



☆ Schuylkill Rehabilitation Center  
is conveniently located in  
Pottsville

## The McKenzie Method

For the examination,  
evaluation, and intervention in  
the treatment of spinal  
disorders



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## What is the McKenzie Method?

The McKenzie Method was developed in the 1960's by Robin McKenzie, a physical therapist from New Zealand. It is used in examining, evaluating, and intervening in the treatment of spinal disorders. The McKenzie Method addresses the source of the problem, and not just the pain and symptoms alone.

The McKenzie Method follows a well defined algorithm leading to a classification of the spinal disorder. The classification categories are mutually exclusive and are based on:

- Location of the pain
- Whether or not a postural deviation such as a torticollis or a lateral shift exists
- Behavior of the pain and symptoms during repeated movements.

Each classification category has a specific array of interventions such as:

- Posture Correction
- Exercises
- Mobilization or manipulation conducted by a physical therapist
- Patient education and lifestyle changes

## Goals of intervention:

The primary goals of intervention are to centralize and abolish the pain and symptoms, as well as, to teach the patient to treat themselves by involving them in the management of their condition. Other goals include:

- Reduce pain quickly
- Return to normal functioning in daily activities
- Minimize the risk of recurring pain (avoid painful postures and movements)
- Minimize the number of return visits to spine specialists
- Teach patients suffering from neck or back pain how to treat themselves and manage their pain for life, by using exercises along with correct posture and proper techniques of doing activities of daily living

By taking a proactive role, the patient is empowered with the knowledge necessary for self-treatment, which in turn, will facilitate better long-term results.

For further information, contact us at (570) 621-9500, email us at [schrehab@comcast.net](mailto:schrehab@comcast.net) or visit our website [www.schuykillrehab.com](http://www.schuykillrehab.com). Also, visit the official McKenzie website more details along with a listing of Certified McKenzie Therapists at <http://www.mckenziemdt.org>

## Who Can Benefit from this Approach to Treatment?

This approach is most beneficial to patients who demonstrate centralization of their pain and symptoms. A physical therapist can determine if this approach will work for you, as they establish an individualized treatment specifically tailored to fit your needs.

## Training and Certification for the McKenzie Approach:

SRC is proud to employ two McKenzie Certified Physical Therapists, Harry Hobbs, PT and Matthew Dambrosia, PT. Both have received extensive training and coursework through the McKenzie Institute Credentialing Process. The certification process took fifteen days to complete, which addressed parts A, B, C, and D of the McKenzie Method. Both therapists have an extensive caseload of spinal patients who choose to use this treatment. It is important to become informed of this technique as it has proved to be a highly beneficial mode of intervention, focusing on self-healing and self-treatment as key components of pain relief.