



EDUCATA

Your Online Continuing Education Resource

The McKenzie Method: The Scope and Application of Mechanical Diagnosis and Therapy (MDT)

McKenzie Institute faculty:
Richard Rosedale, PT, Dip. MDT
Kathy Hoyt, PT, Dip. MDT
Robert Medcalf, PT, Dip. MDT

Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 140 slides and is 85 minutes in duration.

I. Introduction

- A. MDT Foundation and background
- B. Institute and educational program
- C. Principles of MDT
- D. MDT evidence
 - 1. ADTO model
 - 2. Reliability
 - 3. Validity

Notes

Interactive Questions – Slide 31 @ 21 minutes

II. The why and how of classification

- A. Implications of natural history
- B. The need for classification
- C. MDT classifications
 - 1. Derangement
 - 2. Dysfunction
 - 3. Posture
 - 4. Other
- D. Directional preference and centralization
- E. Spinal and extremity classification characteristics

Interactive Questions – Slide 59 @ 35 minutes

III. Assessment and Management

- A. Assessment overview
 - 1. History taking
 - 2. Physical examination
 - 3. Repeated movement examples
 - 4. Symptomatic and mechanical response
- B. Principles of management
- C. Management of classifications
 - 1. Derangement management
 - 2. Dysfunction management
 - 3. Posture management
 - 4. Examples of management strategies

-
- D. Procedures and progressions of force
 - 1. Patient generated forces
 - 2. Therapist generated forces
 - E. Reassessment and discharge

Notes

Interactive Questions – Slide 98 @ 47 minutes

- IV. Case Studies
 - A. Spinal clinical reasoning
 - B. Extremity clinical reasoning
- V. Summary of the MDT system and application

EDUCATA

Bibliography

The complete bibliography is available to download with the course.

EDUCATA