

ONLINE COURSE SYLLABI
PART D – MDT: ADVANCED CERVICAL & THORACIC SPINE & UPPER EXTREMITIES
COURSE DESCRIPTION, GOALS AND OBJECTIVES

The fully online course delivery format is designed to provide high quality learning with the flexibility of considerable work that can be managed on your time. **However, it is a fully participatory course with mandatory work that includes:**

- Asynchronous learning activities – on your own time; and
- Synchronous – live ZOOM sessions on Fridays from 3:00pm-7:00pmEST

Each course is taught by two experienced faculty. We utilize the online learning platform, Schoology, for viewing asynchronous video podcasts, quizzes or learning activities, discussion board for Q&A with faculty and receiving feedback on posts both individually and to the group. Patient evaluations, group work on procedures and individual critique of procedures will also be managed in the Synchronous sessions.

PLEASE NOTE: *Deadlines for assignments are established to keep work on track and active participation in all online activity will be monitored for completion. The three synchronous sessions are mandatory and all work **must be evidenced to be eligible to receive a certificate of completion for the course.***

COURSE FEES: \$690 (*audits not applicable at this time*)

CEUs: All standard courses have been approved as [detailed on our website](#). You will be issued a course completion certificate upon successful completion of the entirety of the course. This online version of the Part D course meets the full 28 hours.

OUTLINE OF ONLINE COURSE CONTENT: Use a current calendar to map out your specific course dates.

The dates of your 3 Live Synchronous Sessions can be found on our website in the Course List Location: **Online**** detail; (*See Schoology Calendar example on page 2*)

<p>Week 1: <i>This course officially begins Wednesday with Asynchronous Assignments.</i> Preliminary Tasks: Upload Personal Introduction video by Wednesday midnight Asynchronous assignments: Modules 8-10 Podcasts, self-guided, reflective learning activities, & discussion board</p>
<p>Week 2: Asynchronous work cont.: Modules 11-14 Podcasts, self-guided, reflective learning activities & discussion board Friday 3:00pm-7pmEST – Synchronous Session #1: Module 1 Problem Areas, Extremity Workshop 1, Technique Basics</p>
<p>Week 3: Asynchronous assignments: Modules 2-3,6-7 Podcasts, self-guided, reflective learning activities & discussion board Friday 3:00pm-7pmEST – Synchronous Session #2: Extremity Workshop 2, Module 4 Procedures</p>
<p>Week 4: Asynchronous assignments: Module 15 Case Studies Podcasts, learning activities & discussion board; Technique video posts and review Friday 3:00pm-7pmEST – Synchronous Session #3: Module 4 Procedures, Individualized Technique Critique</p>

EVALUATION OF STUDENT LEARNING

Although formal grades will not be given for the course, participation and active engagement of the student throughout all components of the Online Course will be required in order to earn continuing education credits (CEUs) and a Certificate of Completion.

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

- Attendance and active participation in all three (3) Synchronous Sessions.
- Completion of learning activities based on module podcasts and posts to the discussion board.

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 posted in Schoology at the top of the Event listings.

REQUIRED TEXT: Part D Course Manual

The complete course manual will be provided digitally with two access points: 1) in the Schoology Resources section and 2) in your online Profile/Course History section when you log in to the MIUSA website.

Students are encouraged to download one of the following apps to allow for note taking, highlighting, etc. within the secure course manual PDF document:

- [Notability \(Apple\)](#)
- [Microsoft One Note](#)
- [Draw Board](#)
- [PDF Annotator](#)
- [PDF Element](#)

**** Note:** *Additional fees may apply to app downloads.*

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SCHOOLGY

<https://www.schoolgy.com>

Instructions to access and navigate Schoology will be provided with confirmation details of your course registration. You will be given an ACCESS CODE. Be sure to have this available when you first visit Schoology to create your login. The basics you will need –

- 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:
<https://support.schoolgy.com/hc/en-us/articles/201002153-System-Requirements>

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 Join and passwords for each Sync session will be posted in the Schoology Materials and Calendar.

