

Patients Come First— Exploring Optimal Care

22-24 September 2017
San Francisco, California, USA
Hyatt Regency San Francisco

Conference Chairman:
F. Todd Wetzel, MD

Presented by:
The McKenzie Institute International
In cooperation with NASS



KEYNOTE SPEAKERS

Pierre Côté, DC, PhD
Carrie Diulus, MD
Mark Hancock, PT, PhD
Michael Heggeness, MD, PhD
Adriaan Louw, PT, PhD, CSMT
Tamar Pincus, PhD
Heidi Prather, DO
Annina Schmid, PhD, M.Manip.Ther, PT
Matthew Smuck, MD
Andry Vleeming, PhD
Mark Werneke, PT, MS, Dip.MDT
F. Todd Wetzel, MD

SPEAKERS AND MODERATORS

Vikas Agarwal, MD
Christopher Chase, PT, Dip.MDT, FAAOMPT
Helen Clare, PhD, PT, Dip.MDT
Colin Davies, PT, Dip.MDT
Lawrence Dott
Thomas E. (Ted) Dreisinger, PhD, FACSM
Ezequiel Gherscovici, PT, MSc, Dip.MDT
Greg Lynch, Dip.PT, Dip.MT, Dip.MDT, MNZCP
Robert Medcalf, PT, Dip.MDT
Richard Rosedale, BSc, PT, Dip.MDT
Georg Supp, PT, Dip.MDT
Hans van Helvoirt, MA, PT, Dip.MDT/MT
Jason Ward, MPT, Cert.MDT
Grant Watson, PT, Dip.MT, ADP(OMT), Dip.MDT, MNZP

CONFERENCE SCIENTIFIC COMMITTEE

Helen Clare, PhD, PT, Dip.MDT, Scientific Committee Chair
Colin Davies, PT, Dip.MDT
Thomas E. (Ted) Dreisinger, PhD, FACSM
Richard Rosedale, BSc, PT, Dip.MDT
Georg Supp, PT, Dip.MDT
F. Todd Wetzel, MD, Conference Chairman
Jan McKenzie

CONFERENCE DESCRIPTION

The conference title and theme “Patients Come First—Exploring Optimal Care” was chosen because it reflects one of Robin McKenzie’s strongest beliefs: the patient’s concerns should take priority in management decisions. The current management of musculoskeletal conditions is often driven by policy, biased opinions of clinicians and financial interests. The optimal management for the individual patient is often forgotten.

This conference seeks to encourage clinicians to focus on the individual needs of the patient and how this can best be achieved. The variety of speakers and the diversity of their approaches will ensure that the participants are exposed to broad perspectives regarding patient care. The program will appeal to all clinicians involved in musculoskeletal management, stimulating discussion and debate regarding current clinical practices.

CONFERENCE OBJECTIVES

Upon completion of this meeting, participants should gain strategies to:

- Recognize which patients with low back pain are the most appropriate for surgery
- Identify the potential and limitations of subgrouping patients with nonspecific spinal pain
- Appreciate alternative perspectives on differential diagnosis in patients presenting with lower extremity symptoms
- Analyze recent back pain research developments and gain exposure to new MDT related research
- Evaluate the clinical challenges of assessing and managing symptoms arising from the cervical spine
- Be aware of how clinicians are using MDT in nonclinical environments
- Distinguish a range of issues that influence the management of patients with musculoskeletal symptoms
- Understand how health care practices are changing and how this impacts both patients and clinicians

GENERAL INFORMATION

SAN FRANCISCO

San Francisco is often called “Everybody’s Favorite City,” a title earned by its scenic beauty, cultural attractions, diverse communities, and world-class cuisine. Measuring 49 square miles, this very walkable city is dotted with landmarks like the Golden Gate Bridge, cable cars, Alcatraz and Chinatown.

CONFERENCE VENUE

The conference will be held at the Hyatt Regency San Francisco, located on the Embarcadero across from the famous Ferry Plaza building.

CONFERENCE MANAGEMENT

This conference has been planned by The McKenzie Institute International in cooperation with NASS.

OFFICIAL LANGUAGE

The official language during the conference proceedings will be English.

REGISTRATION

We encourage you to register for the conference via the internet. Online registration is available on the conference website at www.spine.org/mckenzie2017. If you would prefer to register by fax or post, please request a registration form by contacting registration@spine.org or 630-230-3676.

Registration Fees

On or before 11 June 2017	\$729 USD
12 June–16 July 2017	\$779 USD
On or after 17 July 2017	\$829 USD

ACCOMMODATION

Hyatt Regency San Francisco

A special conference rate of \$239 USD single/double is available at the Hyatt Regency San Francisco when booking by 17 August 2017. Hotel reservations can be made online by visiting <https://aws.passkey.com/go/McKenzieInstIntlConf> or by calling 888-421-1442. Please reference McKenzie when making hotel reservations by phone to get the discounted rate.

Reservations are made on a first-come, first-served basis and are subject to room availability; the discounted rate may not apply after the cut-off date.

Please note: Conference registration must be completed and processed within two weeks of reserving your hotel room.

