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The McKenzie Method Update: MDT Strategies and Current Evidence

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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 141 slides and is 84 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 29 @ 18 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 58 @ 33 minutes

III. Assessment and management

- A. Assessment overview
 - 1. History taking
 - 2. Physical examination
 - 3. Example test movements
 - 4. Symptomatic and mechanical responses
- B. Principles of management
- C. Management of classifications
 - 1. Derangement
 - 2. Dysfunction

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- 3. Posture
 - 4. Examples of management strategies
 - D. Procedures and progressions of force

Notes

Interactive Questions – Slide 94 @ 45 minutes

- IV. Case Studies
 - A. Spinal clinical reasoning
 - B. Extremity clinical reasoning

Interactive Questions – Slide 124 @ 55 minutes

- V. Conclusion
 - A. Summary of the MDT system and application
 - B. Videos of Robin McKenzie and his assessment process

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