



Index Department of Physiotherapy & Paramedical Sciences

Malwanchal University, Indore



"Utility of McKenzie Mobilization"


Principal
Malwanchal University
Indore (M.P.)



ABOUT

"Utility of McKenzie Mobilization" explores the application of McKenzie Method in managing musculoskeletal disorders, focusing on spinal and peripheral joint mobilization for effective pain relief and functional restoration.

Eligibility Criteria :

BPT Students.

Resource Person

Dr. Hitesh R Rohra

Registration Fees: 0

Start Date:- 22/07/23 To 24

Schedule:- 09:00 to 04:00



Module

Module content covers: McKenzie philosophy, spinal classification, assessment and diagnosis, mobilization techniques for cervical, thoracic, lumbar and peripheral joints, progressive exercises and patient education.

Course Outcome

Upon completion, students will be able to apply McKenzie mobilization techniques, classify and manage musculoskeletal disorders, and design evidence-based rehabilitation programs for optimal patient outcomes and reduced pain.





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Department of Physiotherapy & Paramedical Sciences

MALWANCHAL UNIVERSITY, INDORE



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Email : principalparamed@indexgroup.co.in, paramedical@indexgroup.co.in Website. Www.malwanchaluniversity/paramedical.co.in
City Office : 104, Trishul Apartment., 5, Sanghi Colony, A.B. Road, Indore M.P. -452008 (M.P.)

REF.NO.- IDOPT/PO/2023/

DATE: 13/03/2024

CIRCULAR

Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University is conducting **Utility of Mckenzie mobilization mechanism for BPT students**: the course will provide a depth knowledge on given topic

*Topic: -**Utility of Mckenzie mobilization mechanism for BPT students**

*Date: 20/03/24-23/03/24

*Venue: Index department of physiotherapy and paramedical sciences.

*Resource Person: Dr. Hitesh Vishvkarma

You are expected to attend the above mentioned course to facilitate in-depth understanding of the topic and enhance the skills.

Faculties can enroll the names to Course Coordinator on or before 16/03/2024


COURSE COORDINATOR
DR. SURBHI RAJPUT




PRINCIPAL
PARAMEDICAL COURSES

Registrar
Malwanchal University
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Department of Physiotherapy and Paramedical Sciences

MALWANCHAL UNIVERSITY, INDORE

Ref: - IDOPT/PO/2023/410(11)

Date:- 24/07/2023

Report: Utility of McKenzie Mobilization Mechanism for Physiotherapy Students

Date:- 22/07/2023 - 23/07/2023

Introduction and Overview

The McKenzie method, developed by Robin McKenzie, is a widely recognized and evidence-based approach to spinal rehabilitation. This method emphasizes the importance of mechanical diagnosis and therapy, focusing on centralizing pain and improving spinal mobility. The McKenzie mobilization mechanism is a crucial component of this approach, utilizing specific manual therapy techniques to restore spinal function and alleviate pain.

The purpose of this two-day workshop was to provide physiotherapy students with a comprehensive understanding of the McKenzie mobilization mechanism, enabling them to effectively integrate this approach into their clinical practice. The workshop aimed to:

- Enhance students' knowledge of the McKenzie classification system and mobilization techniques
- Develop practical skills in applying McKenzie mobilization
- Foster critical thinking and problem-solving abilities in spinal rehabilitation
- Promote evidence-based practice and interdisciplinary collaboration

Day 1:

Key Takeaways:

1. Understanding the McKenzie classification system: Students learned to categorize patients into derangement, dysfunction, or postural syndromes.

