

ABSTRAKTA - Overviews of the McKenzie Method (v anglickém jazyce)

Abstract Title:	Mechanical Assessment and Treatment of Spinal pain.
Summary:	A review of the McKenzie assessment and treatment philosophy is provided along with a review of the relevant research pertaining to the method.
Abstract Content:	In: The Adult Spine: Principles and Practice. Editor-in-Chief J W Frymoyer. New York:Raven Press Ltd 1991. Vol Two
Abstract Author:	Donelson RG, McKenzie RA
Journal:	
Biblio:	Vol Two, Chapter 76:1627-1639
Year Published:	1991
Category:	Overviews of the McKenzie Method®
Abstract Title:	Mechanical Diagnosis and Therapy for the Cervical and Thoracic Spines.
Summary:	An overview of the McKenzie approach with specific reference to the cervical and thoracic spine.
Abstract Content:	In: Clinics in Physical Therapy series: Physical Therapy of the Cervical and Thoracic spine, 2nd ed. Ed Prof Ruth Grant, University of South Australia.
Abstract Author:	Grant R N, McKenzie RA
Journal:	
Biblio:	
Year Published:	
Category:	Overviews of the McKenzie Method®
Abstract Title:	Mechanical Diagnosis and Therapy for Low Back Pain: Towards a better understanding.
Summary:	McKenzie challenges the physiotherapy profession to critically look at the history of manipulative therapy, to learn from it, and to adopt a more organised rational approach to mechanical therapy.
Abstract Content:	In: Clinics in Physical Therapy. Physical Therapy of the Low Back, p157. Ed LT Twomey and JR Taylor. Churchill Livingstone
Abstract Author:	McKenzie RA
Journal:	
Biblio:	
Year Published:	1987
Category:	Overviews of the McKenzie Method®
Abstract Title:	Mechanical Diagnosis and Therapy for Low Back Pain: Towards a better Understanding.
Summary:	McKenzie reviews his classification system and emphasises the need for self-treatment.
Abstract Content:	In: The Lumbar Spine. Eds James Weinstein and Sam Weisel. Philadelphia: W B Saunders Company
Abstract Author:	McKenzie RA
Journal:	
Biblio:	Chapter 16, pp 792-805.
Year Published:	1990
Category:	Overviews of the McKenzie Method®
Abstract Title:	A Physical Therapy Perspective on Acute Spinal Disorders.
Summary:	McKenzie compares his system of classification to the Quebec task Force findings.
Abstract Content:	. In; Contemporary Conservative Care for Painful Spinal Disorders: Concepts, Diagnosis and Treatment. Ed T G Mayer, V Mooney, R J Gatchel. Malvern, PA: Lea & Febiger,
Abstract Author:	McKenzie RA
Journal:	
Biblio:	211-220
Year Published:	1991
Category:	Overviews of the McKenzie Method®
Abstract Title:	Spinal Assessment and Therapy Based on the Behaviour of Pain and Mechanical Response to Dynamic and Static Loading.
Summary:	A review of the Quebec Task Force findings and the McKenzie classification system, incorporating an introduction to the use of REPEX to facilitate the treatment process.

