



# REACH FOR EXCELLENCE

DIPLOMA IN MECHANICAL  
DIAGNOSIS AND THERAPY





# WELCOME

I am delighted to introduce you to The McKenzie Institute International Diploma MDT Programme.

Robin McKenzie's Method of Mechanical Diagnosis and Therapy (MDT) is one of the most researched and successful physiotherapeutic based methods available. It has been making a significant difference to the lives of patients around the world for more than 50 years.

The McKenzie Institute International was launched in 1982 to ensure that the highest standards of teaching were provided to those wishing to learn the McKenzie Method. Today, McKenzie's concepts are widely recommended as the first treatment of choice for patients with common back problems in more than 35 countries, and the Institute's reputation continues to grow internationally.

The McKenzie Institute Faculty are world class experts in the McKenzie Method, and are dedicated to providing you with the very best training and support as you embark on what will be a life changing journey, both personally and professionally.

This brochure will help you determine your future, and provide you with the information you need to make the decision to take your career to the next level – to reach for excellence as a clinician.

So please read on and I look forward to welcoming you to the Diploma MDT Programme in the near future. I am confident you will not regret it and I know your patients will thank you for it.

A handwritten signature in black ink that reads "Lawrence Dott".

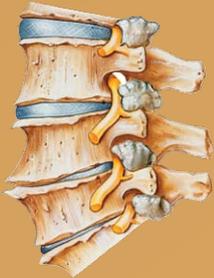
Lawrence Dott  
Chief Executive Officer

“YOU WILL GAIN MORE SKILLS AND KNOWLEDGE  
THAN YOU WOULD EVER IMAGINE BEYOND  
BECOMING A CERTIFIED MDT PHYSICAL THERAPIST.”

2012 DIPLOMATE SURVEY RESPONDENT

# WHAT IS THE MCKENZIE METHOD?

**Robin McKenzie’s Method of Mechanical Diagnosis and Therapy (MDT) is a philosophy of active patient involvement and education that is trusted and used by practitioners and patients worldwide for back, neck and extremity problems.**



A proven methodology, the McKenzie Method is a non-invasive, self-directed treatment that provides fast and effective relief, even for chronic pain. It promotes the body’s potential to heal itself without medication, heat, cold, ultrasound, needles, surgery or endless visits to the clinic.

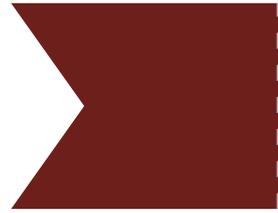
An evidence based approach, the key distinction of MDT is its initial assessment component – a safe and reliable means to accurately reach a diagnosis and only then make the appropriate treatment plan.

Certified McKenzie Clinicians have valid indicators to know right away whether – and uniquely how – MDT will work for each patient.





# DIPLOMA MDT PROGRAMME



*The following information provides a comprehensive overview of the Diploma MDT Programme. Detailed information and an Application Form are available on request by visiting: [www.diplomamdt.com](http://www.diplomamdt.com) or by emailing The McKenzie Institute International at: [info@diplomamdt.com](mailto:info@diplomamdt.com)*



## YOUR PATH TO EXCELLENCE

Successfully completing the Diploma MDT Programme will place you amongst the world's elite in the mechanical diagnosis and treatment of musculoskeletal disorders.

Reaching this level isn't easy. It takes commitment and a lot of hard work, but the rewards are many.

Getting there starts with enrolment in the McKenzie Education Programme, a series of four practical-based courses leading to a Credentialling Examination where you will be required to demonstrate a consistent level of clinical attainment in the implementation of MDT.

Only when you are Certified in MDT will you be able to take the final step in your professional development and enrol in the Diploma MDT Programme.

## WHAT WILL THE DIPLOMA TEACH ME?

- Provide you with the highest level of competence in the theory and practice of Mechanical Diagnosis and Therapy of musculoskeletal disorders;
- Develop your skills in accessing, understanding and evaluating research relevant to Mechanical Diagnosis and Therapy;
- Enable you to promote critical analysis and clinical reasoning skills;
- Enable you to identify conditions that are suitable/unsuitable for mechanical therapy;
- Further develop your interpersonal and communication skills; and,
- Enhance your understanding of your professional responsibilities, including legal, ethical and cultural issues.

