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For this McKenzie exercise, start from the chin-tuck position and then - Then, slowly inhale and lift the shoulders close to the ears, as much as you can. Hold your breath for 10 seconds and exhale slowly.

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The McKenzie back exercises belong to an exercise protocol pioneered by physiotherapist Robin Anthony McKenzie in the 1950s and popularized around 1985. The McKenzie method, also known as Mechanical Diagnosis and Therapy (MDT), is widely used as a classification system for the diagnosis and treatment of a variety of musculoskeletal conditions, including lower back, neck, and extremity pain.

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your hips down on the ...

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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. McKenzie exercises involve spinal ...

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With the McKenzie approach, physical therapy and exercise used to extend the spine

can help "centralize" the patient's pain by moving it away from the extremities (leg or arm) to the back. Back pain is usually better tolerated than leg pain or arm pain, and the theory of the approach is that centralizing the pain allows the source of the pain to be treated rather than the symptoms.

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McKenzie method - Wikipedia

They break it to down a few different variations of the McKenzie Press-up. Like I said, the McKenzie Press-up is a tried and true technique when it comes to dealing with back injuries. Of the myriad exercises I've learned over the last few years from the various PTs and doctors I've been to, the McKenzie Press-up seems to be the best one.

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The McKenzie Method for back pain is taught by SpineOne as a series of maneuvers and exercises to help you take a more active role in your spine health. In addition to the treatments we offer for acute and chronic back and neck pain, we offer

our patients advice and instruction on using the McKenzie Method for controlling back pain and developing long-term spine health.

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