

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



Take Control of Your Knee 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!

Osteoarthritis, Degeneration or Normal Wear and Tear?

While knee injuries can occur by twisting or falling, recurrent knee pain in adults is commonly diagnosed as “osteoarthritis” and the term “degeneration” is used to describe aging changes on X-rays. The problem is osteoarthritic and degenerative changes are normal wear and tear changes and may not be related to your current pain or disability.

Knee pain can be felt in a variety of ways. There may be some pain or stiffness in both knees, although most commonly one knee is more troublesome than the other. Seeking a comprehensive examination and evaluation by a certified MDT provider as your first step can help determine if it is a straightforward mechanical problem that can be helped with very specific exercises.

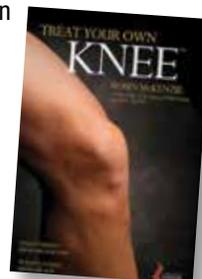
Yes No

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Are there periods in the day when you have no pain? Even 10 minutes? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you have pain when you walk up or down stairs or hills? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Have you had several episodes of knee pain over the past months or years? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Is your knee pain-free between episodes? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. When the knee is painful, does it feel like you are unable to fully bend or straighten it compared to your pain-free knee? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Are you able to fully bend and straighten your knee without pain between episodes? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Is the pain localized to the area of the knee joint? |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Are you generally able to walk without limping between your episodes of knee pain? |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Are you generally worse with prolonged sitting, squatting or kneeling? |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Is your knee generally more comfortable when you are moving about rather than kneeling, sitting, squatting or standing in one position? |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. Are some days better or worse than others? |

If you answered YES to five 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 Knee and others in the series are available at 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!

 **Find a Provider**

mckenzieinstituteusa.org