2. Mobilization techniques: Students practiced applying graded forces to specific spinal segments, using techniques such as:

- Central posterior-to-anterior (CPA) pressures
- Posterior-to-anterior (PA) pressures
- Transverse pressures

3. Patient assessment and indication: Students learned to identify suitable patients for McKenzie mobilization, considering factors such as:

- Pain patterns and distribution
- Spinal flexibility and mobility
- Muscle imbalances

Practical Session:

Students participated in a hands-on session, practicing McKenzie mobilization techniques on peers. Emphasis was placed on:

1. Proper hand positioning and force application
2. Maintaining patient comfort and safety
3. Monitoring patient response and adjusting techniques accordingly



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Day 2:

Advanced Techniques and Case Studies

Key Takeaways:

1. Progressing mobilization techniques: Students learned to advance mobilization forces and techniques based on patient response.
2. Addressing complications and contraindications: Discussion centered on managing patients with:
 - Spinal fractures or osteoporosis
 - Spinal infections or inflammatory conditions
 - Recent surgery or spinal instability
3. Integrating McKenzie mobilization with other physiotherapy techniques: Students explored combining McKenzie methods with exercises, manual therapy, and education.

Case Study Presentations:

Students presented case studies, applying McKenzie mobilization principles to real-world scenarios. Discussions focused on:

1. Accurate classification and treatment planning
2. Effective communication and patient education
3. Outcome measurement and treatment progression

Conclusion:

The McKenzie mobilization mechanism is a valuable tool for physiotherapy students, offering a systematic approach to spinal rehabilitation. By mastering these techniques, students will enhance their clinical skills, improve patient outcomes, and confidently manage complex spinal cases.

Assessment:

Students demonstrated proficiency in McKenzie mobilization techniques through:

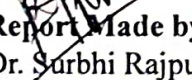
1. Practical assessments
2. Case study presentations
3. Written quizzes

Duration:


Two days (16 hours)

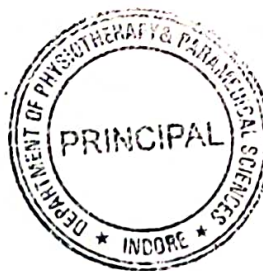
Resource Persons:


- Dr. Hitesh R. Rohra


Report Made by:
Dr. Surbhi Rajput




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Department of Physiotherapy and Paramedical Sciences Malwanchal University Indore

Value Added Course: McKenzie Mobilization Mechanism for Physiotherapy Students

Date: 22nd-23rd July 2023

Venue: Index Department of Physiotherapy and Paramedical Sciences College, Indore

Resource Person: Dr. Hitesh R. Rohra

Course Overview:

This 2-day value-added course aims to provide physiotherapy students with comprehensive knowledge and hands-on training in McKenzie mobilization mechanism, enhancing their skills in assessing and managing musculoskeletal disorders.

Day 1: Foundations of McKenzie Mobilization

The first day covers:

- Introduction to McKenzie Method: History, Philosophy, and Overview
- Spinal Classification and Assessment: Derangement, Dysfunction, Postural
- Cervical Spine Mobilization: Techniques and Practical Application
- Thoracic and Lumbar Spine Mobilization: Techniques and Practical Application
- Case Study Discussions and Practical Application: Applying McKenzie Principles to Clinical Scenarios

Day 2: Advanced McKenzie Mobilization Techniques

The second day focuses on:

- Peripheral Joint Mobilization: Shoulder, Knee, Ankle
- Progressive Exercises and Patient Education: Designing Programs for Self-Management
- Advanced Mobilization Techniques and Integration: Combining McKenzie with Other Modalities
- Practical Application and Case Studies: Complex Cases and Group Discussions
- Conclusion and Next Steps: Resources, Future Directions, and Q&A Session

Course Objectives:

Upon completion, participants will:

1. Understand McKenzie mobilization mechanism principles.
2. Apply McKenzie mobilization techniques for spinal and peripheral joints.
3. Design evidence-based rehabilitation programs using McKenzie method.

Assessment and Certification:

Participants will be assessed through practical assessments, written quizzes, and case study presentations. Successful completion will result in a certificate from Index Department of Physiotherapy and Paramedical Sciences College, Indore.

