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# McKenzie Treatment for Extremity Injuries



McKenzie Series – Brought to you by Capital Physical Therapy

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This newsletter is a continuation of our “**McKenzie Series**”. We recommend that you visit our website [www.capitalpt.com](http://www.capitalpt.com) to view our previously released McKenzie newsletters prior to reading this edition.

Contrary to popular opinion, MDT (mechanical diagnosis and therapy) is not designed just to treat the spine. The McKenzie system has also been proven as an effective treatment method for extremity injuries. Walter “Chip” Larson, PT, Cert. MDT recently said, “When I attended the extremity course put on by the McKenzie Institute, the “light bulb” turned on for me. I was excited at the possibility to utilize the same approach with extremity injuries that I have had success with in treating the spine. I’m glad that I took this course and I’ve been very pleased with the effectiveness of MDT for my patients’ extremity injuries”.

When used correctly, MDT allows your therapist to effectively diagnose and treat injuries to the extremities. The assessment process closely mirrors the process involved in diagnosis and treatment of spine injuries. The idea is to evaluate the mechanical response (quality of movement and symptom response) of the affected limb with test movements. A McKenzie therapist will closely monitor the mechanical response with testing and arrive at a diagnosis and corresponding treatment outline. Patient education is a very important component to the McKenzie system. “I like the fact that I can send my patients home with an effective way to help themselves recover from injury once I reach a diagnosis”, Mr. Larson said. He added, “Very often it gives my patients a real sense of control over their injury and that is such a valuable component to the success of the McKenzie system. It’s gratifying for me to see them walk away after a session knowing that they have the ability to go home and help themselves heal rather than feeling helpless.”

MDT classifies extremity injuries in three different ways: postural syndrome, dysfunction syndrome and derangement syndrome, just the same way that spine injuries are classified.

Postural syndrome for the extremities is not common. When it does occur, the injury is due to prolonged abnormal strain applied to soft tissue. This may impair blood flow to the affected area.

Dysfunction syndrome is an injury where the affected tissue is adaptively shortened. A McKenzie therapist will work with you to effectively remodel the shortened, damaged tissue.

Derangement Syndrome is a problem with the normal resting position of affected joint surfaces. This disruption affects the mechanics within the joint and causes pain. McKenzie therapists use special testing to look for movements that help to properly return the joint to a normal resting position.

So what are you waiting for? If you have an injury to your shoulder, elbow, wrist, hip, knee, ankle etc., call us today. Chip is eager to help you gain control over your injury and

restore function as quickly as possible. Put down the pain killers and give us a call!  
Appointments are available right away.

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Stay tuned for more newsletters in the future. Please visit our website to learn more about Capital Physical Therapy. Information contained in this newsletter is based on teachings of the McKenzie Institute. To learn more, visit them on the web: [www.McKenzieMDT.org](http://www.McKenzieMDT.org)  
Thanks for reading!

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***“The Road to Recovery Begins Here”***

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