

McKenzie Method for Spinal Disorders

Wellbridge Physiotherapy is primarily a spinal treatment practice using the McKenzie Method of mechanical diagnosis and therapy (MDT) for back and neck problems of pain and lost function and in rehabilitation following spinal surgery. We have comprehensive experience in the management of complex spinal conditions.



We also treat arm and leg musculoskeletal problems of the shoulder, elbow, wrist/hand, hip, knee and ankle/foot; joint sprains; muscle strains and tears and a variety of other mechanical musculoskeletal problems.

Referred pain from back and neck problems may be mistaken for local arm or leg problems. Assessment of your problem will determine if it is a spinal, leg or arm problem so that the appropriate treatment may be provided.

What is the McKenzie Method?

The McKenzie Method is active patient treatment which emphasizes self-treatment exercise and prevention. It provides the patient with life-long pain management skill. Also known as mechanical diagnosis and therapy (MDT), the McKenzie Method is based on the consistent cause and effect relationship between mechanical forces, pain response and change in movement and function.

How does the McKenzie Method Work?

The McKenzie Method is first and foremost patient assessment, which uses pain behaviour and its relationship to movements and positions to determine appropriate effective mechanical treatment. Interpretation of the assessment permits classification of the non-specific spectrum of back and neck pain into types which then directs the appropriate treatment.

Rehabilitation after Spinal Surgery

Wellbridge Physiotherapy is primarily a spinal treatment practice with more than ten years experience in providing rehabilitation following spinal surgery.

Our rehabilitation program uses as its basis the McKenzie Method of mechanical diagnosis and therapy (MDT). The program also includes recovery of functional stability muscle control of the spine and aerobic fitness conditioning. Each rehabilitation program is specifically designed for the individual patient's clinical presentation following surgery. The rehabilitation program's emphasis is on active patient self-treatment, which minimizes the number of visits to Wellbridge Physiotherapy. We can work closely with your surgeon to achieve the best outcome for you following spinal surgery.

Our physiotherapists are Jenny and Jim Lynn.

Jim



Jim received a Bachelor of Science degree in Physical Therapy from the University of Missouri, Columbia Missouri USA, a Graduate Diploma in Manipulative Physiotherapy from The Western Australian Institute of Technology (WAIT) now known as Curtin University, Perth Australia, and a Diploma in Mechanical Diagnosis and Therapy from The McKenzie Institute International, New Zealand.

Jenny



Jenny received an Associateship in Physiotherapy and attended the Graduate Diploma Course in Manipulative Therapy at The Western Australian Institute of Technology (WAIT) now known as Curtin University, Perth Australia. She is a Master of Medical Science degree candidate at The Centre for Musculoskeletal Studies in the School of Surgery and Pathology at the University of Western Australia, Perth Australia. Her academic thesis is the Outcome of Early Rehabilitation Following Lumbar Microdiscectomy.

