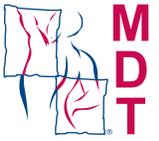


The McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT)



Take Control of Your Back 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!

The McKenzie Method is your road map leading to a clear and reliable direction for treatment of back pain.

Certified McKenzie MDT clinicians are highly trained to determine if there is a “mechanical” reason for the problem. Back pain can be the result of postural syndromes (caused by continued stress of soft tissues), derangement syndromes (caused by a change in position of the vertebrae enclosing a disc) and dysfunction syndromes (caused by the presence of scar tissue in a shortened state).

Yes No

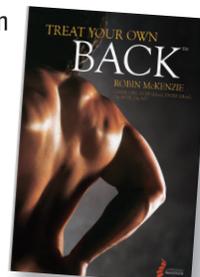
- 1. Are there periods in the day when you have no pain? Even 10 minutes?
- 2. Is the pain confined to areas above the knee?
- 3. Are you generally worse when sitting for prolonged periods or upon rising from the sitting position?
- 4. Are you generally worse during or right after prolonged bending or stooping as in bed-making, vacuuming, ironing, concreting, digging or gardening?
- 5. Are you generally worse when getting up in the morning, but improve after about half an hour?
- 6. Are you generally worse when inactive and better when on the move?
- 7. Are you generally better when walking?
- 8. Are you generally better when lying face down? When testing this, you may feel worse for the first few minutes, after which time the pain subsides. In this case, the answer to the question is “yes.”
- 9. Have you had several episodes of lower back pain over the past months or years?
- 10. Are you able to move fully in all directions without pain between episodes?
- 11. Are you pain-free between episodes?
- 12. If you have pain in the buttocks or upper/lower leg, does it sometimes stop completely, even though you may still have back pain?

If you answered YES to four 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 Back and others in the series are available from 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