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Ian Pickup

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description definition robin anthony mckenzie the mckenzie method or mechanical diagnosis and therapy mdt is a system of diagnosis and treatment for spinal and extremity musculoskeletal disorders mdt was introduced in 1981 by robin mckenzie 1931 2013 a physical therapist from new zealand 1 2 3 4

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exercise and back pain the mckenzie method to exercise is specifically used for spinal problems and relieving back pain it is not just a method or routine but a philosophy and has specific procedures to follow

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and therapy often called the mckenzie method or mckenzie exercises is a specialized assessment and treatment protocol that your physical therapist pt might recommend for low back pain

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