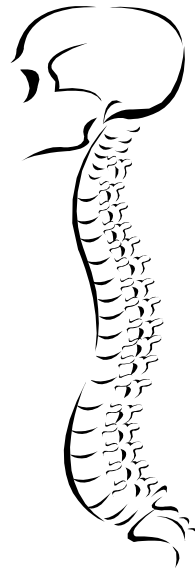


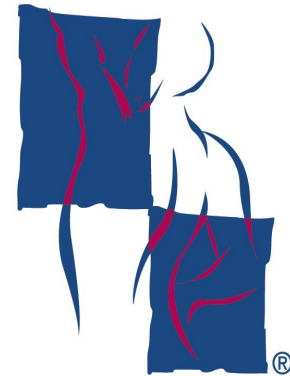
Overview

The Mckenzie method of evaluating and treating spine pain focuses on allowing the patient to become independent with their exercises. The patient should feel they can manage their pain with greater ease and feel in control again of their symptoms.



Henry County Health Center
Rehabilitation Services

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McKenzie Method

*A Treatment for
Back and Neck
Pain*

*Rehabilitation Services
Henry County Health
Center*

MDT (Mechanical Diagnosis and Therapy)



The Mckenzie method is also known as MDT standing for Mechanical Diagnosis and Therapy. It was developed in 1956 by Robin Mckenzie. MDT involves careful questioning of the patient and investigating how the patient responds to repeated movements and positions. The patient is usually given one or two exercises to perform several times a day, and the response is monitored. It is important for the patient to follow through with these exercises as prescribed in order to make a change in the pain. The exercise may then be altered depending on patient response.

BACK PAIN

Back pain is experienced by approximately 50-80% of the adult population at some point in their life. Reoccurrences and episodes of back pain are common and may progressively worsen if not treated. At times the back can cause a person to feel pain into their hip(s) or leg(s). Risk factors for back pain include: heavy and repetitive lifting, body vibration, prolonged or frequent bending and twisting and sustained sitting in a poor posture.

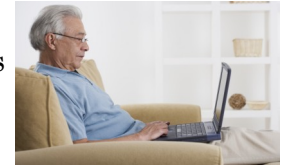


NECK PAIN

Neck pain can occur in as much as 70% of the adult population. Some risk factors include being of female gender, headaches, prolonged sitting or driving, and lifting. Neck pain can cause pain to be felt in shoulder blade or down arm(s). Headaches can also be caused from a neck problem.

POSTURE

Poor postures when sitting, sleeping or standing can lead to problems of the neck, or back. Your therapist will address this if needed. Often a lumbar roll is needed to maintain correct sitting posture and can relieve pain.



YOUR TREATMENT

Henry County Health Center Rehabilitation Services has on staff a certified Mckenzie trained therapist that will evaluate and treat in a conservative and systematic way. Your therapist will educate you on how to prevent future episodes of pain. During your treatment you may be recommended to avoid certain aggravating activities or positions in order to allow healing to occur.