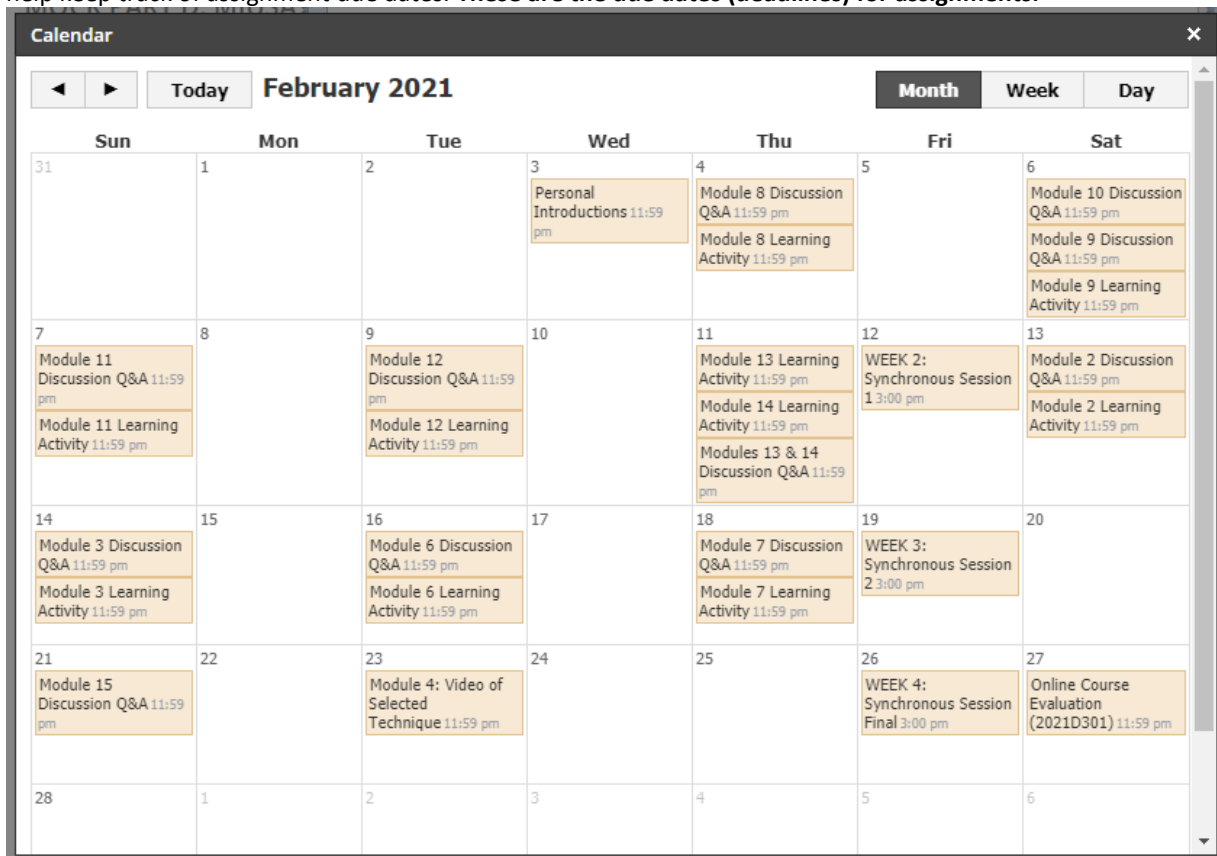
PROFESSIONALISM

Professionalism is an expectation of the online courses. Netiquette is the correct or acceptable way of communicating on the internet. Examples of netiquette include but are not limited to the following:

- Appropriate use of language and tone
- Expectation of proper grammar, punctuation, text fonts and colors
- Respect and consideration for other students
- Avoidance of sarcasm and posting of jokes
- Maintenance of privacy and information sharing (when appropriate)

COURSE CALENDAR EXAMPLE from Schoology: Use your own calendar to plot your specific course dates.