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Abstract Content:	In: Proceedings of Advances in Idiopathic Low Back Pain Symposium, Vienna, Austria
Abstract Author:	McKenzie RA
Journal:	
Biblio:	Nov 27-28
Year Published:	1992
Category:	Overviews of the McKenzie Method®
Abstract Title:	Mechanical Diagnosis and Therapy for Disorders of the Lower Back.
Abstract Content:	In: Clinics in Physical Therapy. Physical Therapy of the Low back. 2nd ed. Eds L T Twomey and J R Taylor. Churchill Livingstone.
Abstract Author:	McKenzie RA
Journal:	
Biblio:	
Year Published:	1994
Category:	Overviews of the McKenzie Method®
Abstract Title:	The Management of Work Related Back Pain.
Summary:	The authors suggest common causes of LBP in the work place. They provide a review of tissue healing and suggest that self-treatment exercises can be used in the work place to prevent recurrence.
Abstract Content:	In: Patient Management. Auckland NZ: Adis International Medical Publishers.
Abstract Author:	Poulter DC, McKenzie RA
Journal:	
Biblio:	
Year Published:	
Category:	Overviews of the McKenzie Method®
Abstract Title:	Mechanical Diagnosis and Self Treatment of the Cervical Spine.
Abstract Content:	Clinics in Physical Therapy, Vol 17: Physical Therapy of the Cervical and Thoracic spine, ed Ruth Grant. Churchill Livingstone Inc, 1988.
Abstract Author:	Stevens BJ, McKenzie RA
Journal:	
Biblio:	
Year Published:	1988
Category:	Overviews of the McKenzie Method®
Abstract Title:	The McKenzie method: a general practice interpretation: the lumbar spine.
Summary:	Overview of mechanical diagnosis and therapy in which the author proposes alternative nomenclature for mechanical syndromes – namely incipient trauma (posture), unhealed trauma (derangement), and healed trauma (dysfunction).
Abstract Content:	The McKenzie method is a widely used method of physiotherapy that clinically divides traumatic back pain into three fundamental groups. The author attempts to translate some of the arcane terminology into a medical context. An attempt is made to give some indication of the utility of the approach in general practice.
Abstract Author:	Taylor MD.
Journal:	Aust Fam Physician
Biblio:	Feb;25(2):189-93
Year Published:	1996
Category:	Overviews of the McKenzie Method®
Abstract Title:	The centralization phenomenon: Its role in the assessment and management of low back pain.
Summary:	Review of value of mechanical assessment and symptom responses in guiding management.
Abstract Author:	Davies CL, Blackwood CM
Journal:	BC Med J
Biblio:	46:348-352
Year Published:	2004

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Category:	Overviews of the McKenzie Method®
Abstract Title:	The use of the McKenzie approach to treat back pain
Summary:	Overview of mechanical diagnosis, centralisation, force progressions, and value of approach in offering self-management.
Abstract Content:	The absence of guidelines on the management of back pain is apparent in clinical practice. There is a growing trend towards encouraging early activity and physical therapy if symptoms last more than a few days. The McKenzie approach to treat back pain relies on the patient taking an active role in their rehabilitation to reduce the risk of recurrence. Supporting evidence to the concepts will be reviewed.
Abstract Author:	Holdom A
Journal:	Br J Ther Rehab
Biblio:	3:1, 7-10
Year Published:	1996
Category:	Overviews of the McKenzie Method®
Abstract Title:	Primary care update: brief summaries for clinic. Mechanical diagnosis and therapy: the McKenzie approach to spinal complaints.
Summary:	Overview
Abstract Author:	Hyman MH, Jacob G, Lin K, Mooney V.
Journal:	Consultant
Biblio:	39.7.2115-6
Year Published:	1999
Category:	Overviews of the McKenzie Method®
Abstract Title:	The McKenzie method of spinal pain management
Abstract Author:	Robinson MG
Journal:	Grieve's Modern Manual Therapy
Biblio:	Churchill Livingstone, Edinburgh
Year Published:	1994
Category:	Overviews of the McKenzie Method®
Abstract Title:	Cervical and lumbar pain syndromes
Abstract Author:	Moss JR
Journal:	Grieve's Modern Manual Therapy
Biblio:	Churchill Livingstone, Edinburgh
Year Published:	1994
Category:	Overviews of the McKenzie Method®
Abstract Title:	Treating low back pain with exercise: the McKenzie approach.
Summary:	Overview
Abstract Author:	Mooney V.
Journal:	J Musculo Med
Biblio:	12.12.24-6,28,33-36
Year Published:	1995
Category:	Overviews of the McKenzie Method®
Abstract Title:	The McKenzie Program: Exercise effective against back pain.
Summary:	A review of conservative therapy and an introduction to the McKenzie individualised prescription of exercises aimed at influencing the mechanical source of pain.
Abstract Content:	An individualised program of progressive exercise, known as the McKenzie method, has been demonstrated to be effective against both acute and chronic low back pain. This program uses the patients response to repeated lumbar movements (such as flexion, extension, lateral bending and rotation) to assess which ones reduce the patient's most peripheral symptoms. These movements are then combined into a individualised exercise regimen. By regularly performing this regimen, the patient can 'centralise' and ultimately eliminate his or her symptoms. In a prospective, randomised, comparison trial, the McKenzie program was shown to be twice as effective as traction and back schools in alleviating low back pain.

