

80% of the adult population
experience back pain at some
stage in their life.

75% can benefit from self
treatment.



PHYSIOTHERAPISTS

Kim Findlay
B.APP.SC. (PHTY)
MWIMgtOR
CredMDT

Margaret Campbell
DipPhys
CredMDT

back & neck pain
headaches
orthotic therapy
sports & spinal injuries
work related injuries
paediatrics
clinical pilates
yoga
meditation
plaster casting
hydrotherapy
functional rehabilitation

Fast Results....

Professional
Reliable
Quality & Comprehensive
Assessment & Management

You don't have to live with back pain!

THE MCKENZIE METHOD OF MECHANICAL
DIAGNOSIS AND THERAPY IS A
PHILOSOPHY THAT UTILISES ACTIVE
PATIENT INVOLVEMENT AND EDUCATION
THAT IS TRUSTED AND USED BY
PRACTITIONERS AND PATIENTS WORLDWIDE
FOR BACK, NECK AND EXTREMITY PROBLEMS.

PLATINUM
PHYSIOTHERAPY
(02) 4324 5668

2/470 Pacific Hwy, Wyoming, 2250
(located within the Reliance Medical Centre)

enquiries@platinumphysiotherapy.com.au
www.platinumphysiotherapy.com.au



What is the McKenzie Method?

Also known as Mechanical Diagnosis and Therapy (MDT), the McKenzie Method actively involves and educates the patient.

It is used by practitioners and patients all over the world for back, neck and extremity problems.

Can you use the McKenzie Method?

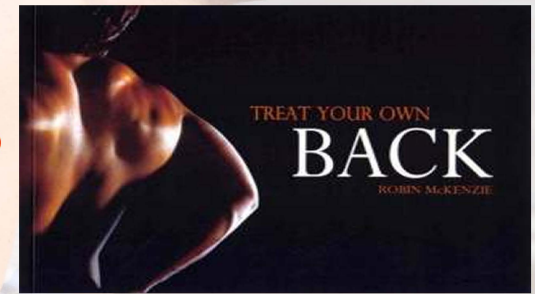
- * Are there periods of the day when you have no pain? Even 10 minutes?
- * Is the pain confined to areas above the knee?
- * Have you had more than one episode of low back pain over the past months or years?
- * Do you feel worse during or right after prolonged bending or stooping; as in making beds, vacuuming, gardening, concreting, etc?
- * Do you feel worse when sitting for prolonged periods or on rising from the sitting position?
- * Do you feel worse when inactive and better when on the move?
- * Do you feel better when lying face down? (You may feel worse for a minute before the pain subsides, in that case the answer to this question is yes).
- * Do you feel better when walking?

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If you have answered yes to more than 4 questions, your chances to benefit from self treatment as described in Treat Your Own Back are very good. If you answered yes to 3 or less questions you may require specialised treatment and you should contact a health care professional or a physiotherapist trained in the McKenzie Method.

Read Treat Your Own Back, this book could change your life. This book has helped millions of people worldwide to treat, relieve and prevent their lower back pain. International scientific studies have proven that the information and exercises described book get positive and lasting results.



How does the McKenzie Method work?

Mechanical Diagnosis and Therapy incorporates three key areas:

ASSESSMENT

The McKenzie Method begins with a comprehensive and logical step-by-step process to evaluate your problem quickly. Fundamental to the McKenzie Method is repeated end range movement testing, together with sustained postural loading to determine the effect on your symptoms. This mechanical assessment can 'classify' most patient conditions by the level of pain or limitation that results from these movements or postures.

TREATMENT

When appropriate, the McKenzie Method takes advantage of your own movements and forces to abolish the pain and restore the function. A series of individualised exercises derived by your responses during the assessment are prescribed. The emphasis is on the patient being actively involved. This can minimise the

number of visits to the clinic. Ultimately, most patients can successfully treat themselves when provided with the necessary knowledge and tools. For patients with more difficult mechanical problems, a qualified McKenzie therapist can provide advanced hands-on techniques until the patient can self-administer.

PREVENTION

By learning how to self-treat the current problems, you gain hands-on knowledge on how to minimise the risk of recurrence and to rapidly deal with symptoms if they recur, putting you in control of your treatment safely and effectively. The possibility of problems persisting can more likely be prevented through self-maintenance.

This approach continues to be one of the most researched physiotherapeutic based methods available.

