

# Will The McKenzie Method help my back pain?

This checklist will make it easy to work out if the McKenzie Method will help your low back pain.

1. Are there periods in the day when you have no pain? Even 10 minutes?
2. Is the pain confined to areas above the knee?
3. Have you had more than one episode of low back pain over the past few months or years?
4. Do you feel worse during or immediately after prolonged bending or stooping; as in making beds, vacuuming, gardening, concreting, etc?
5. Do you feel worse when sitting for prolonged periods or on rising from the sitting position, ie after watching TV or working on the computer?
6. Do you associate your pain with any one particular activity but are generally pain free when not engaged in this activity?
7. Do you feel worse when inactive and better when on the move?
8. Does your low back feel better when lying face down? (You may feel worse for a minute before the pain subsides, in that case the answer to this question is yes).
9. Does your low back pain feel better when you are walking?

If you have answered 'YES' to more than 4 questions, your chances of getting help from the McKenzie Method are very good!

## What is the next step?

If you have any questions, call us on [1300 730 574](tel:1300730574) and speak with one of our physios.

We are really happy to talk about how the McKenzie Method can help you get better faster!