



McKENZIE METHOD – MECHANICAL DIAGNOSTIC AND THERAPY (MDT)

PART B – THE CERVICAL AND THORACIC SPINE

MARIBOR, 9. – 11. 10. 2026

INSTRUCTOR:

Georg Supp, PT, Dip MDT

ABOUT THE INSTRUCTOR:

<https://mckenzieinstitute.org/about-us/governance-and-management/georg-supp>

INFO:

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

ORGANISER:

The Section for Sports Physiotherapy, Slovenian Association of Physiotherapists
sport@physio.si

THE COURSE PROGRAM

1. ON-LINE COMPONENT

It consists of four modules with a total of 236 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 1st October 2026**). 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 four modules.

Completion Time: The average estimate to allow for completing the entire Part B 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:

20 questions, estimate 30 minutes

Module One

Introduction and Epidemiology

- a) Review MDT cardinal features
- b) Contrast MDT with other approaches
- c) Epidemiology of cervical and thoracic pain
- d) Risk and prognostic factors

49 slides – 12:26 minutes module running time;

Note slide 14 estimate 66 minutes of self-study work

Interactive Quiz – Slide 49 @ 19:40 minutes consecutive running time

Module Two

Mechanical Diagnosis: Classification and Definition of Terms

- a) Indications and contraindications for MDT
- b) Describe and differentiate Derangement, Dysfunction and Postural Syndromes
- c) Differentiate MDT syndromes and Spinal OTHER subgroups
- d) Describe centralisation and discuss relevance
- e) Describe wry neck and identify relevance

65 slides – 18:19 minutes module running time;

Note slides 37,39,48-51 estimate 45 minutes of self-study work

Interactive Quiz – Slide 65 @ 18:19 minutes consecutive running time

Module Three

Anatomical Considerations Related To Mechanical Diagnosis and Therapy (MDT)

- a) Relevant biomechanics of the cervical spine
- b) How different movements affect cervical structures and how these are performed in daily activities
- c) Key features of aging and degeneration and relationship to clinical presentations

41 slides – 6:40 minutes running time

Interactive Quiz – Slide 41 @ 6:40 minutes consecutive running time

Module Four

History and Physical Examination

- a) Components of cervical history and clinical relevance
- b) Components of cervical examination and clinical relevance
- c) Appropriate use of terminology for cervical assessment forms
- d) Cervical assessment form completion
- e) Patient video

76 slides, 1 video – 37:85 minutes running time

Interactive Quiz – Slide 76 @ 37:85

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

20 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

9. – 11. 10. 2026 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 – 17.00	Students: Patient assessment – role play
17.00	Day 1 concludes
DAY 2	
09.00 – 9.30	Reflexion day 1
09.30 – 9.50	Discussion role play from day 1
09.50 – 10.45	Derangements - Central/symmetrical - Continued Procedures - Kyphotic deformity
10.45 – 11.00	break
11.00 – 11.30	Derangements – pain location unilateral
11.30 – 12.00	Progression / Alternative
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 – 15.45	Case study
15.45 – 17.00	Cervicogenic headache
17.00	Day 2 concludes
DAY 3	
9.00 – 10.10	Students: Patient assessment – role plays
10.10 – 10.45	Discussion role plays - wry neck - DPFlexion - lateral procedures
10.45 – 11.00	break
11.00 – 11.15	Dysfunction
11.15 – 11.45	Patient 2 follow up
11.45 – 12.00	MNR
12.00 – 12.15	Whiplash
12.15 – 12.30	Classification
12.30 – 13.30	Lunch break
13.30 – 15.00	Thoracic Spine
15.00 – 15.10	Evaluation
15.10 – 15.50	Final quiz → Q&A
15.50 – 16.00	Summary
16.00	Course concludes