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Great Text. By Steven D. Goostree on Sep 19, 2013. This is a well written text that I feel should be required for all DPT students and entry-level musculoskeletal clinicians to read. With emerging literature stating that derangements may be as common in the extremities as they are in the ...

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The Human Extremities : Mechanical Diagnosis and Therapy
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Mechanical diagnosis and therapy is one of the most common approaches for the management of low back pain.

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In mechanical diagnosis and therapy, a great emphasis is placed on patient education so that patients can manage their problems by themselves.

~~Mechanical diagnosis and therapy enhances attitude toward~~

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Book Review: The Human Extremities: Mechanical Diagnosis & Therapy. Michael Belcamino, HBPE, MSc, BHSc,PT, Cred MDT - Thunder Bay, Ontario - Canada. The Human Extremities by Robin McKenzie and Stephen May is a remarkable work that challenges the reader to apply critical thinking to the assessment and treatment of

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musculoskeletal problems (MP). This is one the first text's that brings together the prevalence of MP and recommends the use of a non-specific im- pairment classification.

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The McKenzie method is a technique primarily used in physical therapy. It was developed in the late 1950s by New Zealand physical therapist Robin McKenzie, OBE. In 1981 he launched the concept which he called Mechanical Diagnosis and Therapy – a system encompassing assessment, diagnosis and treatment for the spine and extremities. MDT categorises patients' complaints not on an anatomical basis, but subgroups them by the clinical presentation of patients.

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McKenzie exercises involve spinal ...

~~McKenzie method - Wikipedia~~

Low back pain is usually nonspecific or mechanical.

Mechanical low back pain arises intrinsically from the spine, intervertebral disks, or surrounding soft tissues. Clinical clues, or red flags,...

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