



# **THE MCKENZIE INSTITUTE INTERNATIONAL**

## **DIPLOMA IN MECHANICAL DIAGNOSIS AND THERAPY™**

### **GENERAL INFORMATION**

#### **THE DIPLOMA**

The Diploma in Mechanical Diagnosis and Therapy (MDT) is awarded to participants who have qualified in accordance with the criteria approved by The McKenzie Institute International Board of Trustees and is designed to assess competencies in relation to the Diploma Curriculum.

The criteria for registration is attendance at the Institute's Education Programme Parts A-D and the Advanced Extremities course, and a successful pass in The McKenzie Institute International Credentialing Examination.

Applicants must be either a physiotherapist, medical doctor or chiropractor. They must also be engaged in active clinical practice, and hold registration in their respective country of residence.

Applications must be submitted by the **31<sup>st</sup> of October** to commence the Distance Learning component in February of the following year. Registrations are limited to 25 candidates per year.

The fee for the Diploma MDT Programme is USD15,000.

The language of the Diploma Programme is English. The Institute requires a reasonable standard of English. **All students from countries where English is not the first language must provide evidence of English language competency in the form of successful IELTS, TOEFL or Pearson testing (specific score minimums on page 4).** The date of the test results must be within two years of applying for the Diploma Programme. So that candidates for whom English is not their first language are not disadvantaged, their application and supporting documentation can be submitted without the English language result, however the official result must be sent to the Institute no later than the 31<sup>st</sup> of October.

The Diploma MDT Programme and the Final Exam must be completed within three years of a student commencing the Programme.

#### **DIPLOMA CURRICULUM**

The Diploma Curriculum has, as its foundation, the teaching of MDT as developed by Robin McKenzie. It consists of two components: Theoretical and Clinical.

##### **Aims of the Diploma**

1. Enable students to develop a high level of competence in the theory and practice of MDT for spinal and musculoskeletal disorders based on the philosophies of Robin McKenzie.
2. Enable students to identify clinical conditions that are unsuitable for conservative care.
3. Enable students to develop skills in accessing, understanding and evaluating research relevant to MDT.
4. Promote critical analysis and clinical reasoning skills.
5. Further develop interpersonal and communication skills.
6. Foster the students' awareness of their professional responsibilities, including legal, ethical and cultural issues.

## **Theoretical Component:**

The Theoretical Component utilising Schoology, an online learning management system is conducted over 12 weeks commencing in February in any given year. This component involves 240 hours of student study and academic work. This consists of set tasks, reflective reading, electronic communication through a discussion board, critical evaluation and analysis of literature on MDT topics and group work.

The educators for the Theoretical Component are McKenzie Institute International Faculty. All teaching will be conducted online and is presented as modules of study. Students will require computer facilities with web access.

A pass in the Theoretical Component of the Diploma Programme is required before commencing the Clinical Component.

### **Theoretical Component Outcomes:**

1. Discuss and evaluate both the clinical significance of and the current evidence base for the key principles of MDT
2. Analyse and interpret the Mechanical Diagnosis assessment process of a given patient towards a provisional classification
3. Critically evaluate the current evidence and the clinical use of mechanical loading on spinal and extremity tissue
4. Discuss and evaluate the process of critically analyzing the literature and identifying key steps in the proposal and development of a case report
- 5a. Execute an MDT evaluation and management plan for a patient presenting with knee symptoms
- 5b. Define the key principles related to the education of patients with extremity joint symptoms utilizing MDT management principles
6. Critically discuss and evaluate the relevance, the 'pros and cons' and the supporting evidence of the disc model for clinicians, patients, and third parties
7. Discuss and evaluate the process of differentiating between a spinal and/or local source of pain in patients presenting with primary shoulder pain
8. Discuss and evaluate the literature relating to three key areas of communication: Motivational interviewing, language and teach back
- 9a. Describe the current understanding of pain and discuss its relevance within the Mechanical Diagnosis and Therapy of individual patients
- 9b. Discuss the potential drivers of pain and disability and relate how these factors impact individual patient management
10. Discuss and analyse the roles of the history and examination in the process of differentiating between potential classifications and demonstrate advanced clinical reasoning through the use of patient vignettes
11. Develop and prepare an MDT related patient case report

## **CLINICAL COMPONENT:**

The Clinical Component consists of a minimum of 360 hours of clinical practice based on a variety of musculoskeletal disorders. It emphasises the central importance of “the evidence” of the patient. The hours of clinical practice will include: supervised patient assessments and treatments, formal and informal tutorials and self-directed learning. The maximum ratio of participants to Clinical Educator is limited to three.