PARKING

The Hyatt Regency San Francisco offers hotel guests indoor valet parking, with in and out privileges. Self-parking is available near the hotel at a lower cost without in and out privileges.

Valet parking cost: \$62 + tax per day (\$70.68 inclusive of tax) with in and out privileges
Self-parking daily maximum rate (24 hours): \$33.00

CONTINUING EDUCATION CREDIT

Physical Therapists: Continuing education credits pending.

Chiropractors: Application is pending for continuing education by the Southern California University of Health Sciences.

Athletic Trainers: The McKenzie Institute (BOC AP#: P931) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 17.75 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

The North American Spine Society is accredited by the ACCME to provide continuing medical education for physicians and takes responsibility for the content, quality and scientific integrity of this CME activity.

The North American Spine Society designates this live activity for a maximum of 18 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The American Medical Association has determined that physicians not licensed in the U.S. to participate in this CME activity are eligible for *AMA PRA Category 1 Credits™*.

GENERAL INFORMATION

WELCOMING RECEPTION

The Welcoming Reception will be held on Friday, 22 September 2017 at 6.30 p.m. at the Hyatt Regency San Francisco. The Welcoming Reception is included with your registration fee.

CONFERENCE GALA DINNER

The Conference Gala Dinner will commence at 7:15 p.m. aboard the San Francisco Spirit where you'll enjoy gentle bay breezes, glittering waves and the dramatic San Francisco skyline on an incredible 3-hour cruise. Dinner, dancing and dazzling vistas will make for an unforgettable evening while you cruise the beautiful San Francisco Bay.

The price per person is \$146 USD. Reservations for this unique evening are limited to 350. We encourage you to register early! Registrations will be processed strictly in the order they are received.



ACCOMPANYING PERSONS

San Francisco and the surrounding Bay area offers an extensive variety of tours and attractions. To help plan activities during your stay, please contact the Hyatt Regency San Francisco concierge at (415) 788-1234, extension 51 or via email at conciergesfors@hyatt.com.

PRECONFERENCE WORKSHOP

Target Your Management: How to Detect and Address Psychological Issues in People with Pain

Conducted by Tamar Pincus, PhD
Friday, 22 September 2017
8:30–11:30 a.m.

Participants will learn how to enhance therapeutic alliance with the patient, a crucial prerequisite for self-treatment. After completion of the workshop, participants will understand how to decide which patient needs further psychological investigation or treatment and which can be managed by the clinician. Professor Pincus is an outstanding speaker, educator and researcher. Her workshop will be invaluable for all clinicians who deal with patients in pain.

Preconference workshop fee: \$130 USD

3RD RESEARCH FUN RUN

Hosted by the International MDT Research Foundation
Saturday, 23 September 2017
6:30 a.m.

After fantastic successes with the first two editions in Copenhagen 2015 and Miami 2016, we are happy to present the 3rd Research Fun Run in conjunction with the 14th International McKenzie Conference.

Meet people from all over the world and enjoy this 5K social run, or walk, together. The registration fee is your donation to IMDTRF. The minimum donation is \$50 USD. Every participant will receive a Research Fun Run shirt to remember this event.

For more details and to register, visit the event page: imdtrf.org/wordpress/about-us/funrun.

CONFERENCE PROGRAMME

FRIDAY, 22 SEPTEMBER 2017

1:00-1:15 p.m.

Official Conference Opening

Welcoming Remarks

Lawrence Dott

Official Opening by Conference Chair

F. Todd Wetzel, MD

1:15-4:00 p.m.

Ensuring Optimal Care for Low Back Pain: Surgery or Not

Moderator: Georg Supp, PT, Dip.MDT

1:15 p.m.

Setting the Scene

Georg Supp, PT, Dip.MDT

1:30 p.m.

Is MDT a Useful Screening Tool?

Mark Werneke, PT, MS, Dip.MDT

2:00 p.m.

When MDT Fails

Hans van Helvoirt, MA, PT, Dip.MDT/MT

2:30 p.m.

The Psychological Perspective: Who Shouldn't Have Surgery and How to Tell Them

Tamar Pincus, PhD

3:00 p.m.

Who Really Needs Surgery?

F. Todd Wetzel, MD

3:30 p.m.

Panel Discussion: Ensuring Optimal Care for Low Back Pain

All Speakers

4:00-4:30 p.m.

Afternoon Tea

4:30-6:00 p.m.

Subgrouping for Nonspecific Spinal Pain: Holy Grail?

Moderator: Helen Clare, PhD, PT, Dip.MDT

4:30 p.m.

Similarities and Differences Between Classification Systems

Helen Clare, PhD, PT, Dip.MDT

4:45 p.m.

The Potentials of Subgrouping

Mark Werneke, PT, MS, Dip.MDT

5:10 p.m.

The Limitations of Subgrouping

Mark Hancock, PT, PhD

5:35 p.m.

Discussion: Subgrouping: Where to from Here?

All Speakers

SATURDAY, 23 SEPTEMBER 2017

8:30-10:30 a.m.

Differential Diagnosis Lumbar Spine/Lower Extremity Symptoms

Moderator: Grant Watson, PT, Dip.MT, ADP(OMT), Dip.MDT, MNZP

8:30 a.m.

