

The McKenzie Technique for Back Pain

The McKenzie Program was developed in the 1960's by Robin McKenzie, a Physical Therapist in New Zealand.

The McKenzie Program uses specific assessment, treatment, and prevention strategies to address back pain. The program uses different exercises and mobilizations to centralize pain out of a limb and eventually alleviate pain. For example, extension, side glides, rotations, and even flexion may be used to reduce pain. Side glides and rotations are often used to centralize a disc prior to extension exercises. Flexion based exercises are typically added last.

Treatment focuses on 'self treatment' and a program to prevent the recurrence of symptoms.

The physical therapist at **Community Care Physicians Physical Therapy** will set up a treatment program based on the individual patient's symptoms at the initial evaluation. Often times, additional treatment techniques and modalities are used in conjunction with the McKenzie program to provide the patient the fastest, most efficient resolution of symptoms as possible.



Offices are conveniently located in Clifton Park, Delmar, Latham, and Schodack.

Clifton Park: 1735 Route 9
Phone: 518.373.2042
Fax: 518.373.1293
Open M/W/F 7:00am-4:00pm
T/Th 10:00am-7:00pm

Latham: 711 Troy-Schenectady Road
Phone: 518.783.3110 x3199
Fax: 518.220.9506
Open M-Th 7:00am-8:00pm
Fridays 7:00am-4:00pm

Delmar: 250 Delaware Avenue
Phone: 518.439.2417
Fax: 518.439.1190
Open M/W/F 7:30am-4:30pm
T/Th 9:00am-6:00pm

Schodack: 81 Miller Road
Phone: 518.213.0398
Fax: 518.479.0493
Open M/F 7:30am-7:30pm
T/Th 9:00am-6:00pm
Wednesdays: 7:30am-4:30pm