Qualified McKenzie practitioners, known as Diploma Clinical Educators, who are appointed by The McKenzie Institute International, provide supervision. The Clinical Educator conducts continuous assessments of the clinical performance of the candidates and regular formal assessments. Satisfactory proficiency in the Clinical Component is determined by the Clinical Educator and/or by The McKenzie Institute International appointed assessors. Proficiency is determined by performance in both the formal assessments and in the continuous assessments.

### **Clinical Component Objectives:**

At the completion of this component the student should be highly competent in:

1. The integration of the theory of MDT and its application in the management of patients.
2. Examining patients using the MDT history taking and physical examination procedures.
3. Using the information derived from the examinations to determine an appropriate classification for the patient.
4. Documenting the assessment and management of patients.
5. Effectively and safely managing patients and modifying management as appropriate.
6. Maximising treatment efficiency, effectiveness by the appropriate provision of education, self-management procedures, clinician procedures and preventative measures.
7. The application of the MDT clinician procedures
8. The identification of contraindications to MDT and the performance of the pre-manipulative testing procedures.
9. Communicating effectively with all persons involved in the management of the patient's problems.

### **Pathways Available for the Clinical Component:**

To allow for the varied needs of the Diploma students there are a number of alternative pathways available to complete the Clinical Component of the Diploma.

Clinical Training sites are currently located in the Australia, Benelux, Canada, Germany, Scotland, Sweden and the USA.

Accommodation is not provided at any of the Clinical venues. However, the Diploma Clinical Educators will assist students to access suitable accommodation.

#### ▪ **Clinical Training in Australia (Geelong):**

Choice of this pathway allows the student to undertake their clinical training in either a 1 x 9 week block, or 3 x 3 week blocks.

*To attend this venue, candidates must have Australian or New Zealand health professional registration and insurance.*

- **Clinical Training in the Benelux:**

Choice of this pathway allows the student to undertake their clinical training in the Benelux by way of 18 weeks part-time (equal to 9 full-time weeks), The 18 weeks shall be divided into two blocks of 9 weeks.

*This venue is only available to candidates residing in Belgium, The Netherlands or Luxembourg.*

- **Clinical Training in Canada (Montreal):**

Choice of this pathway allows the student to undertake their clinical training in either a 1 x 9 week block, or 3 x 3 week blocks.

*This venue can accommodate both English and French speakers.*

- **Clinical Training in Germany (Freiburg):**

Choice of this pathway allows the student to undertake their clinical training in either a 1 x 9 week block, or 3 x 3 week blocks.

*This venue is only be available to German speaking candidates.*

- **Clinical Training Scotland (Dundee):**

Choice of this pathway allows the student to undertake their clinical training in 1 x 9 week block.

- **Clinical Training in Sweden:**

Choice of this pathway allows the student to undertake their clinical training in 3 x 3 week blocks at 3 separate clinical venues.

*This venue is only available to Swedish speaking candidates.*

- **Clinical Training in USA (Austin):**

Choice of this pathway allows the student to undertake their clinical training in 1 x 9 week block.

- **Clinical Training in USA (Cedar Grove):**

Choice of this pathway allows the student to undertake their clinical training in 1 x 9 week block.

*It is the candidate's responsibility to obtain licensure in the State of New Jersey. **This can take up to six months.***

A Pass is required in the Clinical Component of the Diploma to allow students to undertake the Diploma final exam. If the student is unsuccessful at passing the Clinical Component of the Diploma, it **may be possible**, in some circumstances, for some or all of the Clinical Component to be repeated. The decision on whether further clinical education is appropriate is made by the Diploma Clinical Educator(s) in conjunction with the Diploma Coordinator.

If this is agreed on, the student will be provided with a remedial plan which will allow them to undertake preparatory work prior to returning for further clinical education. A fee will be payable for the extra Clinical tuition.

If the student is not successful on the second attempt, **no further attempts will be allowed and the student will not be eligible to sit the Diploma final exam.**

## FINAL EXAMINATION FOR THE DIPLOMA IN MDT

To be eligible to sit the Final Examination, students must have completed and passed both the Theoretical and Clinical Components of the Diploma Curriculum.

There must be a minimum of two months between completion of the Clinical Component and taking the Final Exam to allow time for the students to prepare for the exam.

The Final Examination is conducted in the English language by Faculty appointed by The McKenzie Institute International and is supervised by the International Director of Education.

There is a fee for the Final Examination and this will be advised at the time of application. The exam is conducted over two days. The structure comprises 4 exams of 45 minutes duration (3 simulated clinical exams and 1 oral exam). Candidates are required to achieve a Pass in each of the exams to attain a Pass in the final examination. If a candidate is unsuccessful in one or more of the individual exams, they are able to retake the failed exam/s. However, retakes are only possible on two occasions.

