



MCKENZIE METHOD – MECHANICAL DIAGNOSTIC AND THERAPY (MDT)

PART A – THE LUMBAR SPINE

MARIBOR, 16. – 18. 11. 2025

INSTRUCTOR:

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INFO:

<https://mckenzieinstitute.org/education/international-courses/>

ORGANISER:

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THE COURSE PROGRAM

1. ON-LINE COMPONENT

It consists of six modules with a total of 377 slides that contain audio, video, and pop-up quizzes (provided online). Participants can „pause“ at any time but need to complete all modules and the online evaluation form at least ONE WEEK prior to the on-site course (**before 3rd April 2025**). As they progress through the modules, they can return to any previously viewed slide or completed module at any time.

They may opt to do their work all at once in one session, or take a break and return at a later time. The presentation will 'remember' the last slide they viewed and they will return automatically to that slide in their next session. (A session is considered the period when they login and when they close the course.)

Suggestion: A natural time to take a break from a session might be best after taking the interactive pop-up quizzes following each of the six modules.

Completion Time: The average estimate to allow for completing the entire Part A online component is approximately five full hours. We note the "running time" as a guide, which does not take into account pre-test, quizzes, post-test, pausing to review sections in the manual, reflective thinking, and material assimilation.

Pre-Test:

25 questions, estimate 30 minutes

Module One

Introduction and Epidemiology

- a) MDT cardinal features
- b) Contrast MDT with other approaches
- c) Epidemiology
- d) Risk and prognostic factors

58 slides, two videos – 29:25 minutes module running time Interactive Quiz – Slide 58 @ 29:25 minutes consecutive running time

Module Two

Evidence for MDT in the Lumbar Spine

- a) Current evidence on the reliability of the MDT classification
- b) Current evidence on the prevalence of Centralisation, Directional Preference and MDT classifications
- c) Current evidence on Centralisation and Directional Preference (DP) as prognostic indicators
- d) Current evidence on the potential of MDT to reduce surgery rates and reduce costs
- e) Current evidence on the efficacy of management of the lumbar spine utilising MDT
- f) Current evidence on the efficacy of MDT with Psychosocial Factors

Interactive Quiz – Slide 63 @ 15:33 consecutive running time

Module Three

MDT Classification and Definition of Terms

- a) Indications and contraindications for MDT
- b) Clinical characteristics of Derangement, Dysfunction and Postural Syndromes
- c) Clinical characteristics of Spinal OTHER subgroups
- d) Differentiate between Derangement, Dysfunction, Postural and OTHER

Interactive Quiz – Slide 63 @ 12:53 consecutive running time

Module Four

Understanding Pain and Disability Drivers and Their Relationship to MDT Classification

- a) Current understanding of pain and its effect on patient outcomes
- b) Drivers of Pain Explained
- c) Drivers of Pain and Disability Explained

Interactive Quiz – Slide 37 @ 6:73 consecutive running time

Module Five

Pathoanatomical Considerations, Movement and Loading for MDT in the Spine

- a) Why doesn't MDT use pathoanatomical classifications?
- b) How different movements affect lumbar structures and how these movements and loading are reflected in daily activities
- c) Balance of lumbar movements on a daily basis in normal individuals and those who have low back pain
- d) What about the 'disc model' that was historically associated with MDT?

Interactive Quiz – Slide 23 @ 7:09 consecutive running time

Module Six

History and Physical Examination

- a) Aims of history
- b) Components of the history section of the MDT lumbar assessment form and interpretation and clinical relevance of each section
- c) Use of effective communication strategies and interpretation of patient's responses
- d) Aims of physical examination
- e) Components of examination section of the MDT lumbar assessment form and interpretation and clinical relevance of each section
- f) Appropriate use of terms involved in completing the MDT lumbar spine assessment form

Interactive Quiz – Slide 123 @ 47:59 consecutive running time

Patient Video (Estimate 70 minutes)

- History – 11:00 minutes running time
- Examination – 38:23 minutes running time
- Q & A – 20:00 minutes estimate

Case Study (Estimate 20 minutes) Case Study and Quiz

Refer to the “**MATERIALS**” tab to download the PDF of the case study

Final Test: Important to Note

25 questions; estimate 40 minutes.

Participants must obtain a 75% pass to attend the live three-day course at least one week before the live three-day course.

They must complete the final test in one sitting. If they close the session before the test is submitted, the original answers will be lost.

Last Step – Online Evaluation Form

When participants pass the test, a congratulations message that appears will contain a link to a short online evaluation. **Please be sure to complete this evaluation.**

2. LIVE THREE-DAY COURSE ON-SITE

16. – 18. 11. 2025 Maribor (Slovenia)

DAY 1	
Time	Content
9.00 – 9.20	Intro
9.20 – 10.10	Reflexion ONLINE component
10.10 – 10.45	Classification 1
10.45 – 11.00	break
11.00 – 12.00	Classification 2
12.00 – 12.30	Clinical exam practical
12.30 – 13.30	Lunch break
13.30 – 15.00	Live Patient 1 + Discussion
15.00 – 15.15	break
15.15 – 16.30	Derangements – Diagnosis and Management Procedures
16.30 – 17.30	Students: Patient assessment
17.30	Day 1 concludes
DAY 2	
09.00 – 9.30	Reflexion day 1
09.30 – 9.50	Discussion patient assessment
09.50 – 10.45	Derangements continued Procedures
10.45 – 11.00	break
11.00 – 11.30	Progressions and alternatives
11.30 – 12.00	Lateral Shift Procedures
12.00 – 12.30	Patient 1 follow up
12.30 – 13.30	Lunch break
13.30 – 15.00	Live Patient 2 + Discussion
15.00 – 15.15	break
15.15 – 16.15	Case study
16.15 – 17.00	Drivers of pain and disability
17.00	Day 2 concludes
DAY 3	
9.00 – 9.50	Students: Patient assessment
9.50 – 10.10	Dysfunction
10.10 – 10.45	ANR Q & A
10.45 – 11.00	break
11.00 – 11.30	MUR
11.30 – 12.00	Patient 2 follow up
12.00 – 12.30	Classification
12.30 – 13.30	Lunch break
13.30 – 14.10	Procedures
14.10 – 14.25	Prevention
14.25 – 14.40	Course evaluation
14.40 – 15.10	Final quiz Q& A
15.10 – 15.30	Summary
15.30	Course concludes