

McKenzie Therapy

Also known as Mechanical Diagnosis and Therapy (MDT), the McKenzie Method is a philosophy of active patient involvement and education for back, neck, and extremity problems. The key distinction is its initial assessment component - a safe and reliable means to accurately reach a mechanical diagnosis and only then make the appropriate treatment plan. McKenzie clinicians have a valid indicator to know right away whether - and how - the method will work for each patient. Most patients, who respond favorably, can successfully treat themselves and minimize the number of visits to our clinic. Patients who stick to the prescribed treatment protocols are less likely to have persistent problems.