

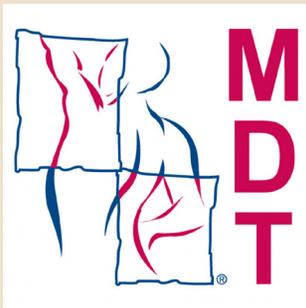
EMPOWERMENT

Did you know?

- Back pain is the leading cause of disability in the U.S.
- It is estimated that 60-80% of the population will experience back pain in their lifetime
- It is the 3rd most common reason for doctor visits
- Estimated cost to Americans is \$50-100 billion annually in health care costs
- Most episodes of back pain are mechanical and will respond to conservative treatment

Why The McKenzie Method (MDT)?

- MDT is an individualized, evidence-based protocol that promotes patient empowerment and self treatment
- MDT is proven to be safe:
 - Techniques emphasize using the least amount of force necessary to achieve positive results
 - MDT centers on patient involvement in their own care
 - MDT has been shown through research to have:
 - Reduced need for surgical intervention
 - Better outcomes than spinal manipulation or general exercise alone



At Kitsap Physical Therapy, we have therapists who are certified in evidence-based protocols for The McKenzie Method (MDT), offering location preference and convenience for patients.

Bremerton (360) 792-1015

Sharon Stanley, PT, Certified MDT

Port Orchard (360) 895-9090

Candy Nelson, PT, OCS, Certified MDT

Poulsbo-NKMC (360) 779-3764

Elias Cook, PT, DPT, OCS, Certified MDT

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Thayne Bosh, PT, DPT, OCS, Certified MDT, CSCS



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The McKenzie Method

The McKenzie Method of Diagnosis and Therapy is widely recommended as the first treatment option for neck and back conditions worldwide.

Three Steps to Success

Step 1: Assessment

Unique to the McKenzie treatment approach is a comprehensive and logical step-by-step process to evaluate the patient's problem quickly. This mechanical examination can classify many patient conditions by the intensity and location of pain, as well as movement restriction patterns. Research has shown McKenzie assessment procedures to be as reliable as costly and time-consuming diagnostic tests.

Step 2: Treatment

Each patient is prescribed a series of individualized exercises. The emphasis is on active patient involvement, which minimizes the number of visits to the clinic. Ultimately, most patients can successfully self-treat when provided with the necessary knowledge and tools. Patients with more difficult mechanical problems may require initial treatment with advanced hands-on techniques by a McKenzie-trained clinician until they are able to self-treat.

Step 3: Prevention

By learning how to self-treat the current problem, patients gain hands-on knowledge on how to minimize the risk of recurrence, as well as how to rapidly deal with the condition if it does re-occur.

