES

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

1. Analyse case studies presented on McKenzie Assessment forms and using MDT clinical reasoning principles determine the presence of Derangement, Dysfunction and Postural Syndrome.
2. Analyse case studies presented on McKenzie Assessment forms and using MDT clinical reasoning, differentiate the presence of serious pathology.
3. Analyse case studies presented on McKenzie Assessment forms and using MDT clinical reasoning, differentiate the presence of OTHER subgroups.
4. Analyse the findings of the assessment forms and using clinical reasoning, design a management plan for the provisional classification.

➔ **MODULE SEVEN: EPIDEMIOLOGY/EVIDENCE BASE FOR MDT**

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 lower extremity conditions.
2. Describe the concept of 'natural history' in the resolution of extremity pain.
3. Describe and discuss the current evidence on the use of MDT for lower extremity conditions.

➔ **MODULE EIGHT: CHARACTERISTICS OF THE MDT SYNDROMES**

OBJECTIVES

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

1. Discuss issues relating to the use of a patho-anatomical diagnosis and describe the alternative MDT model of symptomatic and mechanical responses used to identify a mechanical diagnosis.
2. Describe and differentiate the characteristics of the three McKenzie Syndromes - Derangement, Dysfunction (Articular and Contractile) and Postural in the lower extremity.

➔ **MODULE NINE: ASSESSMENT**

OBJECTIVES

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

1. Demonstrate an understanding of the clinical significance of the components of the MDT assessment.
2. Analyse how the History and the Physical Examination helps to identify precautions and contraindications to mechanical therapy in patients presenting with lower extremity symptoms.



3. Skillfully and accurately complete the History and the Physical Examination of the McKenzie assessment as used for the lower extremity.
4. Conduct and evaluate a relevant spinal assessment to exclude symptoms that are spinal in origin as determined by the History and Physical Examination.
5. Demonstrate an understanding and the appropriate application of terms used in completing the McKenzie Lower Extremity Assessment form.
6. Integrate the results of the History and the Physical Examination including the repeated movement testing to differentiate and determine a provisional classification.

➔ **MODULE TEN: DERANGEMENT SYNDROME**

OBJECTIVES

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

1. Describe the key clinical features of Derangement that are seen on the McKenzie Lower Extremity Assessment Form.
2. Discuss and design appropriate management programmes for patients who present with Derangements in the lower extremity.
3. Discuss the concept of progression of forces and the use of force alternatives when treating lower 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 ELEVEN: DYSFUNCTION SYNDROME**

OBJECTIVES

With sufficient time to/for practice, 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 Lower Extremity Assessment form.
2. Discuss and design appropriate management programmes for patients who present with an Articular Dysfunction in the lower extremity.
3. Describe the key clinical features of Contractile Dysfunction that are seen on the McKenzie Lower Extremity Assessment form.
4. Discuss and design appropriate management programmes for patients who present with a Contractile Dysfunction in the lower extremity.
5. Analyse and demonstrate a variety of loading strategies for Contractile Dysfunctions seen in the lower extremity and discuss the rationale for their use.

➔ **MODULE TWELVE: POSTURAL SYNDROME**

OBJECTIVES

With sufficient time to/for practice, 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 Lower Extremity Assessment Form.
2. Discuss the principles of MDT management of Postural Syndrome when present in the Lower Extremity.

➔ **MODULE THIRTEEN: SUBGROUPS OF OTHER**

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 in the Lower 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.



➔ **MODULE FOURTEEN: CASE STUDIES**

OBJECTIVES

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

1. Analyse case studies presented on McKenzie Assessment forms and using MDT clinical reasoning principles determine the presence of Derangement, Dysfunction or Postural Syndrome.
2. Analyse case studies presented on McKenzie Assessment forms, and using clinical reasoning differentiate the presence of serious pathology.
3. Analyse case studies presented on McKenzie Assessment forms, and using clinical reasoning differentiate the presence of OTHER subgroups.
4. Analyse the findings of the assessment forms and using MDT clinical reasoning, design a management plan for the provisional classification.