



THE MCKENZIE
INSTITUTE®
CANADA

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Mechanical Diagnosis and Therapy® MDT: A reliable assessment & classification system for the spine & extremities, that leads you to an effective treatment strategy for your patients. **To be effective,** treatment strategies first require a thorough and accurate assessment. Now is the perfect time to discover why thousands of clinicians worldwide rely on MDT to improve their patient outcomes. Assess and diagnose patients accurately and confidently using the **McKenzie MDT** system.

[MCKENZIE MDT PART B – SCHEDULE \(PT\)](#)

4 Sessions / 2 Online & 2 In-clinic

Session 1: Asynchronous online at your own pace

Session 2 TUE 30MAY: Online live with instructor 4:00PM–8:45PM

Sessions 3-4: SAT/SUN 03-04JUN In-clinic Momentum Health **KELOWNA, BC** 8:00AM–5:00PM

Legitimate patient demonstrations with follow-up appointments take place during the course.

FEEDBACK FROM FELLOW CLINICIANS ON RECENT PART B COURSES:

11. Name one new clinically relevant insight or skill that you took away from the Part B course?

- I am now more comfortable treating unilateral derangements that do not respond to sagittal plane repeated movements
- My neck and thoracic evaluation skills have been improved and I now have more confidence in my treatment approach as well.
- The magic happens at end range, we need to explore further the end ROM
- Proper progression of force and better understanding of amber light vs green light.
- All the force progressions and options for movement on the c spine

DEVELOP CONFIDENCE TREATING PATIENTS WITH NECK AILMENTS

The principles of MDT and how they apply in the context of the biopsychosocial framework of managing patients with cervical and thoracic pain and functional limitations will be a key focus. The participants will explore and extensively practice the MDT assessment, classification and management process through lectures, workshops, discussions, and patient demonstrations. The classifications of Derangement, Dysfunction and Postural syndromes in the cervical and thoracic spine are described in detail and appropriate management plans are discussed, with emphasis on the use of patient self-treatment procedures and education. Subgroups not fulfilling the criteria of the MDT syndromes are introduced and the basis for their differential diagnosis is outlined. Follow-up patient demonstrations will illustrate the reassessment process and allow participants to get a realistic feel and understanding of the impact of the MDT system on differing patient presentations over 2-3 treatment sessions.

Attending clinicians will practice procedures on each other. The instructor will assess and treat patients during the course.

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