



**THE MCKENZIE  
INSTITUTE INTERNATIONAL**

**DIPLOMA**

**IN**

**MECHANICAL DIAGNOSIS**

**AND THERAPY**

# L'INSCRIPTION AU DIPLÔME

- L'EXAMEN DE COMPETENCE
- LE TOEFL
- 2 LETTRES DE RECOMMANDATION

## LE DÉROULEMENT DU DIPLÔME

- « DISTANCE LEARNING » *12 SEMAINES*
- LE PLACEMENT CLINIQUE *9 SEMAINES*
- L'EXAMEN FINAL *2 JOURS*

# LA THEORIE: LE DISTANCE LEARNING

( *Université de Dundee, Ecosse*)



University of Dundee

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A photograph of the Dundee waterfront at dusk or night. The city lights reflect off the water in the foreground, and a large silhouette of the city skyline is visible against a dark sky. The word "DUNDEE" is overlaid in large, white, sans-serif capital letters across the lower right portion of the image.

DUNDEE



Jean-Philippe DENEUVILLE



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Home



Help



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SNM Centrepoint

My Webmail



PN50064\_SEM2\_CMN »  
(PN50064 -  
Mechanical  
Diagnosis And  
Therapy (SEM2  
12/13))

Contact Information

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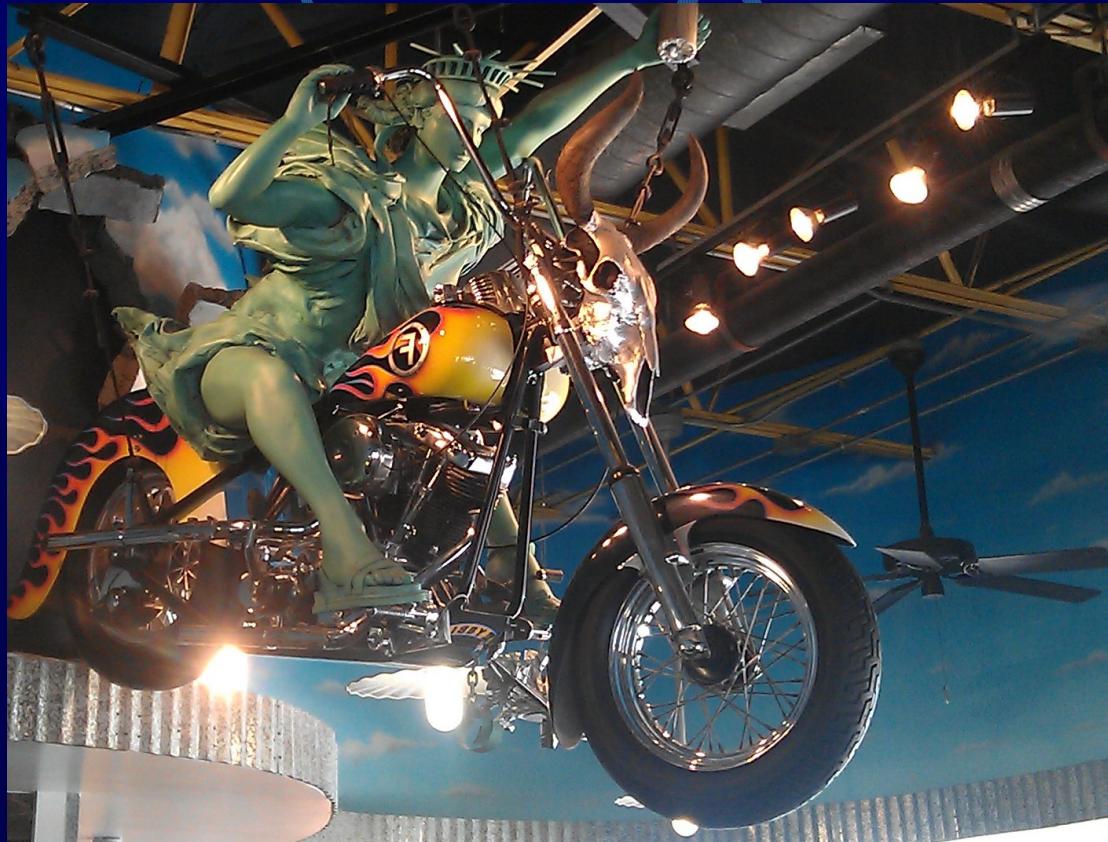
## Discussion Board

Forums are made up of individual discussion threads that can be organised around a particular subject. Create Forums to organise dis

Forum	Description
<a href="#">Unit 0: Arrivals and welcome</a> ▾	Congratulations on getting here. Please introduce yourself to your fellow students. Just click "Unit 0: Arrivals and welcome" to join the discussions
<a href="#">introduction</a> ▾	Use this area to introduce yourself to other students within the module.
<a href="#">Session 1; Critical appraisal</a> ▾	Discuss the critical appraisal e-tivity here.
<a href="#">Pain</a> ▾	Discuss pain issues here.
<a href="#">Biomechanics</a> ▾	Biomechanical information can be discussed here.
<a href="#">General questions for the teaching team</a> ▾	This is an area for any general questions about the module that don't relate to specific units.
<a href="#">Cafe</a> ▾	This is an area to chat and be sociable with your fellow students.

