

Mary Free Bed[®]
Rehabilitation Hospital



*The McKenzie Institute USA:
Advanced MDT: Extremities*
March 23-24, 2019

LOCATION

Mary Free Bed Rehabilitation Hospital
Professional Building, Meijer Conference Center
350 Lafayette Ave. SE, Grand Rapids, MI 49503

COURSE DESCRIPTION

This intensive two-day course will focus on more advanced principles and practical application through clinical reasoning, problem solving, analysis of case studies, assessment and treatment of patients, and technique work.

The goals are to build on prior knowledge gained from the introduction of extremities in Parts C and D to:

- Appropriately apply the McKenzie Method of Mechanical Diagnosis and Therapy to patients with extremity problems
- Distinguish between the McKenzie Syndromes (derangement, dysfunction, postural and other) as applied to the extremities
- Provide appropriate management regimens for each of the syndromes
- Identify when force progressions and force alternatives are required for the resolution of symptoms using McKenzie's "progression of forces" concept
- Design and apply appropriate MDT management for patients presenting with extremity symptoms to enable them to achieve their management goals

PRE-REQUISITE: PART D COMPLETION

To best prepare for the Advanced Extremities course experience, those who completed the curriculum prior to the inclusion of extremities in Parts C and D are highly encouraged to audit C/D courses or read the textbook, "The Human Extremities: Mechanical Diagnosis and Therapy", before attending.

INSTRUCTIONAL LEVEL: Advanced

Instructor:

David Oliver, PT, OCS, Dip. MDT

734.975.9100 / Fax: 734.975.9101

daveoliver2003@yahoo.com

David Oliver, PT, OCS, Dip. MDT, received his BSc from the University of Bradford, School of Physiotherapy in the United Kingdom in 1993. After working for several years in the United Kingdom, he relocated to the United States. He attained his Diploma in Mechanical Diagnosis and Therapy in 2003 and was appointed teaching faculty by The McKenzie Institute in 2005. In 2008 he was promoted to teach the full roster of Mechanical Diagnosis and Therapy courses and in 2013 he became senior faculty for the institute.

In addition to his institute teaching responsibilities, Dave sits on The McKenzie Institute's Exam Review Committee and serves as a moderator for the McKenzie Institute USA's LinkedIn MDT Forum. He has presented at several MDT Conferences of the Americas (2010-2016) and International Conferences in MDT (2009, 2012) and continues to serve as a mentor for other institute faculty.

Dave is in active practice as the director/partner for Physical Therapy in Motion, with clinics in Ann Arbor and Saline, Michigan. He has been a member of the American Physical Therapy Association since 2004.



COURSE GOALS

The course is 14 hours consisting of lecture presentations, assessment and treatment of patients, analysis of case studies and problem solving. The course is open to credentialed therapists and those who have completed Parts A to D of the McKenzie educational program. Therapists who have had some experience using MDT for extremity disorders will find the course most beneficial. The emphasis will be on the shoulder and knee assessment and management as these are the most common sites of musculoskeletal pain and disability in the extremities. However, other sites also will be discussed. Literature will be presented to reinforce and validate the MDT in the extremities concept including a randomized control trial of OA knee, an extremities classification survey, relevant case studies and associated material. The new upper and lower extremities assessment sheets will be introduced and used with patients, and extremities algorithms to assist with clinical reasoning and differentiation between the spine and extremities also will be presented. Course participants will actively participate in small groups in the assessment and management of patients selected from the group wherever possible.

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

1. Build on their pre-existing understanding of MDT in the extremities.
2. Appropriately apply the McKenzie Method of Mechanical Diagnosis and Therapy to patients with extremities' problems.
3. Distinguish between the McKenzie syndromes (derangement, dysfunction, postural and other) as applied to the extremities and provide appropriate management regimens for each of the syndromes.
4. Identify when force progressions and force alternatives are required for the resolution of symptoms using McKenzie's "progression of forces" concept.
5. Design and apply appropriate MDT management for patients presenting with extremity symptoms to enable them to achieve their management goals.

Please use the following link for additional course information.

https://www.mckenzieinstituteusa.org/forms/Course%20Goals,%20Objectives%20&%20Timelines_Current/2018%20Adv%20Ext%20Goals%20&%20Objectives_Timeline.pdf

AGENDA

Saturday, March 23

7:30-8 a.m.
8-8:30 a.m.
8:30-9 a.m.
9-9:45 a.m.
9:45-10 a.m.
10-10:45 a.m.
10:45-11:30 a.m.
11:30 a.m.-12:15 p.m.
12:15-1:15 p.m.
1:15-1:45 p.m.
1:45-2:30 p.m.
2:30-3:15 p.m.
3:15-3:30 p.m.
3:30-4:15 p.m.
4:15-4:45 p.m.
4:45-6 p.m.

