



NU National
University of Health Sciences

*Lincoln College of Postprofessional, Graduate
and Continuing Education*
www.nuhs.edu (continuing education)

McKenzie Method Credentialing Program

Part A

The Lumbar Spine

(2 weekends / 28 hours)

March 27 - 28, 2010

April 24 - 25, 2010

Part B

The Cervical & Thoracic Spine

(2 weekends / 23 hours)

May 15 - 16, 2010

June 12 - 13, 2010

Part A and Part B satisfy 50% of the courses required to sit for the McKenzie Institute International credentialing exam.

McKenzie Method is listed as "recommended" in the Official Disability Guidelines (ODG), the main reference for workers compensation utilization review in the United States. Those who complete Parts A-D and become credentialed through the McKenzie Institute International are listed on one of the largest rehabilitation referral networks on the planet.

Location: Clark NJ



Faculty:

Steven Heffner, DC, Dip.MDT

NUHS is accredited by the Higher
Learning Commission of the North Central Association of Colleges and Schools.
30 N. LaSalle St., Suite 2400, Chicago, IL 60602-2504 • 800-621-7440
www.ncahlc.org

We are pleased to announce that the **McKenzie Institute International (MII)** has chosen to partner with the **National University of Health Sciences** to conduct the McKenzie Method Credentialing Program (Parts A & B).

Part A and **Part B** satisfy 50% of the courses required to sit for the MII credentialing exam. **Part C** (problem solving) and **D** (technique) courses that are also required for credentialing can be completed afterwards through MII's USA branch office.

www.mckenziemdt.org

This program will clinically refresh the Doctor of Chiropractic's perspective on end range loading strategies, including the chiropractic adjustment. The programme affords DCs an expanded, evidence based algorithm concerning the source, direction and degree of forces used for movement and positioning as therapy.

McKenzie Method is supported by evidence-based guidelines. The **Official Disability Guidelines** (one of the main references for workers compensation) notes the following for the McKenzie Method:

- McKenzie Method: Recommended. Directionality with symptomatology (centralization) is a powerful predictor of success with conservative management. The focus of McKenzie based management is active, patient driven therapeutics for the patient control of pain generators and return to functionality. Interexaminer reliability of the McKenzie lumbar spine assessment in performing clinical tests and classifying patients with low back pain into syndromes are good and statistically significant when the examiners have been trained in the McKenzie Method. (Kilpikoski, 2002) (Cherkin, 1998) (Bronfort, 2004) (Clare, 2004)

Part A This 4-day / 2 weekend course consists of lectures and demonstrations including the examination and treatment of patients with low back and referred pain. The patient categories of postural, dysfunction and derangement syndromes are described in detail.

Part B This 4 day / 2 weekend course consists of lectures and demonstrations including the examination and treatment of patients with neck, upper back and referred pain. The concepts of 3 McKenzie syndromes are reviewed. The course also includes treatment approaches for cervical headaches and trauma.

LOCATION

Crowne Plaza Clark

36 Valley Road

Clark, NJ 07066

732/ 574-0100

<http://www.crowneplaza.com/>



TIMES

Part A:

Saturday 8:00 am – 6:00 pm

Sunday 8:00 am – 1:00 pm

Clock hours: 14 per session

Part B:

Saturday 1:00 pm – 7:00 pm

Sunday 8:00 am – 1:30 pm

Clock hours: 11.5 per session

CE hours applied for in NJ and select states.

Please inquire if this program has been approved for CE hours in your state.

FACULTY

Steven Heffner, DC, Dip.MDT

Dr. Heffner is the Education Director of the McKenzie Institute International Chiropractic Division. He received his Diploma in Mechanical Diagnosis and Therapy from the McKenzie Institute International and has co-authored multiple textbook chapters on McKenzie Method.

“I get more referrals from being listed on the McKenzie Institute International referral website than from any other source.”

Gary Jacob, DC, DipMDT.

