



# McKenzie Method of Treatment

## Now at Capital Physical Therapy



Walter “Chip” Larson began studying the McKenzie Approach to diagnose and treat back and neck pain in 1999. He recently passed the certification exam and became a credentialed McKenzie Therapist. *“I’m very excited to bring this proven method of diagnosis and treatment to the Concord area,” Chip said recently. “The reason that I’ve been studying this approach for almost ten years, is I have seen first hand what a difference it makes in my patients’ recovery.”*

The McKenzie approach is a method of mechanical diagnosis and treatment of back and neck pain, along with certain extremity symptoms that originate in the spine. The philosophy focuses on active patient involvement and patient education for back, neck and extremity problems. The initial assessment with a McKenzie therapist is a vital tool to accurately reach a diagnosis and to develop the appropriate treatment plan.

McKenzie therapists continually reassess each patient to ensure that the appropriate treatment is rendered. When used appropriately, this method can often defer the need for expensive diagnostic testing / imaging. Patients are assisted by McKenzie therapists in the process of understanding their syndrome and the nature of their symptoms. They are instructed in exercises and positioning that best gets at the root of their problem, helping them to recover function.

### How the Approach Works

McKenzie therapists try to identify a mechanical cause of pain and implement a mechanical treatment. Testing focuses on changes in symptoms and range of motion with movement. Therapists ask patients to perform a series of test movements and look closely for changes in symptoms. If the therapist is able to find a mechanical cause of pain with evaluative testing, he/she then implements a program of

positioning and/or repeated movements designed to help resolve the condition.

The goal of the McKenzie therapist is to allow patients to gain an accurate understanding of their condition and to be able to perform active exercises to reduce and eliminate symptoms and recover function.

### Is it a Proven Method of Treatment?

Mechanical diagnosis and therapy of the spine has its origins dating back to 1959. Robin McKenzie is a New Zealand physiotherapist who devised this method and he has refined it over time. Over fifteen years of investigation and treatment led him to identify three major mechanical syndromes. The McKenzie approach has gained respect and acceptance in the world-wide medical community. In 1983 McKenzie was accepted into the International Society for the Study of the Lumbar Spine for his contributions in examination and treatment of lower back disorders.

The McKenzie Institute was formed in 1981, and has grown into an international organization. This method has been taught to physical therapists and physicians since that time. Respected medical publications such as *The Australian Journal of Physiotherapy*, *Spine* and *The Journal of the American Medical Association* have published articles supporting the effectiveness of the McKenzie approach.

Call Capital Physical Therapy today to set up an evaluation utilizing the McKenzie method of diagnosis and treatment.

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*“The Road to Recovery Begins Here”*