

Orthopedic & Sports

McKenzie Method

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The McKenzie Method® was developed by Robin McKenzie, a physical therapist in New Zealand and emphasizes "centralizing" your pain by moving it away from the arms or legs towards the spine.

Imelda Harper, PT, is certified in Mechanical Diagnosis and Therapy by the McKenzie Institute. She will teach you specific self-treatment techniques to reduce pain and minimize the risk of recurrence. McKenzie Method techniques can also be used to rapidly deal with exacerbations if they occur.

Self-maintenance techniques to prevent the likelihood of persistent problems, and the long-term goal of the McKenzie Method® is to teach patients suffering from neck pain and/or back pain how to treat themselves and manage their own pain for life using exercise and other strategies.

Treatment with the McKenzie Method is eligible for coverage by insurance.