

Take Control of Your Knee Pain

Assess, Treat and Prevent – See how the McKenzie Method relieves back, neck and extremity pain!
Solutions proven to work!

Why the McKenzie Method?

Imagine you have the power to control your pain and the ability to do your work and daily activities. Save time and money with the McKenzie Method. Free yourself from excessive therapy sessions, expensive equipment/testing and, most importantly, surgery!

Osteoarthritis, Degeneration or Normal Wear and Tear?

While knee injuries can occur by twisting or falling, recurrent knee pain in adults is commonly diagnosed as “osteoarthritis” and the term “degeneration” is used to describe aging changes on X-rays. The problem is osteoarthritic and degenerative changes are normal wear and tear changes and may not be related to your current pain or disability.

Knee pain can be felt in a variety of ways. There may be some pain or stiffness in both knees, although most commonly one knee is more troublesome than the other. Seeking a comprehensive assessment by a certified MDT provider as your first step can help determine if it is a straightforward mechanical problem that can be helped with very specific exercises determined in the MDT evaluation.

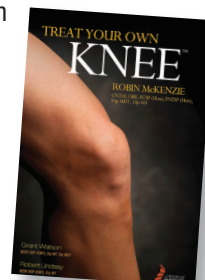
Yes No

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Are there periods in the day when you have no pain? Even 10 minutes? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you have pain when you walk up or down stairs or hills? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Have you had several episodes of knee pain over the past months or years? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Is your knee pain-free between episodes? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. When the knee is painful, does it feel like you are unable to fully bend or straighten it compared to your pain-free knee? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Are you able to fully bend and straighten your knee without pain between episodes? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Is the pain localized to the area of the knee joint? |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Are you generally able to walk without limping between your episodes of knee pain? |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Are you generally worse with prolonged sitting, squatting or kneeling? |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Is your knee generally more comfortable when you are moving about rather than kneeling, sitting, squatting or standing in one position? |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. Are some days better or worse than others? |

If you answered YES to five or more questions, there is a great chance you can benefit from MDT treatment strategies.

Self-treatment principles are the ultimate goal, but hands-on manual techniques may be necessary initially to assist with your recovery. It is recommended that a comprehensive assessment by a certified MDT provider be your first step to ensure you are gaining the full benefit of specific therapeutic exercise.

You can also learn more from one of McKenzie’s self-help books. *Treat Your Own Knee* and others in the series are available at www.OPTP.com



How It Works

MDT is a comprehensive, evidence-based system of assessment, diagnosis, treatment and prevention strategies aimed at patient education and independence.

- Known to show results in as little as two to three visits
- Assessment-driven, individualized treatment plans
- Cost efficient – a management system minimizing the need for expensive tests or procedures: no needles, no injections, no surgery.

STEP 1: Assess – Your active involvement in the evaluation process starts with a clinician taking a comprehensive history followed by repeated movement testing to assist in diagnosis and provide a clear direction for treatment.

STEP 2: Treat – Specific exercises defined in the assessment are active, not passive, therapy strategies that lead to more successful management. Hands-on manual skills of the clinician are used only when necessary.

STEP 3: Prevent – By learning how to self-treat your current problem, you gain valuable knowledge and skills to minimize the risk of recurrence.

Take control of your pain, empower yourself and get back to the life you love!

 **Find a Provider**

www.mckenzieinstituteusa.org