

# McKenzie Method

RANKS HIGHEST IN TREATING BACK PAIN



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OPTP Insider Newsletter

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A nationwide survey conducted several years ago found that members of the American Physical Therapy Association rated the McKenzie Method® as the most influential approach in the way they practice orthopedic physical therapy. Yet interestingly enough, only about 2% of physical therapists in the United States are credentialed in this method.

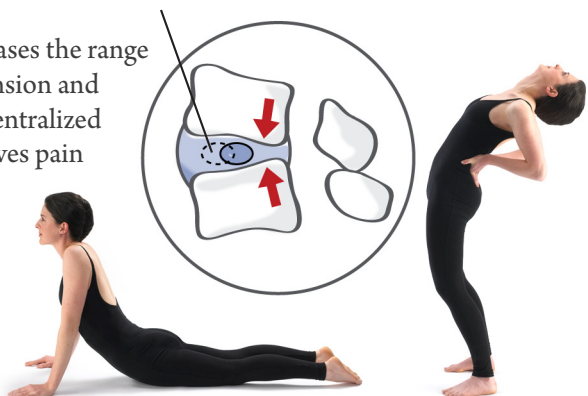
## THE BACKBONE OF THE MCKENZIE METHOD®

New Zealand Physiotherapist Robin McKenzie revolutionized the way back pain is treated and managed around the world. More universally known as Mechanical Diagnosis and Therapy (MDT), the foundation of McKenzie's method is based on the symptom and functional response to movement testing. These tests include various forms of extension, flexion, lateral movements and combination movements. McKenzie essentially developed a way of clinical reasoning to evaluate and empower clients to treat their own pain.

### LUMBAR EXTENSION

Extension moves the nuclear material anteriorly to a more normal position

It increases the range of extension and often centralized or relieves pain



OPTP is proud to be the exclusive provider of McKenzie products, including his expanded diagnostic textbooks for treating the lumbar, cervical and thoracic spine.



### The Lumbar Spine: Mechanical Diagnosis & Therapy®

Diagnose and design patient lumbar spine therapy protocol with this revised and expanded two-volume book written by Robin McKenzie and Stephen May. Illustrated. Softcover, 728 pages.

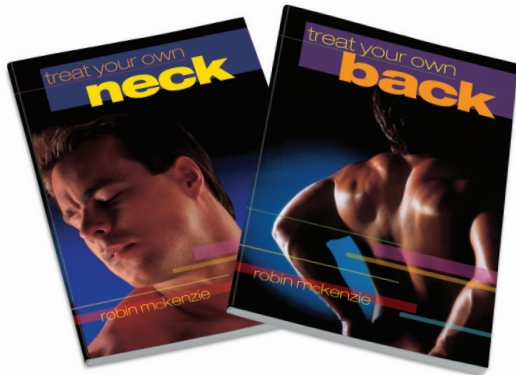
### The Cervical and Thoracic Spine: Mechanical Diagnosis & Therapy®

This book is designed to help the clinician evaluate and prescribe specific exercises and manual treatment techniques while exploring in depth literature relating to neck and trunk pain. Illustrated. Softcover, 566 pages.

### The Human Extremities: Mechanical Diagnosis & Therapy®

Learn techniques to successfully treat conditions such as repetitive strain injury, tennis elbow and general physical dysfunction. Softcover, 320 pages.

## ADDITIONAL PRODUCTS FROM **ROBIN MCKENZIE**



### **Treat Your Own Neck™**

This informative step-by-step handbook is an excellent resource in helping individuals relieve back pain and preventing symptoms from occurring in the future. Illustrated. Softcover, 63 pages.

### **Treat Your Own Back™**

Robin McKenzie's landmark patient handbook has changed how the medical field treats recurring low back pain with an active self-treatment plan that provides the knowledge and tools to alleviate back pain quickly and easily. Illustrated. Softcover, 72 pages.



### **The Original McKenzie® Cervical Roll**

Inserted between a pillow and pillowcase, The Original McKenzie® Cervical Roll provides significant support to the neck and spine while sleeping on the side or back.



### **The Original McKenzie® Lumbar Roll**

Designed to actively support proper posture and restore the natural curve in the lower back, The Original McKenzie® Lumbar Roll is ideal in relieving current back pain and helping to prevent future problems.



### **The Original McKenzie® SuperRoll™**

The Original McKenzie® SuperRoll™ is a sleek, superior lumbar support that provides the ultimate in function and comfort.

For complete information on becoming credentialed in the McKenzie Method, please visit [www.mckenziemdt.org](http://www.mckenziemdt.org).

## did you know? The McKenzie Precepts

- The pathology of spine pain cannot be accurately determined in most cases due to the high number of false-positive and –negatives in diagnostics such as MRIs and the unreliability of palpation tests.<sup>1</sup> A misdiagnosis can often misdirect treatments, leading to ineffective outcomes and unnecessary surgery.
- The vast majority of patients can successfully treat themselves if they are given the right therapeutic techniques and movements. These movements may be unique to each case and is known as the Directional Preference (DP).
- An evaluation by a credentialed McKenzie therapist will identify the DP in 80% of patients in the first session. Of these, resolution or significant improvement will be achieved in 90% of cases within two weeks. These benefits apply to acute and chronic patients alike.

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1. 2006 NASS Outstanding Paper Award: Medical & Interventional Science. Are first time episodes of serious LPB associated with new MRI findings, Eugene Carragee MDa, Todd Alamin, MDa, Ivan Cheng, MDa, Thomas Franklin, MDa, Erica van den Haak, BSa, Eric Hurwitz, DC, PHDb, The Spine Journal - 2006. Boden SD, Davis DO, Dina TX, Patronas, NJ, Wiesel SW. Abnormal magnetic-resonance scans of the lumbar spine in asymptomatic subjects: a prospective investigation. J. Bone, Joint Surg Am, 1990; 72(3); 403-408. Aust J Physiother, 2006; 52(2): 91-102. Reliability of Procedures used in the Physical Examination of Non-Specific Low Back Pain: A Systematic Review. May S., Littlewood C., Bishop A.