# LA PRATIQUE: LE PLACEMENT CLINIQUE

( *St David's Medical Center, Austin Texas*)











The Old  
Pecan St.  
Cafe

BANQUET HALL

DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

VISIT: \_\_\_\_\_

START TIME: \_\_\_\_\_

NEXT MD VISIT: \_\_\_\_ / \_\_\_\_

PT DIAGNOSIS: \_\_\_\_\_

PATIENT IMPROVEMENT RATING: BETTER    iSQ    WORSE (\_\_\_\_%)

SUBJECTIVE: \_\_\_\_\_

COMPLIANCE:     GOOD     FAIR     POOR    SITTING POSTURE:     GOOD     FAIR     POOREXERCISE TECHNIQUE:     GOOD     FAIR     POOR    EXERCISE FREQUENCY:     GOOD     FAIR     POOR

COMMENTS: \_\_\_\_\_

PRE-PAIN LEVEL: \_\_\_\_\_ / 10    PAIN MEDICATION TAKEN TODAY:  Y     N \_\_\_\_\_

OBJECTIVE: \_\_\_\_\_ MINS    THERAPEUTIC EXERCISE

ROM:

LUMBAR: FLEXION     0% loss     25% loss     50% loss     75% loss     100% loss    PAIN: \_\_\_\_\_EXTENSION     0% loss     25% loss     50% loss     75% loss     100% loss    PAIN: \_\_\_\_\_SIDE GLIDE L     0% loss     25% loss     50% loss     75% loss     100% loss    PAIN: \_\_\_\_\_SIDE GLIDE R     0% loss     25% loss     50% loss     75% loss     100% loss    PAIN: \_\_\_\_\_CERVICAL: PROTRUSION     0% loss     25% loss     50% loss     75% loss     100% loss    PAIN: \_\_\_\_\_FLEXION     0% loss     25% loss     50% loss     75% loss     100% loss    PAIN: \_\_\_\_\_RETRACTION     0% loss     25% loss     50% loss     75% loss     100% loss    PAIN: \_\_\_\_\_RET/EXTN     0% loss     25% loss     50% loss     75% loss     100% loss    PAIN: \_\_\_\_\_ROTATION L     0% loss     25% loss     50% loss     75% loss     100% loss    PAIN: \_\_\_\_\_ROTATION R     0% loss     25% loss     50% loss     75% loss     100% loss    PAIN: \_\_\_\_\_SIDEBEND L     0% loss     25% loss     50% loss     75% loss     100% loss    PAIN: \_\_\_\_\_SIDEBEND R     0% loss     25% loss     50% loss     75% loss     100% loss    PAIN: \_\_\_\_\_

OTHER: JOINT: \_\_\_\_\_

\_\_\_\_\_     0% loss     25% loss     50% loss     75% loss     100% loss    DEGREES: \_\_\_\_\_\_\_\_\_\_     0% loss     25% loss     50% loss     75% loss     100% loss    DEGREES: \_\_\_\_\_\_\_\_\_\_     0% loss     25% loss     50% loss     75% loss     100% loss    DEGREES: \_\_\_\_\_\_\_\_\_\_     0% loss     25% loss     50% loss     75% loss     100% loss    DEGREES: \_\_\_\_\_\_\_\_\_\_     0% loss     25% loss     50% loss     75% loss     100% loss    DEGREES: \_\_\_\_\_\_\_\_\_\_     0% loss     25% loss     50% loss     75% loss     100% loss    DEGREES: \_\_\_\_\_

NEURO: \_\_\_\_\_

EDEMF6623



Place under Tab:

**StDavid's | MEDICAL CENTER**

SPINE AND SPORTS THERAPY

\*REHAB\*

SESSION NOTE - SPINE  
Page 1 of 2 Rev. Date 12/2010Acct: N00012826280 MR: N000179637 /  
DOB: 08/04/62 M 49 Burns,Thomas Patrick