The course calendar can be accessed in Schoology by selecting the calendar icon beside ‘Upcoming’ at the top of the Event listing menu on the right. You will be able to export the Schoology calendar into other calendars i.e., Outlook to help keep track of assignment due dates. **These are the due dates (deadlines) for assignments.**



Calendar						
Today		February 2021				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3 Personal Introductions 11:59 pm	4 Module 8 Discussion Q&A 11:59 pm Module 8 Learning Activity 11:59 pm	5	6 Module 10 Discussion Q&A 11:59 pm Module 9 Discussion Q&A 11:59 pm Module 9 Learning Activity 11:59 pm
7 Module 11 Discussion Q&A 11:59 pm Module 11 Learning Activity 11:59 pm	8	9 Module 12 Discussion Q&A 11:59 pm Module 12 Learning Activity 11:59 pm	10	11 Module 13 Learning Activity 11:59 pm Module 14 Learning Activity 11:59 pm Modules 13 & 14 Discussion Q&A 11:59 pm	12 WEEK 2: Synchronous Session 1 3:00 pm	13 Module 2 Discussion Q&A 11:59 pm Module 2 Learning Activity 11:59 pm
14 Module 3 Discussion Q&A 11:59 pm Module 3 Learning Activity 11:59 pm	15	16 Module 6 Discussion Q&A 11:59 pm Module 6 Learning Activity 11:59 pm	17	18 Module 7 Discussion Q&A 11:59 pm Module 7 Learning Activity 11:59 pm	19 WEEK 3: Synchronous Session 2 3:00 pm	20
21 Module 15 Discussion Q&A 11:59 pm	22	23 Module 4: Video of Selected Technique 11:59 pm	24	25	26 WEEK 4: Synchronous Session Final 3:00 pm	27 Online Course Evaluation (2021D301) 11:59 pm
28	1	2	3	4	5	6

ONLINE Part D: MDT Advanced Cervical and Thoracic

Spine & Extremities - Upper Limb

28 hours

This course officially begins on a Wednesday with Asynchronous Assignments

Review your specific course 3 live Sync Sessions dates on our website in the Course List Location: Online** detail

MODULES	Delivery	# Minutes	TOPICS
WEEK ONE			
EXTREMITIES			
Module 8	Async		Epidemiology / Evidence Base for the Upper Extremity
podcast 1		30	
discussion posts/quizzes		15	
Module 9	Async		Characteristics of the MDT Syndromes
podcast 1		45	
discussion posts/quizzes		45	
Module 10	Async		Assessment
podcast 1		45	
discussion posts/quizzes		45	
WEEK TWO			
Module 11	Async		Derangement Syndrome
podcast 1		30	<i>Shoulder</i>
podcast 2		30	<i>Elbow/Wrist</i>
discussion posts/quizzes		60	
Module 12	Async		Dysfunction Syndrome
podcast 1		30	<i>Articular</i>
podcast 2		30	<i>Contractile</i>
discussion posts/quizzes		60	
Modules 13 + 14	Async		Postural Syndrome and Subgroups of OTHER
podcast 1		30	
discussion posts/quizzes		15	
Extremity Workshop	SYNC #1	240	General Overview/Questions Faculty Role Play, Techniques, Learning Activities Problem Areas and Problem Solving
Module 1			
Friday 3:00pm-7:00pmEST			
WEEK THREE			
ADVANCED SPINE			
Module 2	Async		Assessment and Differentiation Drivers of Pain and Disability
podcast 1		45	
discussion posts/quizzes		45	
Module 3	Async		Management of the MDT Syndromes
podcast 1		45	
discussion posts/quizzes		45	
Module 6	Async		Subgroups of OTHER - Criteria and Management <i>Differentiation: MUR, ANR, Stenosis, Derangement</i>
podcast 1		45	
discussion posts/quizzes		45	

WEEK THREE cont.			
Module 7	Async		Cervicogenic Headaches
podcast 1		30	
discussion posts/quizzes		30	
Extremity Workshop		60	<i>Q&A, Learning Activities</i>
Modules 4+5	SYNC #2	60	<i>Role Play, Clinical Reasoning Activities</i>
Friday 3:00pm-7:00pmEST		120	<i>Procedures</i>
WEEK FOUR			
Module 15	Async		Case Studies: Lumbar Spine
Podcasts		60	Case Studies: Lumbar Spine
discussion posts/quizzes		60	
Modules 4+5		30	<i>Review / Q & A</i>
Friday 3:00pm-7:00pmEST	SYNC #3	210	<i>Procedures</i>

TOTAL ONLINE hours: 28

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

➔ 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.

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➔ **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.
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 Prophylaxis and discuss the implementation of these in management.

➔ **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.

➔ **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. Skillfully 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.

➔ **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.

➔ **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.