Attainment of the Diploma MDT will place you amongst the very best musculoskeletal clinicians worldwide.

“CERTIFIED MDT GIVES YOU MINIMUM COMPETENCE IN THE SYSTEM, DIPLOMA MDT MAKES YOU AN EXPERT.”

2012 DIPLOMATE SURVEY RESPONDENT

## WHERE WILL THE DIPLOMA TAKE ME?

Certified MDT Clinicians with a Diploma MDT (Dip. MDT) have attained the highest level of education in the McKenzie Method.

They have the knowledge, skills and confidence to deliver better patient outcomes, and are typically highly regarded within their local communities as Clinicians who get the best results for their patients. They are often in demand by other medical professionals for their diagnostic and therapy skills and, as a result, have successful clinical practices.

MDT Diplomates become part of an international network of peers and experts, and many of them give back by teaching the McKenzie Method to the next generation of Clinicians, or participating in ongoing research into the McKenzie Method.

“I WAS ABLE TO GET ONE-ON-ONE TRAINING FROM ONE OF THE BEST THERAPISTS IN THE WORLD.”

2012 DIPLOMATE SURVEY RESPONDENT



## ENTRY REQUIREMENTS/CRITERIA

To gain acceptance into the Programme, you must first complete the Institute's Education Programme, including a pass in The McKenzie Institute International MDT Credentialing Examination.

Applicants must also be engaged in active clinical practice, hold registration in their respective country of residence, and be able to demonstrate proficiency in the English language.

## PROGRAMME OVERVIEW

The Diploma MDT Curriculum consists of two Components: Theoretical and Clinical.

The Theoretical Component comprises a Distance Learning module conducted by the University of Dundee, Scotland, in collaboration with The McKenzie Institute International. The module is over 1 semester and involves approximately 20 hours per week of self-directed learning. You will need to pass assessments in order to achieve success in this Component.

The Clinical Component consists of a minimum of 360 hours of clinical practice based on a variety of musculoskeletal disorders, and emphasising the importance of “the evidence” of the patient. You will be supervised by a qualified McKenzie practitioner, known as a Clinical Educator (and appointed by The McKenzie Institute International), who will determine your proficiency over a series of formal and continuous assessments.

## FINAL EXAMINATION

To be eligible to sit The McKenzie Institute International's Final Examination for the Diploma in Mechanical Diagnosis and Therapy, candidates must have gained a satisfactory pass in both the Theoretical and Clinical Components of the Diploma Curriculum.

The Final Examination is conducted in English over a two day period, comprising of four exams of 45 minutes duration each (three simulated clinical exams and one oral exam), and is assessed by a Panel of Examiners appointed by The McKenzie Institute International.

## PROGRAMME DURATION

Theoretical Component: 1 university semester  
Clinical Component: 360 hours

Note: Both Components of the Diploma must be completed within three years of commencement of the Theoretical Component.

## PROGRAMME DETAILS

Applications Close: 19 October each year  
Course Commences: January each year  
Maximum Class Size: 20

Fully completed applications will be processed strictly in the order they are received.

## TOTAL PROGRAMME FEES

USD12,500 (non-residential)

USD14,500 (residential)

Payment is by way of instalments.

Please go to: [www.diplomamdt.com](http://www.diplomamdt.com)

for further information on the Diploma MDT Programme.



## I WANT TO ENROL – WHAT NEXT?

Congratulations on your decision to take your career to the next level.

The steps from here are simple:

- 1.** Register for a full enrolment pack and application form by visiting: **[www.diplomamdt.com](http://www.diplomamdt.com)** or emailing: **[info@diplomamdt.com](mailto:info@diplomamdt.com)**
- 2.** Check your eligibility and choose where you'd like to undertake your Clinical Component; and,
- 3.** Complete the application form and return it to The McKenzie Institute International for approval.



The McKenzie Institute International can be contacted at:

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Raumati Beach 5255  
New Zealand

Tel: +64 4 299 6645  
Fax: +64 4 299 7010  
E-mail: [info@diplomamdt.com](mailto:info@diplomamdt.com)



Disclaimer: The information contained in this brochure is correct as at 30 September 2012. The McKenzie Institute International reserves the right to cancel or postpone any of the Diploma Programmes and shall not be liable for any claim other than the proportion of Programme fees which the cancelled portion bears.