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

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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 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

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

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
Bibliography

The complete bibliography is available to download with the course.