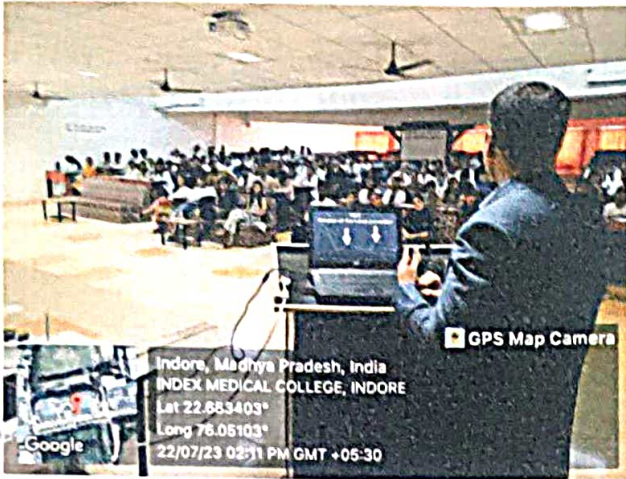
Course Materials:

- Workshop manual
- PowerPoint presentations
- Handouts and worksheets
- McKenzie mobilization equipment and props



Hitesh R. Rohra
Registrar
Malwanchal University
Indore (M.P.)

McKenzie mobilization mechanism for physiotherapy students



DR. Hitesh giving introductions



DR. Reshma mam facilitating Dr. Hitesh



All the respected dignitaries and faculties



DR. Hitesh taking workshop

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Department of Physiotherapy and Paramedical Sciences
Malwanchal University Indore

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TOPIC: - Utility of McKenzie Mobilization Mechanism
Resources Person:-Dr. Hitesh R Rohra
Date:-22/07/2023 – 23/07/2023

Student Attendance List

(BPT 3rd, 4th year)

S.NO	Name of Student	Signature
1.	BPT 3rd Year. Anjali Jaiswal	Anjali
2.	Anjali Neekhra	Anjali
3.	Archie Jadhav	Archie
4.	Arpit Kushwah	Arpit
5.	Bhavana Bhuriya	Bhavana
6.	Chandan Doriya	chandan
7.	Charu Powar	charu
8.	Deepak Meena	Deepak
9.	Deepika Goyal	Deepika
10.	Dishika Agrawal	Dishika
11.	Garima Sonwani	Garima Sonwani
12.	Geetanjali Koushal	y. koushal
13.	Gourang Panchole	Gourang
14.	Harsh Sharma	Harsh
15.	Kapil Patidar	Kapil Patidar
16.	Khan Mehvish	Mehvish
17.	Krishnapal Singh	Krishnapal Singh
18.	Kritika Patidar	K. Patidar
19.	Kunjita Nargesh	Kunjita
20.	Manisha Goyal	M. Goyal
21.	Manwani Anshul	Manwani
22.	Maya Jaiswal	Maya Jaiswal
23.	Mehzabin Khan	Mehzabin
24.	Mufeed Sheikh	Mufeed
25.	Muskan Patidar	M. Patidar
26.	Neha	Neha
27.	Nikhil Patel	Nikhil
28.	Nirali Patidar	N. Patidar
29.	Prajal khandelwal	Prajal
30.	Prathana Maske	Prathana
31.	Rajput Aman Singh	Aman
32.	Rajput Vidhi Vilas	Vidhi
33.	Ratnesh mandloi	Ratnesh
34.	Sakshi Joshi	Sakshi
35.	Shiva Rathore	Shiva
36.	Shivam Meena	Shivam Meena
37.	Shivani Patidar	S. P.

