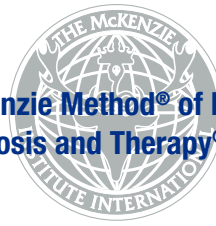




The McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT)



Take Control of Your Back Pain

Active Examination, Dynamic Diagnosis and Reliable Intervention
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 typically can be classified into one of these three syndromes: postural (caused by continued stress on soft tissues), derangement (caused by a mechanical obstruction of an affected joint) or dysfunction (caused by structurally impaired soft tissue). Once classified, a specific plan of care can be established.

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 intervention 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 examination and evaluation 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 examination, evaluation, diagnosis, prognosis, intervention and prevention strategies aimed at patient education and independence.

- Known to show results in as little as two to three visits
- Driven by sound clinical reasoning for individualized plans of care
- Cost-efficient treatment minimizing the need for expensive tests or procedures: no needles, no injections, no surgery.

Step 1: Active Examination – Listening to your detailed history and with your active involvement using repeated movements or positions during the unique MDT examination process, the clinician establishes a clear direction with a solid baseline to develop an individualized plan of care.

Step 2: Dynamic Diagnosis – You’ll be prescribed specific exercises and given guidance for appropriate postures and behaviors to adopt or temporarily avoid outside the clinic. The clinician can quickly re-evaluate from the baseline and observe how your symptoms and range of movement changes to maintain the course or modify the plan of care. This may include hands-on techniques as needed.

Step 3: Reliable Intervention – By learning how to self-treat your current impairment, you gain practical knowledge to minimize the risk of recurrence and rapidly deal with symptoms if they do recur.

Prevention is the ultimate goal. You’re in control of your pain!

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

ACTIVEFIT
PHYSICAL THERAPY & PERSONAL TRAINING