

Services

McKenzie Method Back Therapy

Many of our physical therapists have been specially trained in the McKenzie Method for treating back pain.

Developed in the 1960s by New Zealand physical therapist Robin McKenzie, it is a method of extending the spine to generate significant pain relief and allow patients to return to their normal activities.

Using a blend of physical therapy and exercise, it moves the pain away from the patient's extremities, allowing the source of the pain to be treated as opposed to just the symptoms of pain.