

The McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT)



# Take Control of Your Shoulder Pain

Active Examination, Dynamic Diagnosis and Reliable Intervention  
See how the McKenzie Method relieves back, neck and extremity pain!  
**Solutions proven to work!**

## Why the McKenzie Method?

Imagine you have the power to control your pain and the ability to do your work and daily activities. Save time and money with the McKenzie Method. Free yourself from excessive therapy sessions, expensive equipment/testing and, most importantly, surgery!

Shoulder problems are often referred to in different ways, including tendonitis, rotator cuff strain or tear, impingement syndrome, frozen shoulder, capsulitis or arthritis.

It can be difficult to identify a specific source of the pain due the complex nature of the shoulder and its close involvement of the neck. Seeking a comprehensive examination and evaluation by a certified MDT provider as your first step is essential to identify the source of the impairment.

### Yes No

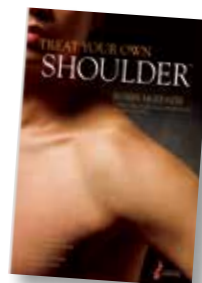
- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Are there periods in the day when you have no pain? Even 10 minutes?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you only have pain when you move your arm and shoulder?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Are you generally better with your arm at your side or supported across your body?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Are you generally worse during or after prolonged periods of holding your arms in a raised position such as driving, painting, welding, hedge trimming, etc.? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Is your pain produced or made worse when you lie on your affected shoulder?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is the pain confined to areas above the elbow?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. If you have pain in the upper or lower arm, does it sometimes stop completely even though you may still have pain in the shoulder?                            |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Have you had several episodes of shoulder pain over the past months or years?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Is your shoulder pain-free between episodes?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Are you able to move your arm freely in all directions without pain between episodes?  |

**If you answered YES to four or more questions**, there is a great chance you can benefit from MDT intervention strategies.

Self-treatment principles are the ultimate goal, but hands-on manual techniques may be necessary initially to assist with your recovery. It is recommended that a comprehensive examination and evaluation by a certified MDT provider be your first step to ensure you are gaining the full benefit of specific therapeutic exercise.

You can also learn more from one of McKenzie's self-help books.

*Treat Your Own Shoulder* and others in the series are available from [www.OPTP.com](http://www.OPTP.com)



## How It Works

MDT is a comprehensive, evidence-based system of examination, evaluation, diagnosis, prognosis, intervention and prevention strategies aimed at patient education and independence.

- Known to show results in as little as two to three visits
- Driven by sound clinical reasoning for individualized plans of care
- Cost-efficient treatment minimizing the need for expensive tests or procedures: no needles, no injections, no surgery.

**Step 1: Active Examination** – Listening to your detailed history and with your active involvement using repeated movements or positions during the unique MDT examination process, the clinician establishes a clear direction with a solid baseline to develop an individualized plan of care.

**Step 2: Dynamic Diagnosis** – You'll be prescribed specific exercises and given guidance for appropriate postures and behaviors to adopt or temporarily avoid outside the clinic. The clinician can quickly re-evaluate from the baseline and observe how your symptoms and range of movement changes to maintain the course or modify the plan of care. This may include hands-on techniques as needed.

**Step 3: Reliable Intervention** – By learning how to self-treat your current impairment, you gain practical knowledge to minimize the risk of recurrence and rapidly deal with symptoms if they do recur.

**Prevention is the ultimate goal.** You're in control of your pain!

**Take control of your pain, empower yourself and get back to the life you love!**

Find a Provider

[mckenzieinstituteusa.org](http://mckenzieinstituteusa.org)