

Low back pain and neck pain are very common. Various methods are available for treating spinal pain. The McKenzie method is the best known and commonly used system of treating spinal disorders of mechanical origin by the physical rehabilitation specialists such as physical therapists. Mechanical spinal pain simply means pain arising from deformation of soft tissue rather than due to more serious medical causes.

The method stands out among various approaches, as it is widely recognized by orthopedic surgeons, neurosurgeons, and physiatrists. It also is well supported by research. The therapist using the McKenzie method performs a logical and thorough assessment of the spine in order to arrive at a mechanical diagnosis which will guide the treatment. For majority of clients, the treatment will consist of movement exercises whose express purpose is pain relief. The patient is educated in self treatment through these exercises, which will help the patient self-treat in the future as well. In fact, the concept of self-treatment is a hallmark of the McKenzie method, helping the patients reduce their dependency on visits with various clinicians, thus promoting cost-effectiveness and efficiency. The clients will also be advised on how to change their behavior to maximize pain relief and prevent pain from recurring.

The mechanical assessment performed by the clinician can also yield a prognosis or prediction on how effective physical therapy can be with a particular patient. It can also uncover a non-mechanical kind of spinal pain and lead to a referral to a physician.

Strulowitz & Gargiulo Physical Therapy and Rehabilitation has a McKenzie-certified therapist on staff. You may contact Andrzej Slugocki, PT, DPT, Cert. MDT with any questions regarding the spinal therapy at [slugandy@yahoo.com](mailto:slugandy@yahoo.com) click on the link [www.mckenziemdt.org](http://www.mckenziemdt.org) under the "Links" section of our website.