Registration/Continental Breakfast
Overview of MDT Literature
Review of Mechanical Diagnosis
MDT Assessment and Classification
Break
Patient Simulation #1
Patient Simulation #2
Patient Simulation #3
Lunch
Review of Morning Patients
Patient Simulation #4
Patient Simulation #5
Break
Patient Simulation #6
Review of Afternoon Patients
Techniques/Management of Syndromes

Sunday, March 24

7:15-7:30 a.m.
7:30-8 a.m.
8-9 a.m.
9-10:15 a.m.
10:15-10:30 a.m.
10:30-11:30 a.m.
11:30 a.m.-Noon
Noon-1 p.m.
1-1:15 p.m.

Sign-in/Continental Breakfast
Review Day One, Patient Analysis and Discussion
Follow-Up Patients #1-3
Patient Review and Management of Syndromes
Break
Follow-Up Patients #4-6
Patient Analysis and Discussion - follow-up evaluations
Complete Management of Syndromes
Course Conclusions

NOTE: These are typical timelines; however, the actual order of topics and timeline may vary between individual instructors' activities and patient simulation scheduling. Each day incorporates a one-hour lunch break and fifteen-minute breaks in the morning and afternoon (except the final day). It is mandated by the institute that all faculty adjust accordingly to maintain the contact hour requirement.

REGISTRATION INFORMATION

Standard Live Course Timeline*: Two days; 14 contact hours

Course Fee: \$400, Audit (Retake): \$300

Eligibility and Registration Details: use the link below for further information.

https://www.mckenzieinstituteusa.org/login.cfm?section=prof&error=Please%20login%20to%20proceed%2E&redirect=course-list%2Ecfm%3Fstep%3D2%26AUDITS%3D0%26COURSE_ID%3D2019E002%26COURSE_TYPE%3DE&ck=5FB55F65FC9394B4FFD8903D55A37682

***Please follow the link below to register for this course.

(Registration is only available through this link)

https://www.mckenzieinstituteusa.org/forms/Order%20%20Registrations%20Forms_Current/2018%20CourseDetails_Elig_Fees.pdf

ADVANCED EXTREMITIES COURSE INFORMATION AND PREPARATION SUGGESTIONS:

- Bring a pen/pencil and highlighter for note-taking
- Attire is business casual; appropriate for lab that can easily allow you to move and provide exposure to back, trunk or extremities
- Read the textbook, "The Human Extremities: Mechanical Diagnosis and Therapy"

Questions: Contact the Medical Education Department at 888.492.9934 or medical.education@maryfreebed.com

AIRPORT AND HOTEL INFORMATION

The closet airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport located at 5500 44th St. SE, Grand Rapid, MI 49512. www.flygrandrapids.org

Many lodging options are available in and around the Grand Rapids area, including, but not limited to:

AMWAY GRAND PLAZA HOTEL

187 Monroe Ave. NW
Grand Rapids, MI 49503
616.774.2000

0.9 miles west of Mary Free Bed

HOLIDAY INN

310 Pearl St. NW
Grand Rapids, MI 49504
616.235.7611
Downtown Grand Rapids at 131 and Pearl Street
One mile northwest of Mary Free Bed

DOWNTOWN COURTYARD BY MARRIOTT

11 Monroe NW
Grand Rapids, MI 49503
616.242.6000 or 800.321.2211
Downtown Grand Rapids at Fulton and Monroe
One mile west of Mary Free Bed

HOMEWOOD SUITES BY HILTON

161 Ottawa Ave. NW
Grand Rapids, MI 49503
616.451.2300
One mile northwest of Mary Free Bed

HAMPTON INN & SUITES - DOWNTOWN

433 Dudley Pl. NE
Grand Rapids, MI 49503
616.456.2000
One mile north of Mary Free Bed

HOLIDAY INN EXPRESS HOTEL & SUITES

6569 Clay Ave. SW
Grand Rapids, MI 49548
616.871.9700
South of downtown Grand Rapids at 131 and 68th Street
Nine miles south of Mary Free Bed

SPRINGHILL SUITES BY MARRIOTT

450 Center Dr.
Grand Rapids, MI 49544
616.785.1600 or 888.287.9400
springhillsuites.marriott.com
1-96 and Alpine Avenue
Five miles north of downtown Grand Rapids

STAYBRIDGE SUITES BY HOLIDAY INN

3000 Lake Eastbrook Blvd. SE
Kentwood, MI 49512
616.464.3200
29th Street and Lake Eastbrook Boulevard
Eight miles east of Mary Free Bed

SLEEP INN & SUITES

4824 29th St. SE
Grand Rapids, MI 49512
616.975.9000
29th Street and East Paris Avenue
Eight miles east of Mary Free Bed



If you require special arrangements to fully participate in this workshop, please call 616.840.8292