



Recognizing the Giants of Manual PT

a tribute to the most influential minds of the age

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Where would we be?

Where would we be without those certain individuals who inevitably change lives, their professions, or even history? History remembers those who make significant contributions to the improvement of mankind. And it's done in the hope that those who follow will build upon those contributions.

All great accomplishments require extensive groundwork upon which to be built. And each generation looks to its predecessor for ideas and principles that are worth repeating. It was Sir Isaac Newton who said, *"If I have seen further, it is by standing on the shoulders of giants,"*¹ and we feel this to be especially true in the field of Orthopedic Physical Therapy. In this edition of our newsletter, OPTP would like to take the opportunity to honor those who have laid the foundation for everyone working in the field of manual therapy.



Robin McKenzie

For over 40 years, Robin McKenzie's system of examination and treatment for non-specific spinal pain has been taught and used by clinicians worldwide. In his article, *"Honoring Our Giants,"* Robert J. Schrupp, MA, PT, notes,

*"McKenzie determined that various exercises could change the location and severity of pain."*¹

Schrupp goes on to say, *"McKenzie was the first to recognize the phenomenon of centralized pain."*¹ From that day forth he, *"... went on to derive an entire conceptual framework for treating back and neck pain from this observation. The McKenzie Method[®] of Mechanical Diagnosis and Therapy[®] is now used worldwide by tens of thousands of physical therapists, chiropractors and physicians."*¹

"McKenzie determined that various exercises could change the location and severity of pain."

-Robert Schrupp, MA, PT

In order to ensure the consistent application of his methods, McKenzie founded The McKenzie Institute[®], a non-profit organization dedicated to the research and training certification of the McKenzie Method[®]. The Institute offers educational programs through its 26 branches worldwide and is the only sanctioned provider for training of the McKenzie Method.

McKenzie has also written a number of best selling books including his most recent two volume set co-written with Stephen May, MA, *"The Lumbar Spine: Mechanical Diagnosis and Therapy"*. Also known for his self-treatment techniques, McKenzie's *"Treat Your Own Back"* and *"Treat Your Own Neck"* have helped millions of individuals relieve their back and neck pain.

Robin McKenzie is an Honorary Life Member of the APTA, a Fellow of the American Back Society, Honorary Fellow of the Society of Physiotherapists in New Zealand and U.K., a companion of the New Zealand Order of Merit and has been awarded the Most Excellent Order of the British Empire.

In a random survey of 148 PT's from the orthopedic section of the American Physical Therapy Association, conducted by Advance for Physical Therapists and PT Assistants for the article, *"Honoring our Giants,"*¹ June 21, 2004, seven men and women were chosen as the most influential among their peers.

Among the top seven were, #1 Robin McKenzie, #4 Geoffrey Maitland, and #7 Brian Mulligan. These three individuals have made extraordinary contributions to the field of manual therapy for which they are due recognition. Other notables from the survey were Freddy Kaltenborn and David Butler.



Geoffrey Maitland

Geoffrey Maitland's approach to the management of spinal and joint disorders has long been regarded as one of the cornerstones of manipulative therapy. His approach "... focuses on detailed assessment, clinical reasoning and reassessment to determine

*the physical dysfunction and efficacy of manual physiotherapy techniques,"*¹ which helped form a basis for the standards of IFOMT.

*"His text, 'Vertebral Manipulation,' is an indispensable and authoritative guide to his approach. His worldwide best-selling book 'Peripheral Manipulation' forms one of the cornerstones of modern manual therapy."*¹

In 1992, the International Maitland Teacher's Association was founded to uniformly instruct the Maitland Method. In the U.S., Maitland-Australian Physiotherapy Seminars (MAPS) is the recognized leader in teaching his approach.



Brian Mulligan

*"Brian Mulligan originated and developed the concept of combining accessory mobilisations with physiological movements in the extremities (MWMS)."*¹ His groundbreaking book, *"Manual Therapy: 'NAGS', 'SNAGS', 'MWMS' etc."* is now in its fifth

edition and is quickly making its way into clinicians offices and college classrooms around the world. NAGS" (Natural Apophyseal Glides) and "SNAGS" (Sustained Natural Apophyseal Glides) are not just fun-to-say acronyms, but are extremely effective treatment techniques for cervical, thoracic, or lumbar spine pain. When applied correctly, these spinal mobilisations can significantly reduce joint pain and increase spinal rotation. "MWMS" (Mobilisations with Movements) are also highly effective treatments for patients with pain or stiffness of Cx 5/6 and Cx 6/7 origin.

Mulligan introduced the Mulligan Concept Teachers Association (MCTA) in 1995. The association is an international organization that sets the standards and accreditation for instructors of his methods.¹ He is an Honorary Fellow of the NZ Society of Physiotherapy and a life member of the NZ Manipulative Physiotherapists Association.¹



Freddy Kaltenborn

Considered by many to be a founding father of modern manual therapy, Freddy Kaltenborn introduced many of the principles used today beginning in the 1950s. On top of that, Schrupp writes, *"Both Paris and Mulligan acknowledge Freddy Kaltenborn as a mentor. McKenzie regards Kaltenborn*

*as one of the figures who provided the gold standard for the practice of manipulative therapy."*¹

Professor Kaltenborn is a renowned author, lecturer and researcher. Along with Olaf Evjenth, Kaltenborn developed the OMT Kaltenborn-Evjenth System, which helped form many of the standards of the IFOMT in 1974. Kaltenborn's landmark texts have been revised significantly and are now, *"Manual Mobilization of the Joints: The Spine (4th ed.)"* and *"Manual Mobilization of the Joints: The Extremities (6th ed.)"*



David Butler

David Butler is in high demand as a lecturer, educator and author. He has written a number of books including, *"The Sensitive Nervous System," "Explain Pain,"* and the *"Neurodynamic Techniques"* book & DVD set. His approach blends manual therapy techniques with neurobiological evidence

for the management of acute and chronic pain states.

David Butler is also the director of the Neuro Orthopaedic Institute (Noigroup) which promotes teaching programs, products and discussion among therapists. Noigroup continually grows and updates knowledge based approaches to pain management.

Proud relationships

OPTP is proud to be associated with the most influential minds in physical therapy, and for the opportunity to offer their tools and resources to therapists around the globe. For a free catalog, contact OPTP at (800) 367-7393, or online at www.optp.com.

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References:

1) Schrupp, Robert J, MA, PT. "Honoring Our 'Giants'." Advance for Physical Therapists & PT Assistants, June 21, 2004. Pp. 61-63.