

McKenzie Classification

- Postural (irritation to joints, muscles and tendons from prolonged postures)
- Dysfunction - development of myofascial adhesions/shortening
- Derangement - most common , displacement of spinal tissue usually a disc

Presentation

- Pain at end range flexion/lat flex/rotation
- Relief with extension
- Centralisation (recovery) , Peripheralization (aggravation)
- Prefers standing or extension
- Pain on Mckenzie extension (look for centralisation, peripheralization = discontinue)

Management

- Home Management
- Exercises (least aggressive that centralises symptoms)
- Prone position with arms at side
- Low Press up (two fists under chin)
- High press up
- Performed throughout the day
- Avoid aggravating activities

