

## **MDT Management of Radicular Syndrome (and other Spinal MSK related sources of leg and arm symptoms)**

### **Virtual Course**

**COURSE GOAL:** To utilise and promote Mechanical Diagnosis and Therapy (MDT) in the examination, intervention and management of patients presenting with radicular syndrome.

**OBJECTIVES:** Upon completion of this masterclass, the participant will be able to:

1. Describe the natural history of degenerative changes involving the intervertebral disc and the relationship to nerve root pathology.
1. Describe and differentiate between the different spinal MSK sources for leg and arm symptoms
2. Compare and contrast the signs and symptoms of somatic referred pain in the limb to those arising from nerve root involvement.
3. Describe and differentiate between predominantly mechanical induced versus chemical induced neurological symptoms
4. Differentiate between central and foraminal spinal stenosis
5. Describe and differentiate between other Spinal MSK sources for arm and leg symptoms.
6. Determine those patients with symptoms of nerve root involvement who will respond to management with MDT and implement individualised management.
7. Determine those patients with nerve root involvement who do not respond to MDT and who require further medical investigations, interventions and /or evaluation for surgery.

The pathologies that can result in radicular symptoms will be described and the clinical findings of each discussed. There will be an emphasis on the assessment and management of lumbar and cervical radicular syndrome. Differentiation of other causes of limb symptoms will be examined through the analysis of clinical examples.

The virtual course is 14 hours, consisting of lecture presentations, interview presentations, analysis of case studies and problem solving in groups. The Schoology platform will be utilized with learning resources to view in advance to prepare for and during the two-virtual sessions.

The course is open to Credentialed Therapists and those who have completed Parts A to C of the McKenzie MDT Education Programme. Therapists who have had some experience using MDT for Spinal disorders will find the course most beneficial.

### **Virtual Sessions Timeline**

**\* Note:** Times posted are Eastern Time Zone

#### **Day One:**

8.00am – 10.00am	Session One: Definition, Pathology and Diagnosis
10.00 – 10.15 am	Break
10.15 am – 12.00 pm	Session One continued
12.00 – 1.00 pm	Lunch
1.00 – 3.30 pm	Session Two: Differentiation Derangement / Radicular Syndrome w/o Directional Preference
	Session Three: Differentiation between Derangement / Stenosis
	Practical

**Day Two:**

8.00 – 9.30 am	Session Four: Management when the MDT classification is Derangement with radicular symptoms.
9.30 – 10.15 am	Session Five: Management when the MDT classification is RS w/o DP.
10.15 – 10.30 am	Break
10.30 – 11.30 am	Session Six: Management when the MDT classification is Spinal Stenosis – Central or Foraminal.
11:30 – 12:30pm	Session Seven: Differential Diagnosis other Spinal MSK Sources of leg and arm pain
12.30 – 1.30 pm	Lunch
1.30 – 2.00 pm	Session Seven: continued
2.00 – 3.30 pm	Session Eight: Shared decision making: Conservative Management vs. Surgery Discussion and Conclusion