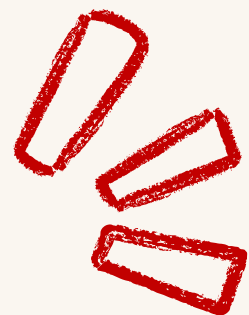




The McKenzie Method®



Take control of your pain and daily activities with the McKenzie Method®. No need for lengthy therapy, expensive equipment, or invasive procedures. Just use your own abilities under the guidance of a Certified McKenzie Provider. Empower yourself and return to the life you love!

Common Pains:

The McKenzie Method of MDT is a trusted solution for all musculoskeletal issues.



Knee
Ankle

Shoulder
Neck

Back

Common Issues

- Sciatica
- Sacroiliac joint pain
- Arthritis
- Degenerative disc disease
- Muscle spasms
- Intermittent numbness in hands or feet



If utilized correctly, the achievable goals of the McKenzie Method in a cost- and time-effective manner.

For more information,
Contact +1-519-252-2752

The McKenzie Method®

A

ASSESSMENT

In EvaluationMDT, the clinician records your symptom history and observes how they change with specific repeated movements. This unique approach of using repeated movements, rather than a single one, helps categorize your problem.

C

CLASSIFICATION

In MDT, each syndrome is treated with unique mechanical procedures. It's a broad classification system that includes an 'Other' subgroup for patients not fitting into the three main syndromes, covering serious pathologies and non-mechanical causes.

T

TREATMENT

Post-assessment, clinicians prescribe specific exercises and postural advice. For complex cases, hands-on techniques may be used until self-management is possible. The goal is effectiveness in fewer sessions, with patients actively involved in frequent self-treatments, reducing clinic visits. Most patients can successfully self-treat with the right knowledge and tools.

P

PREVENTION

Self-treatment educates you to minimise recurrence risk and effectively manage recurring symptoms. Self-maintenance is more likely to prevent persistent problems than passive care, putting you in control of your treatment.