Exams are held a minimum of twice per year. Once in North America and once in Europe. The exams are commonly held in conjunction with McKenzie Institute International Conference or a Regional Conference. Further exams are scheduled on an 'as needed' basis.

Once a candidate has attained a Pass in the final examination, they will be issued with a McKenzie Institute International Diploma in MDT certificate and the recipient's name recorded in the Institute's International Diploma Register.

## PAYMENT

Full Diploma fee

**USD\$15,000**

Applicants will be advised as to the payment arrangements for the Diploma fee when they apply.

## GENERAL

Upon approval of the application by the Institute's International Director of Education, a confidentiality agreement in relation to the Diploma Programme will be forwarded to the applicant for completion, together with payment details.

A fully completed application form, together with all supporting documentation and any further queries is to be submitted to the Diploma Coordinator at: [diploma@mckenzieinstitute.org](mailto:diploma@mckenzieinstitute.org).

***Disclaimer: The information contained in this document is correct as at 1<sup>st</sup> May 2019. The McKenzie Institute International reserves the right to change, cancel or postpone any portion of the Diploma MDT Programme, and shall not be liable for any claim other than the proportion of Programme fees which the cancelled portion bears.***



**THE MCKENZIE INSTITUTE INTERNATIONAL**  
**DIPLOMA IN MECHANICAL DIAGNOSIS AND THERAPY**  
**APPLICATION FORM**

*If there is insufficient space for your printed replies to any of the below, please list on a separate sheet.*

**First Name:** \_\_\_\_\_ **Surname:** \_\_\_\_\_

**Title:** Mr / Mrs / Miss / Ms **Date of Birth (Month/Day/Year)** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone: (W)** \_\_\_\_\_ **Phone: (H)** \_\_\_\_\_

**Mobile phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Profession:** \_\_\_\_\_ **Nationality:** \_\_\_\_\_

**Please list any medical conditions or disabilities that may affect your participation in the Diploma MDT Programme:**

**Preferred Clinical Diploma Venue:** (please indicate your first and second preferences)

Australia - Geelong (*Australian and New Zealand candidates only*)

Benelux (*Belgium and Netherland candidates only*)

Canada - Montreal (*can accommodate English or French speakers*)

Germany - Freiburg (*German speaking candidates only*)

Scotland - Dundee

Sweden (*Swedish speaking candidates only*)

USA - Austin, Texas

USA - Cedar Grove, New Jersey

Candidates must not be in clinical practice within a 50 mile radius of the Cedar Grove Clinical Venue.

**Qualifications:** *(List degrees, diplomas & certificates)*

Qualification	Granting Institution	Year
1.		
2.		
3.		
4.		
5.		
6.		

**Clinical experience commencing with most recent:**

Employer	Location	Dates: From - To
1.		
2.		
3.		
4.		

**McKenzie Institute Courses and Credentialling Examination:** *(Attach copies of Certificates)*

Course	Location	Instructor/Examiner	Date
Credentialling Examination			
Advanced Extremities Course			

**Reasons for wishing to complete the Diploma Programme:**

---



---



---

I hereby consent for my name and email address to be provided to other candidates who are also enrolled in The McKenzie Institute International Diploma Programme.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

---

**Please attach copies of the following:**

- Copy of Academic Qualification eg Diploma/Degree
- Professional Body registration
- Photo page copy of passport/identification document
- Marriage certificate (if there has been a change of name)
- TOEFL, IELTS or Pearson Test Score Report (only applies to those for whom English is not their first language) (see "Important Notes" overleaf)

Please also attach:

- McKenzie Institute Credentialling Exam Certificate
- McKenzie Institute Advanced Extremities Course Certificate
- Two professional references in writing
- Full Curriculum Vitae

**Please Note:** For your application to be accepted, all documentation as detailed above must be included with your application.

## IMPORTANT NOTES RE ENGLISH LANGUAGE REQUIREMENTS

**English Language Requirement if your first language is not English:** Successful scores in either IELTS, TOEFL or Pearson are required. There are **no exceptions** to this criteria for any candidate from a country where English is not the first language. Contact your nearest IELTS/TOEFL/Pearson authority to check venue/dates for these tests at least two to three months prior to application. So that candidates for whom English is not their first language are not disadvantaged, their application and supporting documentation can be submitted without the English Language result, however the official result must be sent to The Institute no later than 31<sup>st</sup> October.

IELTS; Academic	TOEFL (Internet-based)	Pearson; PTE Academic
Overall score: Minimum of <b>6.5</b>  With a Minimum of <b>6.0</b> in all components.	Overall score: Minimum of <b>88</b>  With a Minimum in the following components: Listening: <b>17</b> Reading: <b>18</b> Speaking: <b>20</b> Writing: <b>17</b>	Overall score: Minimum of <b>59</b>