



**Ready to leave your pain behind,
empower yourself and get back to
the life you love?**

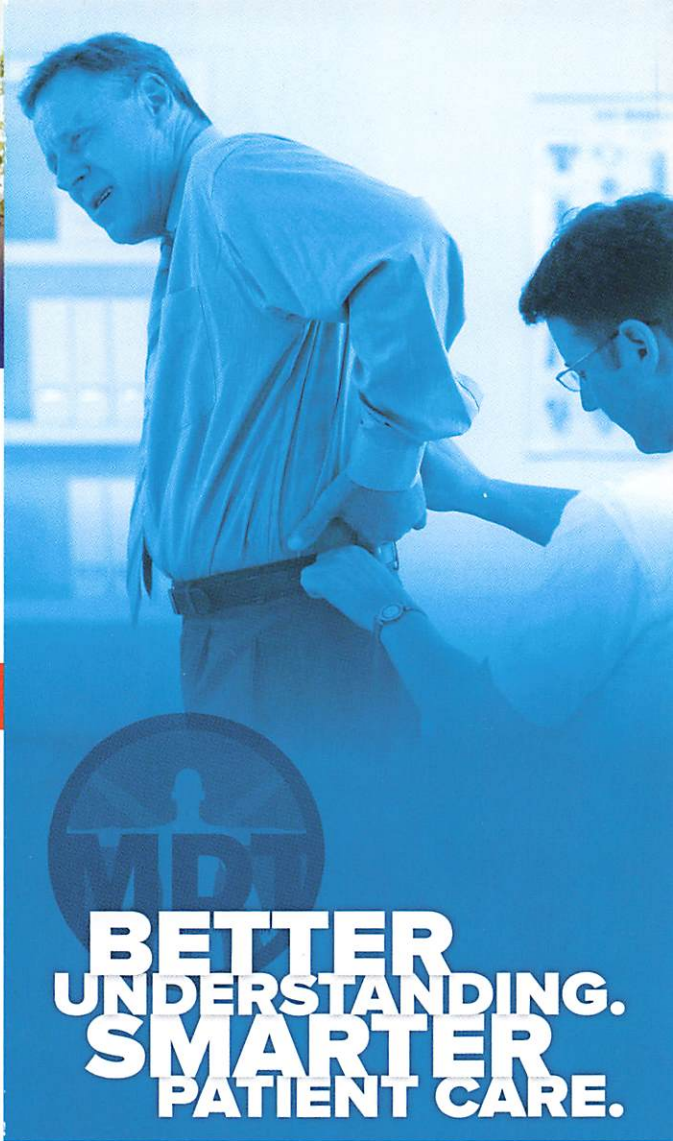
Ensure your clinician is either
Credentialed or Diplomaed in MDT
with our Referral Directory.

 [Find a Provider](#)

Only those clinicians who strive to improve
MDT knowledge and skills through participation
every three years with Institute-approved programs
remain active on the referral directory.

**Visit the “Method” section of our website
to download patient briefs!**

mckenzieinstituteusa.org



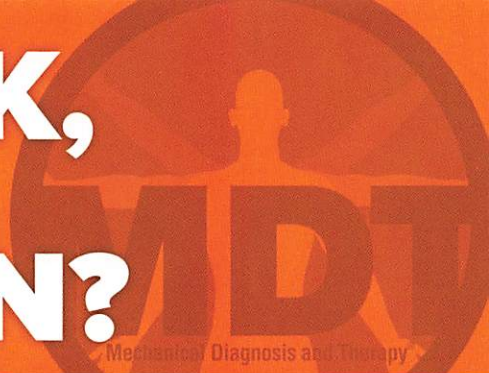
**BETTER
UNDERSTANDING.
SMARTER
PATIENT CARE.**

**Take control of your
back, neck and extremity pain
with the McKenzie Method®!**

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



BACK, NECK, OR EXTREMITY PAIN?



The McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT) is comprehensive care that solves problems and avoids expensive procedures or addictive medicines.

Assessment

MDT begins with the clinician taking a detailed history of your symptoms and how they behave. You will be asked to perform certain movements and rest in certain positions. The main difference to most other assessments is the use of repeated movements rather than a single movement. How your symptoms and range of movement changes with these repeated movements provides the clinician with information that they can use to categorize your problem.

Classification

Each syndrome is addressed according to its unique nature with specific mechanical procedures, including repeated movements and sustained postures. MDT is a comprehensive classification system and includes a smaller group of patients that cannot be classified into one of the three mechanical syndromes (derangement, dysfunction and postural), but fall into the 'OTHER' Subgroup that includes serious pathologies, non-mechanical causes, true chronic pain, etc.

Treatment

Using the information from the assessment, the clinician will prescribe specific exercises and advice regarding postures to adopt and those to temporarily avoid. If your problem has a more difficult mechanical presentation, a qualified MDT clinician may need to add hands-on techniques until you can self-manage.

The aim is to be as effective as possible in the least number of sessions. Treatment that you can perform five or six times a day is more likely to be effective in a shorter period of time than treatment administered by the clinician once or twice per week. The emphasis is on you, the patient, being actively involved. Ultimately, most patients can successfully treat themselves when provided with the necessary knowledge and tools.

Prevention

Once the patient has learned to treat themselves using specific movements and postures, the same procedures can be used to prevent recurrence. This is important because research has shown that spinal pain in particular has a tendency to recur and recurrences often occur with increased severity. Preventing recurrence is therefore more important than supplying short-term relief through passive treatment.

WHY MCKENZIE?

- Backed by years of research, evidence and clinical practice
- Known to show results in as little as two to three visits
- Driven by sound clinical reasoning for an individualized plan of care
- Active, not passive, treatment strategies
- Self-directed and managed – we work with you and teach you
- Cost-efficient treatment without expensive tests, procedures or medications
- Non-invasive – no needles, no scalpel
- Lifelong preventative knowledge and skills

TRUSTED WORLDWIDE



The McKenzie Institute® provides the only sanctioned MDT training and certification in 40 countries worldwide.