

ABSTRAKTA - Lumbar: Surveys of McKenzie regimes (v anglickém jazyce)

<b>Abstract Title:</b>	A comparison of Pain Location and Duration with Treatment Outcome and frequency.
<b>Abstract Content:</b>	Presented at first international McKenzie Conference, Newport Beach, CA
<b>Abstract Author:</b>	Rath WW, Rath JND, Duffy CG
<b>Journal:</b>	
<b>Biblio:</b>	
<b>Year Published:</b>	1989
<b>Category:</b>	Lumbar: Surveys of McKenzie regimes
<b>Abstract Title:</b>	Treatment categories for low back pain: a methodological approach.
<b>Summary:</b>	From this survey of PTs in USA 7 different treatment categories were proposed, which explained 62% of treatment variance. McKenzie treatment category was the most commonly used, explaining 21% of variance.
<b>Abstract Content:</b>	Studies that evaluate effectiveness of physical therapy can be problematic because frequently several treatment techniques are used during an episode of care. Methods that categorize treatment techniques into discrete categories may be useful in studying treatment outcomes. The purpose of this study was to describe a method to create treatment categories used for patients with low back pain. We surveyed physical therapists in Virginia to identify frequently used treatments for patients with low back pain. One hundred fifty-five surveys were completed. Twenty-eight treatments, used frequently or very frequently by 50% or more of the respondents, were retained for analysis. Factor analysis was used to identify treatment categories. Seven categories were identified: McKenzie approach, manual therapy, exercise with equipment, active and stretching exercise, physical agents, aerobic exercise and walking, and ergonomic activities. Indices for the categories were created. Confirmatory factor analyses should be performed on a different sample to validate these findings.
<b>Abstract Author:</b>	Sullivan MS, Kues JM, Mayhew TP.
<b>Journal:</b>	J Orth & Sports Phys Ther
<b>Biblio:</b>	Dec;24(6):359-64
<b>Year Published:</b>	1996
<b>Category:</b>	Lumbar: Surveys of McKenzie regimes
<b>Abstract Title:</b>	Outcome assessment in clinical practice.
<b>Summary:</b>	This retrospective study shows how neurological signs, chronicity of the problem, no centralisation, mechanically inconclusive findings on assessment, and positive behavioural signs tend to be associated with a less good outcome. This survey also reports on number of visits related to QTF categories, and the results of a telephone follow-up of patients at least a year after discharge asking about recurrences and ability to self-treat.
<b>Abstract Author:</b>	Rath W, Rath JD
<b>Journal:</b>	McKenzie Institute (USA) Journal
<b>Biblio:</b>	4:3,9-16
<b>Year Published:</b>	1996
<b>Category:</b>	Lumbar: Surveys of McKenzie regimes
<b>Abstract Title:</b>	A survey of patients suffering mechanical low back pain syndrome OR sciatica treated with the "McKenzie Method."
<b>Summary:</b>	A retrospective postal survey of patients' opinions about the success of treatment in dealing with their present pain, and enabling them to deal with recurrences showed high levels of satisfaction. Derangements 1 & 3 required fewer treatment sessions than Derangements 4,5,6.
<b>Abstract Author:</b>	Laslett M, Michaelsen DJ, Williams MM
<b>Journal:</b>	NZ J Physiotherapy
<b>Biblio:</b>	Aug 24-32
<b>Year Published:</b>	1991
<b>Category:</b>	Lumbar: Surveys of McKenzie regimes
<b>Abstract Title:</b>	A Prophylaxis in Recurrent Low Back Pain
<b>Summary:</b>	Frequent restoration of the lumbar lordosis and avoidance of flexion were seen as critical factors in prophylactic education for prevention of recurrent LBP. McKenzie reports on 318 patients - onset, aggravating and relieving factors, deformity, and the success of treatment in reducing further attacks as reported by the patients.
<b>Abstract Author:</b>	McKenzie RA

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<b>Journal:</b>	NZMed J
<b>Biblio:</b>	No. 627, 89:22-23
<b>Year Published:</b>	1979
<b>Category:</b>	Lumbar: Surveys of McKenzie regimes
<b>Abstract Title:</b>	Managing Low Back Pain : Attitudes and Treatment Preferences of Physical Therapists.
<b>Summary:</b>	A survey of therapists in USA when presented with hypothetical back pain patients. The McKenzie method was deemed the most useful method of managing patients, and was said to be a very common means of evaluating patients.
<b>Abstract Content:</b>	BACKGROUND and PURPOSE. We surveyed physical therapists about their attitudes, beliefs, and treatment preferences in caring for patients with different types of low back pain problems.SUBJECTS and METHODS. Questionnaires were mailed to all 71 therapists employed by a large health maintenance organisation in western Washington and to a random sample of 331 other therapists licensed in the state of Washington.RESULTS. Responses were received from 293 (74%) of the therapists surveyed, and 186 of these claimed to be practicing in settings in which they treat patients who have back pain. Back pain was estimated to account for 45% of patient visits. The McKenzie method was deemed the most useful approach for managing patients with back pain, and education in body mechanics, stretching, strengthening exercises, and aerobic exercises were among the most common treatment preferences. There were significant variations among therapists in private practice, hospital-operated, and health maintenance organisation settings with respect to treatment preferences, willingness to take advantage of the placebo effect, and mean number of visits for patients with back pain.CONCLUSIONS and DISCUSSION. These variations emphasise the need for more outcomes research to identify the most effective treatment approaches and to guide clinical practice.
<b>Abstract Author:</b>	Battie MC, Cherkin DC, Dunn R, Clol MA, Wheller KJ.
<b>Journal:</b>	Phys Ther
<b>Biblio:</b>	74:3, 219-226
<b>Year Published:</b>	1994
<b>Category:</b>	Lumbar: Surveys of McKenzie regimes
<b>Abstract Title:</b>	How is low back pain managed? Retrospective study of the first 200 patients with low back pain referred to a newly established community-based physiotherapy department.
<b>Summary:</b>	In 58% of patients McKenzie approach was used, usually in combination with other therapies. Electrotherapy was commonly used also.
<b>Abstract Author:</b>	Jackson DA
<b>Journal:</b>	Physiotherapy
<b>Biblio:</b>	87;11 573-581
<b>Year Published:</b>	2001
<b>Category:</b>	Lumbar: Surveys of McKenzie regimes
<b>Abstract Title:</b>	Management of nonspecific low back pain by physiotherapists in Britain and Ireland. A descriptive questionnaire of current clinical practice.
<b>Summary:</b>	The McKenzie method was said to be the second most common treatment approach used by therapists. The Maitland approach was used by 59%, McKenzie method by 47%, multiple other approaches were used as well with less frequency – combined approaches were common.