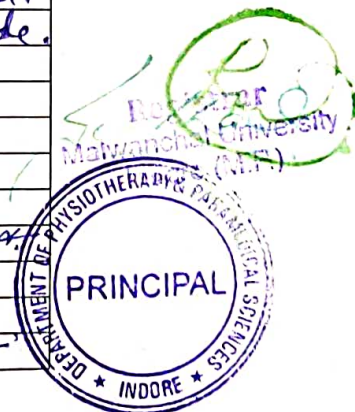
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38.	Shruti Shrivastava	Shruti
39.	Simran Mehra	Simran
40.	Somnath Verma	S.V.
41.	Tanisha Prajapat	Tanisha
42.	Tanshika Patidar	Tanshika
43.	Umesh Patidar	Umesh
44.	Vaishnavi Soni	Vaishnavi
45.	Varsha Patidar	V.Patidar
46.	Veena Rao	Veena
47.	Vishranti Joshi	Vishranti
48.	BPT- 4th year	
49.	Aafrin Khan	Aafrin
50.	Aastha Parmar	Aastha
51.	Abhishek Chauhan	A. Chauhan
52.	Ambika	Ambika
53.	Ameesha	Ameesha
54.	Anjali Dawar	Anjali
55.	Ankit Rathore	Ankit Rathore
56.	Asmit Patel	Asmit
57.	Aayushi Maurya	Aayushi
58.	Chetna Chouhan	Chetna
59.	Devandra khakal	Devandra
60.	Disha Baraskar	Disha Baraskar
61.	Divyani Chouhan	Divyani
62.	Garima Rathore	Garima Rathore
63.	Gedam Chaitali Yogeshwar	Gedam
64.	Himanshi Satha	Himanshi
65.	Ishika Yadav	Ishika Yadav
66.	Karan Bopcha	Karan Bopcha
67.	Nandini Parmar	Nandini
68.	Pooja Khandekar	Pooja
69.	Pranav Jadhav	Pranav
70.	Prayag Solanki	Prayag Solanki
71.	Prerna Carpenter	Prerna
72.	Radharaman Meena	Radharaman
73.	Rane Divya Sonaji	Rane Divya
74.	Ravian Dawande	Ravian Dawande
75.	Ritika Bhaduriya	Ritika
76.	Rohit Meena	Rohit
77.	Rohit Yadav	Rohit
78.	Sagar	Sagar
79.	Shubham Tiwari	Shubham
80.	Simrandeep Sikh	Simrandeep
81.	Swapnil Thergaonkar	Swapnil
82.	Vishesh Verma	Vishesh
83.	Yashvi Bajpai	Yashvi Bajpai

Resource Person
Dr. Hitesh R Rohra

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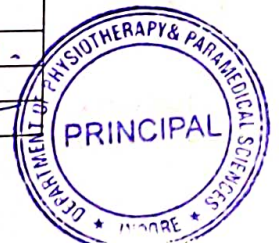
Resources Person:-Dr. Hitesh R Rohra

Date:-22/07/2023 – 23/07/2023


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11.	Garima Sonwani	Garima
12.	Geetanjali Koushal	Geetanjali
13.	Gourang Panchole	Gourang Panchole
14.	Harsh Sharma	Harsh Sharma
15.	Kapil Patidar	Kapil Patidar
16.	Khan Mehvish	Khan Mehvish
17.	Krishnapal Singh	Krishnapal Singh
18.	Kritika Patidar	Kritika Patidar
19.	Kunjita Nargesh	Kunjita
20.	Manisha Goyal	Manisha Goyal
21.	Manwani Anshul	Manwani Anshul
22.	Maya Jaiswal	Maya
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25.	Muskan Patidar	Muskan
26.	Neha	Neha
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28.	Nirali Patidar	Nirali Patidar
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31.	Rajput Aman Singh	Aman Singh
32.	Rajput Vidhi Vilas	Rajput Vidhi Vilas
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36.	Shivam Meena	Shivam Meena
37.	Shivani Patidar	Shivani Patidar




38.	Shruti Shrivastava	Shruti Shrivastava
39.	Simran Mehra	Simran
40.	Somnath Verma	Somnath
41.	Tanisha Prajapat	Tanisha Prajapat
42.	Tanshika Patidar	Tanshika P.
43.	Umesh Patidar	Umesh
44.	Vaishnavi Soni	Vaishali
45.	Varsha Patidar	Varsha
46.	Veena Rao	Veena Rao
47.	Vishranti Joshi	Vishranti
48.	BPT- 4th year	
49.	Aafrin Khan	A Khan
50.	Aastha Parmar	Aastha Parmar
51.	Abhishek Chauhan	Abhishek
52.	Ambika	Ambika
53.	Ameesha	A
54.	Anjali Dawar	Anjali Dawar
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