



McKenzie
INSTITUTE
U . S . A .

****FOR IMMEDIATE RELEASE****

March 18, 2015

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Knee Pain? March on with MDT

(Syracuse, NY) – Is knee pain taking the spring out of your step? Get moving again with the McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT).

Obesity and inactivity are increasing lower extremity pain for many in the U.S., where knee replacement surgery is more prevalent than rheumatoid arthritis and nearly as common as congestive heart failure. American emergency rooms treated more than 6.6 million knee injuries between 1999 and 2008.

MDT is one of the world's most effective physical therapy approaches and an alternative to medical intervention in many cases. 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 or visit www.mckenzieinstituteusa.org to get rid of knee pain and get moving this March.

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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. Search the national provider directory at www.mckenzieinstituteusa.org

For more information about The McKenzie Institute and its services, please contact Stacey Lyon at (315) 471-7612 or email slyon@mckenzieinstituteusa.org.