



Educational Update – July 2022

Background

As the McKenzie Institute continues to teach musculoskeletal clinicians throughout the world, we endeavour to provide an exceptional educational experience in regard to both content and delivery. After some major changes in 2020, primarily related to our A and B education material, there have been some minor updates in 2021 and so far in 2022.

One thing that we have learned during the pandemic is to provide flexibility in the way we offer our courses and examine our participants. Central to this has been the provision of full or partial online courses provided by some branches where circumstances prohibited face-to-face education. Looking forward we will be considering how to maintain this flexibility in meeting the needs of those who would like to participate in the courses we offer.

Since its development, the McKenzie Method itself has been subjected to scrutiny by researchers, academics, educators, and clinicians alike. The classification system has been modified over time in response to clinical needs and research findings. In 2020, there were some minor changes in regard to terminology, definitions, and documentation. None of these updates fundamentally alter the principles or the practice of The McKenzie Method, but we appreciate that it is vital as we move forward, to remain informed, keep an open mind, and be reflective regarding current evidence, changes in practice, and patient need.

Credentiailling Programme Updates

(1) Implementation of new Part A - D material

The updates which included a new A/B manual format, new modules, updated references, new slides, updated C/D materials, online materials and assessment forms have now been implemented by all MII branches.

(2) Major update of Part C and D material

A major update for the C and D manuals and slides is now being planned. In some branches this will include a Day 1 online component. Release is set for January 2024 and will be implemented by branches at points after that date.

(3) Advanced Extremities (AE) Change in status

- During 2022 and 2023 the AE course will be listed as part of the Credentiailling Program and designated as 'optional' i.e., candidates may take the Credentiailling exam with or without the AE course.
- From January 2024 the AE will become a mandatory pre-requisite to take the credentiailling exam. This will ensure that candidates are able to more competently apply the McKenzie Method to the extremities and adequately prepared to take the exam with its additional extremity content.

(4) Credentiailling exam update

A new version of the Credentiailling exam is now almost complete. This reflects the new Credentiailling Programme content with the changes in terminology, definitions, inclusion of drivers of pain and disability etc. It will also encompass more extremity content to align with the incorporation of the AE into the Credentiailling programme. Implementation is Jan 2023 for branches conducting the exam in English and Jan 2024 for branches



who are translating. There will be an initial lower content of extremities until Jan 2024, when the extremity content will be full.

(5) **Online course evaluation form**

These have been successfully trialed by several branches and now can be implemented by any branches that choose to utilise them.

Diploma Programme Updates

(1) **New Diplomates**

19 clinicians passed their Diploma exam during 2021 bringing the total holding the McKenzie Diploma to 513

(2) **Diploma Examination**

In 2020 we started to examine all Diploma candidates online and we will continue this into 2022/3. This online format is proving to be a preferable option for the future examination of Diploma candidates.

(3) **Diploma 2022**

All 18 candidates passed their theoretical component and have already started or will start their clinicals in the near future

A general Information document on the Diploma program has been updated and can be downloaded from the following link: <https://mckenzieinstitute.org/assets/Uploads/Diploma-MDT-General-Information-May-2022.pdf>

Other Educational Updates

(1) **Overview of Supportive Studies**

Updated in June 2022, available for all to download from McKenzie Institute websites: <https://mckenzieinstitute.org/assets/International/Overview-of-Supportive-Studies-Jun-2022.pdf>

(2) **MDT Management of Chronic Pain Syndrome Masterclass**

We are in the process of finalising a Masterclass in the MDT Management of Chronic Pain Syndrome. When launched in late 2022 or early 2023, this will be the third Masterclass in the series, accompanying our current offerings; MDT and the Athlete, and MDT Management of Radicular Syndrome

(3) **Pelvic Pain Masterclass**

In the initial stages of development, plan for launch by late 2023 or early 2024.

(4) **MDT Competency Framework**

We now have our updated competencies for the Credentialed level and our revised and expanded competencies for the Diploma level are complete. This competency framework describes the clinical application of the core principles of the McKenzie Method. Each competency is made up of components which describe the necessary and measurable characteristics (knowledge, skills, attributes, behaviours). These relate to the minimum threshold competence for the corresponding key competency differentiating between the Credential level and advanced level competencies for the Diploma levels. These competencies will be distributed/available to all stakeholders e.g. Branches, Faculty, Diplomates etc.



(5) MII's Webinar series

4 webinars were successfully completed in 2021, one completed so far in 2022 with next one planned for September. We are still drawing 200+ participants per session.

Date	Presenter	Title	Moderator
Oct 27 th 2020	Georg Supp	Shoulder Pain; An interactive case	Richard
Feb 25 th , 2021	Christian Garlich	Tendinopathy	Georg
May 24 th , 2021	Mark Miller	Cervicogenic headaches - Beyond Sustained retraction	Richard
Sept 30 th , 2021	Georg Supp / Richard Rosedale	Drivers of Pain and Disability	Georg / Richard
Nov 4 th , 2021	Cora Aytona / Gary Dykes	Self-management	Helen
May 12 th , 2022	Georg Supp	Acute pain	Richard

MDT Classification System Updates

(1) New spinal and extremity assessment forms

The new assessment forms can be downloaded from the MII website on the following link: <https://mckenzieinstitute.org/clinicians/research-and-resources/#assessment-forms>

(2) MDT Syndrome definition changes

The updates made in 2020 can be downloaded from the MII website on the following link: <https://mckenzieinstitute.org/assets/International/MDT-Clinical-Definitions-July2021.pdf>

(3) Terminology updates

- 'Primary' headaches
We should refrain from using the term 'primary' headache when we are using it to mean that the headache is the patient's main complaint. It is preferable to use 'main complaint' to express that this is the most relevant problem that the patient is presenting with. The term 'Primary' headaches is reserved to describe migraines, tension-type headaches, trigeminal autonomic cephalalgias and other primary headaches (IHS 2013)
- Derangement with a DP extension vs Der extension responder vs extension Derangement?
The use of these variations has been discussed. The recommendation is that it is preferable to use the terms 'Derangement with DP extension' and / or 'DP extension'