

DIRECTIONAL PREFERENCE

Physiotherapeutic mechanical testing grounded in the McKenzie method attempts to determine if the patient will centralize or fail to do so. Such testing subjects the patient to various positions or repeated movements. If a particular type of movement results in centralization or reduction of central symptoms, it establishes **directional preference**. Directional preference such as extension bias will determine that PT exercise will consist of extension ROM to the end range as it leads to centralization and elimination of pain. The flagship article published to support the concept of directional preference is Long, A, Donelson, R, ; Fung, T. *Does it Matter Which Exercise?: A Randomized Control Trial of Exercise for Low Back Pain*. **Spine**: 1 December 2004 - Volume 29 - Issue 23 - pp 2593-2602. The article states that, as opposed to random exercise, "exercises matching subjects' DP [directional preference], significantly and rapidly decreased pain and medication use and improved in all other outcomes."

SUMMARY

The McKenzie method incorporates well-researched concepts of centralization and directional preference, thus resulting in provision of cost-efficient, long-term oriented therapy which empowers the patient to independently maintain good function of the spine and prevent future episodes of spinal disability. As of writing this article, Strulowitz and Gargiulo is the only clinic in Jersey City, NJ that provides McKenzie-certified therapy services.