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Abstract Author:	Dimaggio A, Mooney V.
Journal:	J Musculoskel Med
Biblio:	Dec, 63-74
Year Published:	1987
Category:	Overviews of the McKenzie Method®
Abstract Title:	Helping your back pain patients make the most of spinal motion.
Summary:	Overview of benefits of activation, not rest. Includes active extension exercises, and continuous passive motion, achieved in lying on a replex machine and in sitting by a BackCycler.
Abstract Author:	Hazard RG, McKenzie RA, Mooney V
Journal:	J Musculoskel Med
Biblio:	pp24-35, January
Year Published:	1994
Category:	Overviews of the McKenzie Method®
Abstract Title:	Identifying appropriate exercises for your low back pain patient.
Summary:	Donelson provides an overview of the McKenzie approach and reports on its success rates.
Abstract Author:	Donelson RG
Journal:	Journ Musculoskel Med
Biblio:	pp 14-29, December
Year Published:	1991
Category:	Overviews of the McKenzie Method®
Abstract Title:	Management of the lateral shift of the lumbar spine.
Summary:	Description of proposed mechanisms and correction of lateral shift
Abstract Author:	Ross J
Journal:	Manual Therapy
Biblio:	3;62-66
Year Published:	1998
Category:	Overviews of the McKenzie Method®
Abstract Title:	The McKenzie approach to evaluating and treating low back pain.
Summary:	Donelson presents an overview of the McKenzie approach to low back pain treatment.
Abstract Content:	The McKenzie approach to evaluating and treating low back and neck pain is an exciting development in clinical medicine. A thorough mechanical assessment as described by McKenzie is informative and appropriate for all such patients and identifies an individualized self-treatment program that is often dramatically successful. Despite its world-wide use, this comprehensive discipline of evaluation and treatment is misunderstood or unappreciated by most medical practitioners. The assessment process and McKenzie's classification of low back pain syndromes--postural, dysfunctional, and derangement--are described. Therapeutic regimens emphasizing patient self-treatment for the current episode are presented, with the long-range goal of preventing recurrences.
Abstract Author:	Donelson R.
Journal:	Orthop Rev
Biblio:	Aug;19(8):681-6
Year Published:	1990
Category:	Overviews of the McKenzie Method®
Abstract Title:	Mechanical diagnosis and therapy for the cervical and thoracic spine
Summary:	Book Excerpt
Abstract Author:	May S, McKenzie RA
Journal:	Phys Ther of the Cer Thor Spine
Biblio:	3rd Edition
Year Published:	2002
Category:	Overviews of the McKenzie Method®

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Abstract Title:	Treat Your Own Back.
Summary:	A basic overview of the self-treatment and management of LBP for lay people. (7th Edition, December 1998)
Abstract Author:	McKenzie RA
Journal:	Spinal Publications
Biblio:	Lower Hutt, N.Z.
Year Published:	1981
Category:	Overviews of the McKenzie Method®
Abstract Title:	Treat Your Own Neck.
Summary:	A basic overview of the self-treatment and management of neck pain for lay people. (3rd Edition, December 1998)
Abstract Author:	McKenzie RA
Journal:	Spinal Publications
Biblio:	
Year Published:	1983
Category:	Overviews of the McKenzie Method®
Abstract Title:	The Lumbar Spine. Mechanical Diagnosis and Therapy. (Vol. 1 and 2)
Summary:	A revision and update of the McKenzie philosophy outlining assessment, treatment and prophylaxis for low back pain and leg pain. (Foreword written by Nikolai Bogduk MD, PhD, DSc) 1st edition published in 1981.
Abstract Author:	McKenzie RA
Journal:	Spinal Publications
Biblio:	
Year Published:	2003
Category:	Overviews of the McKenzie Method®
Abstract Title:	The Human Extremities: Mechanical Diagnosis and Therapy
Summary:	A description of the McKenzie philosophy outlining assessment, treatment and prophylaxis for the human extremities.
Abstract Author:	McKenzie RA, May S
Journal:	Spinal Publications
Biblio:	
Year Published:	2000
Category:	Overviews of the McKenzie Method®
Abstract Title:	The Cervical and Thoracic Spine. Mechanical Diagnosis and Therapy.
Summary:	A revision and update of the McKenzie method of mechanical diagnosis and therapy with specific reference to the cervical and thoracic spine.
Abstract Author:	McKenzie RA
Journal:	Spinal Publications NZ
Biblio:	Waikanae, NZ
Year Published:	1990
Category:	Overviews of the McKenzie Method®