



McKenzie  
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**\*\*FOR IMMEDIATE RELEASE\*\***

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## **This Physical Therapy Approach Keeps Loved Ones Pain-Free, Saves Money**

SYRACUSE, New York – No one likes to see a loved one in pain, especially on a special holiday like Valentine’s Day.

The McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT) is one of the world’s most effective physical therapy approaches to help keep loved ones pain-free. As an alternative to medical intervention, MDT can save more than enough to cover the Valentine’s gift or dinner bill.

Consider that Americans spent:

- More than \$3 trillion on health care last year
- \$85.9 billion on back pain (more than the money spent on every police force in the country combined)
- \$17 billion on artificial knees and hips (55 percent more than Hollywood collects at the box office)

Studies have proven MDT eliminates back, neck and extremity pain in as little as three visits. Evidence also suggests MDT has helped patients skip surgery altogether.

Contact a local certified MDT clinician for an evaluation. There’s no need for a doctor referral. Visit [www.mckenzieinstituteusa.org](http://www.mckenzieinstituteusa.org) to search the national provider directory, and learn more about the method and its proven effectiveness.

For more information about The McKenzie Institute and its services, please contact Marissa DeVaul at (315) 471-7612 or email [marissa@mckenzieinstituteusa.org](mailto:marissa@mckenzieinstituteusa.org).

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### **About The McKenzie Institute**

Dedicated to ongoing education and research, The McKenzie Institute® is the center for postgraduate study in Mechanical Diagnosis and Therapy. The McKenzie Method is a philosophy of active patient involvement and education for back, neck and extremity problems. The key distinction is its initial assessment component — a safe and reliable means to accurately reach a diagnosis and only then make the appropriate treatment plan. Rarely are expensive tests required, as Certified MDT clinicians have a valid indicator to know right away whether — and how — the method will work for each patient. Research and provider listings available at [www.mckenzieinstituteusa.org](http://www.mckenzieinstituteusa.org)