

Title of thesis

The Use of McKenzie Approach in the Therapy of Low Back Pain.

Abstract:

The present thesis addresses the issue of treatment of low back pain and in this respect considers the effectiveness of the McKenzie method. The first sections of the theoretical part of this thesis are focused on the kinesiology and pathology of the components of the lumbar spine. Further sections explain the principles of the mechanical diagnosis and therapy, i.e. the McKenzie method. Their focus is to present the specific features and advantages of this approach. The aim of the practical part is to assess the effectiveness of the McKenzie method in patients with chronic low back pain whose previous treatment had no or only a short term effect. Qualitative research based on three case studies has been chosen to achieve this aim. By assessing and comparing both subjective parameters (e.g. the intensity, distribution and frequency of pain) and objective parameters (e.g. the range of motion, neurological symptoms) before and after the treatment by the McKenzie method, its effectiveness for the use in therapy of chronic low back pain was determined. The results testify in favour of the McKenzie method as a convenient approach in treating patients with this diagnosis.

Key words: McKenzie, mechanical diagnosis and therapy, low back pain, chronic spinal pain, lumbar spine, treatment of back pain