Setting the Scene

Grant Watson, PT, Dip.MT, ADP(OMT), Dip.MDT, MNZP

8:45 a.m.

Is it the Spine or Is it the SIJ?

Andry Vleeming, PhD

9:15 a.m.

Is it the Hip?

Heidi Prather, DO

9:45 a.m.

Are You Sure You Have Cleared the Spine? Differentiation with MDT

Richard Rosedale, BSc, PT, Dip.MDT

10:15 a.m.

Learning from the Patient: A Case Presentation

Christopher Chase, PT, Dip.MDT, FAAOMPT

10:30-11:00 a.m.

Morning Tea

11:00 a.m.-12:30 p.m.

Cutting Edge Research

Moderator: Colin Davies, PT, Dip.MDT

11:00 a.m.

Biologic Origin of Back Pain

Michael Heggeness, MD, PhD

11:30 a.m.

MDT Research Presentations

12:30 p.m.

Multicenter MDT Assessment Pilot Using a Web-based Architecture

Ted Dreisinger, PhD

CONFERENCE PROGRAMME

SATURDAY, 23 SEPTEMBER 2017

12:45-1:45 p.m.	Lunch	
1:45-3:30 p.m.	Clinical Challenges of the Cervical Spine	Moderator: Robert Medcalf, PT, Dip.MDT
1:45 p.m.	Setting the Scene	Robert Medcalf, PT, Dip.MDT
2:00 p.m.	Diagnosing Neural Components: Clues and Pitfalls	Annina Schmid, PhD, M.Manip.Ther, PT
2:30 p.m.	Optimal Management of a Cervical Radiculopathy	Heidi Prather, DO
3:00 p.m.	MDT and TESI: Does it Work for the Cervical Spine?	Hans van Helvoirt, MA, PT, Dip.MDT/MT
3:30-4:00 p.m.	Afternoon Tea	
4:00-5:00 p.m.	Clinical Challenges of the Cervical Spine (Continued)	Moderator: Robert Medcalf, PT, Dip.MDT
4:00 p.m.	Exclusion of the Cervical Spine in Patients with Rotator Cuff Pathology: Current Thoughts and Processes	Greg Lynch, Dip.PT, Dip.MT, Dip.MDT, MNZCP
4:30 p.m.	Evidence-based Management of WAD: What Have We Learned in the Past 20 Years?	Pierre Côté, DC, PhD
5:00-5:45 p.m.	The Scope of MDT Outside the Clinic	Moderator: Richard Rosedale, BSc, PT, Dip.MDT
5:00 p.m.	Setting the Scene	Richard Rosedale, BSc, PT, Dip.MDT
5:05 p.m.	Brief Presentations on the Use of MDT Outside the Clinic	

SUNDAY, 24 SEPTEMBER 2017

8:30-10:30 a.m.	Managing the Patient	Moderator: Ted Dreisinger, PhD
8:30 a.m.	Medication for Musculoskeletal Conditions: More Harm than Good?	Mathew Smuck, MD
9:00 a.m.	Placebo and Nocebo: Words that Harm and Words that Heal in Treating Patients	Adriaan Louw, PT, PhD, CSMT
9:30 a.m.	How to Change Patients' Attitudes	Tamar Pincus, PhD
10:00 a.m.	Managing the Patient with Comorbidities	Carrie Diulus, MD
10:30 a.m.	MDT Research Presentations	
10:45-11:15 a.m.	Morning Tea	
11:15 a.m.-1:15 p.m.	Managing the Patient (Continued)	Moderator: Ted Dreisinger, PhD
11:15 a.m.	The Current State of Neurodynamics	Annina Schmid, PhD, M.Manip.Ther, PT
11:45 a.m.	Update on Pelvic Girdle Pain	Andry Vleeming, PhD
12:15 p.m.	Prevention of Low Back Pain: The Why and How	Mark Hancock, PT, PhD
12:45 p.m.	The Impact of MDT in Primary Care	Vikas Agarwal, MD
1:15-2:15 p.m.	Lunch	

SUNDAY, 24 SEPTEMBER 2017

2:15-4:30 p.m.	Changing Health Care Practices	Moderator: Jason Ward, MPT, Cert.MDT
2:15 p.m.	How to Influence Providers of Spine Care: What Needs to Be Measured	Mathew Smuck, MD
2:45 p.m.	Iatrogenic Disability: The Intersection of Clinical Care and Public Policy	Pierre Côté, DC, PhD
3:15 p.m.	A Patient's Perspective: Despite the Pain...	Adriaan Louw, PT, PhD, CSMT
3:45 p.m.	How is MDT Placed to Meet the Demands of Public Health?	Ezequiel Ghercovici, PT, MSc, Dip.MDT
4:15 p.m.	Question Session	All Speakers
4:30-4:45 p.m.	Concluding Events	
4:30 p.m.	Presentation of the Extension Award Announcement of 2019 International MDT Conference	Lawrence Dott
4:45 p.m.	Official Closing of Conference	F. Todd Wetzel, MD
4:45 p.m.	Conference Concludes	