

HUMAN PERFORMANCE CENTRE

Treat Yourself! The McKenzie Method. We Can Help!

Pain is a deterrent. We do not like to be in pain and it limits us from doing what we love to do. We seek out medical advice; some good and some not so good. But what we really need is a way to treat ourselves and take an active approach in our pains.

From our favorite sport to gardening, pain can keep us away from reaching our goals. People seek out different types of treatment to help them cure or manage their problems. Interestingly, health professionals use an assortment of different types of treatment to help their patients. Some practitioners use a hands on approach, some exercise, some devices (ultrasound, laser), or a mixture of all the above. One type of approach that we use at the Human Performance Centre that is shown clinically to have superior results in patient management of pain and treatment is called McKenzie Method of Mechanical Diagnosis and Therapy (MDT).

What is the McKenzie Method of Mechanical Diagnosis and Therapy? This system is for health professionals to examine muscle, joint and nerve interaction to help alleviate pain from initial injury to long-standing chronic pains. It is a world-renowned, standardized, and critically evaluated approach in

patient care. It combines the knowledge of physical therapy concepts and procedures into a structure that gives the patient the ability to treat themselves.

The system can be broken down in 4 steps. The MDT approach will start off with an interview gathering information on your symptoms and how they behave in everyday activities. The difference from any other systems through physiotherapy is that we ask to repeat movements to see if they change the behavior of your symptoms. From here we can confidently provide information on the classification of your pain. This is one of the most important aspects in patient care and in fact, is what makes a health professional really, really good at their job. Pain can be caused from an array of issues. It is the job of the health professional to understand how the pain surfaces. What the MDT approach offers the patient is clarity in your diagnosis and better yet, if conservative or physical therapy is required. An individual sometimes spends hundreds of dollars on one type of treatment, sometimes making them feel better but not correcting the issue. This could be due to the fact that the patient will not get better from conservative therapy because

the individual is not suitable for physical therapy and requires a specialist. Treatment depends on the type of classification that the health professionals diagnosed you as. Treatment usually involves exercise and manual therapy within the MDT approach. Through the MDT approach we would like the patient to get better faster and better yet without the use of a therapist to help you and only there to guide you. The ability to treat yourself is the key aspect in the management approach within MDT. If however you need an extra push, the therapist will use their hands until a method can be reached that you no longer need the hands on approach. Treatment is usually done by yourself, 6-10 times per day depending on the classification and the prescription given by the health professional. In the long run, the patient with the proper advice and tools can do his or her own treatments. With the MDT approach the therapist will also work with you to restore normal function and get you back to work, your sport and regular activities that you have been missing out on.

Prevention or reduction of injury reoccurrence is the last step in the MDT approach. Through the knowledge that you have gained and

the ability to treat yourself you can prevent the reoccurrence of an injury. This puts you in control of your own rehabilitation and not the therapist. This is a powerful tool. An active approach in your pain is better than a passive approach financially and holistically.



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PHYSIOTHERAPY

MASSAGE

FITNESS

NUTRITION