MECHANICAL DIAGNOSIS & THERAPY

McKenzie Intl. Courses – LUMBAR SPINE

THE MCKENZIE INSTITUTE INTERNATIONAL®

PRIMEPHYSIO
TRAINING FOR PHYSIOTHERAPISTS

Location: **Dubai-UAE**

Date: 6-8 January 2023

Tutor:

Hans van Helvoirt

Hans van Helvoirt is physical therapist who studied till 1986 at the international academy 'Thim van der Laan' in Utrecht. After that he gained his manual therapy license 'Maitland Concept' in 1990 and finished the diploma program in Mechanical Diagnosis and Therapy (MDT) McKenzie in 1992 in Wellington New Zealand. Besides courses in physical therapy (Butler, Mulligan, Elvey, Comerfort, O' Sullivan). He did his Masters in Arts in Psychology at the University Benelux in Antwerp and several coaching courses as provocative coaching, inspiring coaching en motivational interviewing.

Since 1993 Hans has taught MDT/ McKenzie in the Benelux, Denmark, Hungary and Slovenia and spoke at conferences worldwide about MDT and the place of MDT in the biopsychosocial model. Within the McKenzie Institute International, Hans has position in the promotion committee, public health committee, outcome measurement committee. Hans works as a consultant in Rugpoli Brabant, Tilburg, the Netherlands, the Centre for Manual Medicine and Pain Management. Together with VU university Amsterdam, he does research about the interaction between MDT and Anesthesiology.

https://mckenzieinstitute.org/

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COURSE AIMS

Following attentive participation in, and completion of, this course will provide participants with the introductory knowledge, basic skills and abilities to begin to:

1. Describe and discuss the basic principles of MDT and how it fits within the context of the biopsychosocial back pain experience
2. Appropriately apply the McKenzie Method of MDT to patients with lumbar spine problems.
3. Distinguish between the MDT syndromes (Derangement, Dysfunction, Postural) and OTHER subgroups and provide appropriate management regimens for each of the MDT syndromes.
4. Identify when the application of external forces is required for the resolution of symptoms using MDT's concept of 'Progression of Forces'.
5. Recognise how to assist patients to design and apply the therapeutic processes to achieve management goals, taking into account any personal or environmental barriers to recovery.
6. Describe and discuss the basic principles of MDT and how it fits within the context of the biopsychosocial back pain experience
7. Appropriately apply the McKenzie Method of MDT to patients with lumbar spine problems.
8. Distinguish between the MDT syndromes (Derangement, Dysfunction, Postural) and OTHER subgroups and provide appropriate management regimens for each of the MDT syndromes.
9. Identify when the application of external forces is required for the resolution of symptoms using MDT's concept of 'Progression of Forces'.
10. Recognise how to assist patients to design and apply the therapeutic processes to achieve management goals, taking into account any personal or environmental barriers to recovery.

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Course Overview and Topics to be covered :

This four-day course introduces the theoretical aspects and concepts of the McKenzie Method in Mechanical Diagnosis and Therapy (MDT), as it is applied to the musculoskeletal system. The focus of this course, which is the first in the McKenzie course series, is the assessment, classification and management of patients with complaints of low back, related referred pain and functional limitations.

In certain countries, one day of the course is completed as an online distance learning component. This online component is completed prior to attending the three days at a teaching venue with an instructor. In countries that don't utilise the online distance learning component the full four-day course is completed onsite with an instructor.

The principles of MDT and how they apply in the context of the biopsychosocial framework of managing patients with musculoskeletal 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 are described in detail and appropriate management plans are discussed, with emphasis on the use of patient self-treatment procedures and education.

Indications for the use of clinician procedures will also be discussed and the procedures demonstrated and practiced. Subgroups not fulfilling the criteria of the McKenzie 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.

The course will include an illustrated manual and complete reference list. Participants will also have access to videos of all procedures, the full reference list on the MII website and a voluntary self-assessment post-course quiz (English Only).

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Who can attend?

- **Physiotherapists and Physiotherapy Students/ Interns.**

Course fee:

Early bird (FIRST 10 SEATS)

Employed Individuals

Individual registration: AED 3000

Students/Inters/Unemployed Individuals

Individual registration: AED 2700

Normal registration:

Employed Individuals

Individual registration: AED 3300

Students/Interns/Unemployed Individuals

Individual registration: AED 2970

For Registration

https://www.primephysio.com/officialmckenzie-courses-dubai

****For group registration rates, please contact 00971502051448 on WhatsApp or send an email to uae@primephysio.com**

For inquiries & booking:

00971502051448 Uae@primephysio.com http://www.primephysio.com/