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<b>Abstract Content:</b>	<p>STUDY DESIGN: A descriptive questionnaire of chartered physiotherapists. OBJECTIVE: To investigate current physiotherapeutic management of low back pain throughout Britain and Ireland. SUMMARY OF BACKGROUND DATA: Physiotherapists play a key role in low back pain management. Although clinical guidelines for best practice have been developed recently, there has been no large-scale attempt to describe current physiotherapeutic treatment approaches within Britain or Ireland. METHODS: After semi-structured interviews (n = 6) and two pilot studies (n = 77) were done, postal questionnaires were distributed to four regional cluster samples of the membership of two physiotherapy professional organizations (n = 2654). After two mailings, a random sample of 90 nonresponders were followed up. Data were analyzed using the Statistical Package for the Social Sciences (SPSS Ltd., Woking, Surrey, UK), and precision of the survey estimates was assessed by calculation of sampling errors and intraclass correlation coefficients for cluster sampling. RESULTS: Results were received from 1548 therapists (total response rate, 58.3%); of these, 813 reported that they were practicing in settings in which they treated patients with low back pain. Analysis of the results indicated the overall popularity of the Maitland mobilization and McKenzie approaches among physiotherapists. Although exercise per se was mentioned frequently by respondents, a marked difference in opinion among therapists regarding the optimal type of exercise for low back pain was obvious. Little evidence was demonstrated of the use of manipulation, fitness programs, or multidisciplinary efforts involving behavioral and physical aspects of treatment. Commonly used methods of electrotherapy were interferential therapy, ultrasound, pulsed short-wave diathermy, and transcutaneous electrical nerve stimulation. CONCLUSIONS: The results of this study emphasize the need to evaluate further and improve the dissemination of findings regarding the effectiveness of specific physiotherapy approaches for low back pain management. School of Health and Social Sciences, Coventry University, UK. n.foster@coventry.ac.uk</p>
<b>Abstract Author:</b>	Foster NE, Thompson KA, Baxter GD, Allen JM
<b>Journal:</b>	Spine
<b>Biblio:</b>	Jul 1;24(13):1332-42
<b>Year Published:</b>	1999
<b>Category:</b>	Lumbar: Surveys of McKenzie regimes
<b>Abstract Title:</b>	Physiotherapy management of low back pain: a survey of current practice in northern ireland.
<b>Summary:</b>	<p>Details of management of over 1,000 patients by 157 therapists over 12-month period. McKenzie was used in over 70% of patients, usually in combination, and was one of the most commonly used approaches. McKenzie course attendees ranged from 76% for A to 16% for D.</p>
<b>Abstract Content:</b>	<p>STUDY DESIGN: A questionnaire survey of physiotherapists treating low back pain. OBJECTIVE: To investigate current clinical practice in the physiotherapeutic management of low back pain in Northern Ireland. SUMMARY OF BACKGROUND: Physiotherapists play an important role in the management of low back pain. However, there is relatively limited evidence about physiotherapy or about current physiotherapeutic management of low back pain. This survey aimed to establish current practice in this area. METHODS: Two sets of questionnaires were completed by physiotherapists during the period 1996-1997: one in relation to their professional profile, and subsequently a questionnaire for each patient referred by physicians to physiotherapy departments in the (government-funded) National Health Service in Northern Ireland. RESULTS: Physiotherapists (n = 157) recorded data for 1062 patients treated for low back pain in 35 outpatient centers across Northern Ireland. Of the patients treated, 70% had a duration of current episode more than 6 weeks; 26% of patients had previously received physiotherapy for low back pain. Physiotherapy treatment most commonly involved advice (89% of patients), McKenzie treatment (70%), Maitland mobilizations (42%), and interferential therapy (30.3%). CONCLUSION AND DISCUSSION: Physiotherapists typically treated subacute and chronic patients, principally using some types of manual techniques and advice, in keeping with current guidelines. However, high levels of the use of electrotherapy, and only limited use of manipulation, indicates the importance of further research to establish optimum management for this group of patients.</p>
<b>Abstract Author:</b>	Gracey JH, McDonough SM, Baxter GD.
<b>Journal:</b>	Spine
<b>Biblio:</b>	Feb 15;27(4):406-11
<b>Year Published:</b>	2002
<b>Category:</b>	Lumbar: Surveys of McKenzie regimes