07/20/12

BASELINE: \_\_\_\_\_

EXERCISES/MOVEMENTS:

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MINS    NEUROMUSCULAR RE-ED / MANUAL THERAPY / GAIT / THER ACT other: \_\_\_\_\_

MINS    NEUROMUSCULAR RE-ED / MANUAL THERAPY / GAIT / THER ACT other: \_\_\_\_\_

ASSESSMENT: (PROGRESS TOWARDS FUNCTIONAL GOALS / REMAINING DEFICITS

PLAN: \_\_\_\_\_

PT, Dip MDT    POST-PAIN LEVEL \_\_\_\_\_ / 10    STOP TIME: \_\_\_\_\_

THERAPIST SIGNATURE

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SPINE AND SPORTS THERAPY

Acct: N00012826280 MR: N000179637 /  
DOB: 08/04/62 M 49 Burns,Thomas Patrick

07/20/12



## McKenzie Diploma Program: Live Patient Examination

**KEY:**

<b>Beginner</b>	<b>Developing</b>	<b>Basic</b>	<b>Proficient</b>	<b>Exemplary</b>
1	2	3	4	5

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

**1. Therapist/Patient Communication**

- a. Communicates clearly
- b. Listens actively
- c. Patient centered
- d. Appropriate use of body language and non-verbal cueing
- e. Establishes good patient rapport
- f. Establishes patient's expectations

Comments:

Score: \_\_\_\_\_

**2. History Taking**

- a. Asks questions with intent
- b. No leading questions
- c. Appropriately identifies relevant information
- d. Develops appropriate follow up questions from patient responses
- e. Demonstrates an understanding of the intent of safety questions and identifies any red flags
- f. Arrives at appropriate provisional classifications from history

Comments:

Score: \_\_\_\_\_

**3. Objective Examination**

- a. Posture- effect of correction / static assessment
- b. Proper assessment of movement loss
- c. Neurological testing
- d. Functional baselines
- e. Appropriate baselines determined and assessed
- f. Demonstrates ability to select appropriate mechanical movement and/or positions
- g. Monitors symptomatic and mechanical responses appropriately during testing
- h. Adds force and force alternates when indicated diagnostically and during reduction
- i. Arrives at appropriate provisional classifications from examination
- j. Good safety awareness with patient at all times including identification of red flags

Comments:

Score: \_\_\_\_\_

McKenzie Diploma Program: Mechanical Diagnosis and Therapy Clinical Component

4. Management Score: \_\_\_\_\_

- a. Interpretation of data collected appropriate
- b. Can identify history and examination findings to support provisional diagnosis
- c. Uses effectively clinical reasoning to make a differential diagnosis
- d. Appropriate management strategy chosen
- e. Correct prescription of home exercises chosen
- f. Identifies barriers to recovery
- g. Involves patient
- h. Determines when patient is ready for recovery of function
- i. Recognizes when mechanical intervention is not required or no longer needed

Comments:

Score: \_\_\_\_\_

**5. Education**

- a. Appropriated education provided to patient
- b. Education provided to patient appropriate to patient's level of education/comprehension
- c. Timing of education appropriate
- d. Appropriately communicates prognosis to patient

Comments:

Score: \_\_\_\_\_

**6. Documentation**

- a. Accurate use of McKenzie terminology on the assessment form
- b. Appropriate goals established
- c. Addresses functional goals with patient bi-monthly

Comments:

Score: \_\_\_\_\_

**7. Patient follow up**

- a. Appropriately assesses effect of management given at evaluation
- b. Establishes appropriate follow up questions
- c. Re-assess relevant baselines
- d. Progresses/regresses force appropriately
- e. Re-confirms conclusion
- f. Appropriate management provided
- g. Appropriate education provided
- h. Identifies barriers to recovery

Comments:

**Overall comments:**

McKenzie Diploma Program: Mechanical Diagnosis and Therapy Clinical Component

?

# **CLASSIFICATION**

## **BIEN CLASSIFIER LE PATIENT**

- LES QUESTIONS DE « COMPORTEMENT DE LA LESION » (*lesion behavior*)
- L'UTILISATION DE LA FLEXION
- RIGUEUR (cf feuille de bilan) et rester « KISS »

# **RESTAURATION DE LA FLEXION**

## RESTAURATION DE LA FLEXION

- BUTS DE TRAITEMENT: REDUIRE LA DOULEUR ET **RESTAURER LA FONCTION**
- REMODELAGE
- EXPOSITION AU MOUVEMENT « INTERDIT »
- LE PLUS PRECOCEMENT POSSIBLE  
(CRITERES)

# **EDUCATION**