

# McKenzie

## Products & Book

Many people spend long periods of time in a seated position. Being seated promotes a flexed spinal posture which, according to Specialists treating low back and neck pain (back expert), can cause intervertebral discs to bulge outwards resulting in pain and inhibited spinal extension. McKenzie's exercise series is designed to encourage the displaced disc to move back into its correct position which will alleviate the pain and allow free spinal movement. Many people know about the McKenzie Method of physical therapy exercise and products, which helps to enhance their quality of life style and now **The Biotech India offers The original McKenzie® Products and books in India within your reach.**

### **SLIM LINE LUMBAR ROLL**



- At only 2 ½ " deep with the shape of a crescent moon, the SlimLine is ideal for elderly or petite people and those who cannot tolerate larger, more intrusive supports.
- The Original McKenzie™ Slim Line Lumbar Roll has been designed to complement existing lumbar support, such as that found in modern cars and some modern seating,

### **ROUND LUMBAR ROLL**

- The Original McKenzie™ Lumbar Roll is the first ever lumbar roll made in the world, a medium density foam for a user who is uncomfortable with too much back support, either because their spine is less flexible (perhaps an older person), or they are a slight build.
- Robin McKenzie tried to find a cushion to give his patients in order to remain pain-free, but when he could not find anything suitable to purchase, his wife Joy started making them at the kitchen table in 1968.
- Although this roll looks quite bulky, but it compresses down very easily, while still giving the appropriate support.

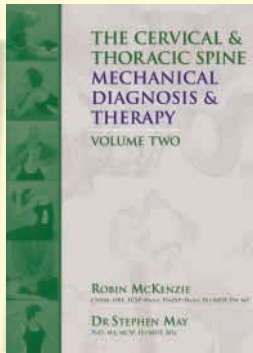


### **SUPER ROLL**

- The Original McKenzie® Super Roll is of Firm density and our most popular the ultimate in function and aesthetic value, made of injected-moulded foam, which retains support for an almost indefinite period.
- Its flatter, curved shape contours comfortably around the body and is a FIRM lumbar support.
- It is designed for people who sit for long periods such as at a work station or computer terminal mainly an ERGONOMIC AID.
- This version is 4 cm's shorter than the previous version - so is suitable for most car seats.



# ACADEMICS ON McKenzie



## *The Cervical And Thoracic Spine*

- This second edition, by Robin McKenzie and Stephen May, is thoroughly updated and expanded and is evidence-based with clinically relevant information explores, in-depth, literature relating to mechanical syndromes, of NECK & TRUNK PAIN.
  - Numerous tables provide clinical signs and symptoms to aid the clinician in recognizing the diagnoses with detailed methods & great reference to evaluate and prescribe specific exercises and manual treatment makes classification of injuries much easier (especially important in our limited visit world).
  - Explanations and pictures are very helpful and should be in every PT clinic!
- It encompasses a description of the method as well as a review of scientific publication which investigated causes, incidence, differential diagnosis and treatment for orthopedic problems in the cervical and thoracic spine.
  - "Treat Your Own Neck" books are excellent for the layperson.

## *The Lumbar Spine*

- The Lumbar Spine: Mechanical Diagnosis & Therapy by Robin McKenzie and Stephen May has been revised and expanded into a two volume tome with a foreward by Nikolai Bogduk, MD, PhD, Dsc.
- New 'evidence-based' chapters present intervertebral disc pathology, updated techniques, stream-lined classification system and revised management for derangement syndromes. Illustrated.
- This is an excellent reference textbook and guide to mechanical treatment for mechanical LUMBAR SPINE dysfunctions for health care professionals.
- "Treat Your Own Back" books are excellent for the layperson.



## *The Human E tremities:*

- Authors Robin McKenzie and Stephen May draw upon their experience in mechanical disorders to provide clinicians with techniques to successfully treat extremity musculoskeletal conditions such as: repetitive strain injury, tennis elbow and general physical dysfunction.
- Applying these techniques can empower patients to assist in their return to health.
- Concepts are presented in a straightforward manner with over 107 photographs, illustrations and diagrams.

### NOTE:

- 1) THE MECHANICAL DIAGNOSIS INTO THE PROPER SYNDROMES AND APPLICATION OF MECHANICAL TREATMENTS NEEDS TO BE PROVIDED BY A HIGHLY TRAINED PRACTITIONER (PREFERABLY A CERTIFIED MDT) THAT HAS ATTENDED THE MCKENZIE COURSES. LEARNED BY SIMPLY READING THE TEXT.
- 2) THE PROPER APPLICATION OF THE MANUAL TECHNIQUES CANNOT BE LEARNED BY SIMPLY READING THE TEXT
- 3) PLEASE ENQUIRE ABOUT THE BOOKS AVAILABLE ON HOW TO TREAT YOUR OWN NECK, BACK, KNEE & SHOULDER FOR YOUR PATIENTS

Manufactured By

**Biotech™**  
Focused → Fast → First

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