



## McKenzie

Wie viel Diagnostik braucht die Therapie?

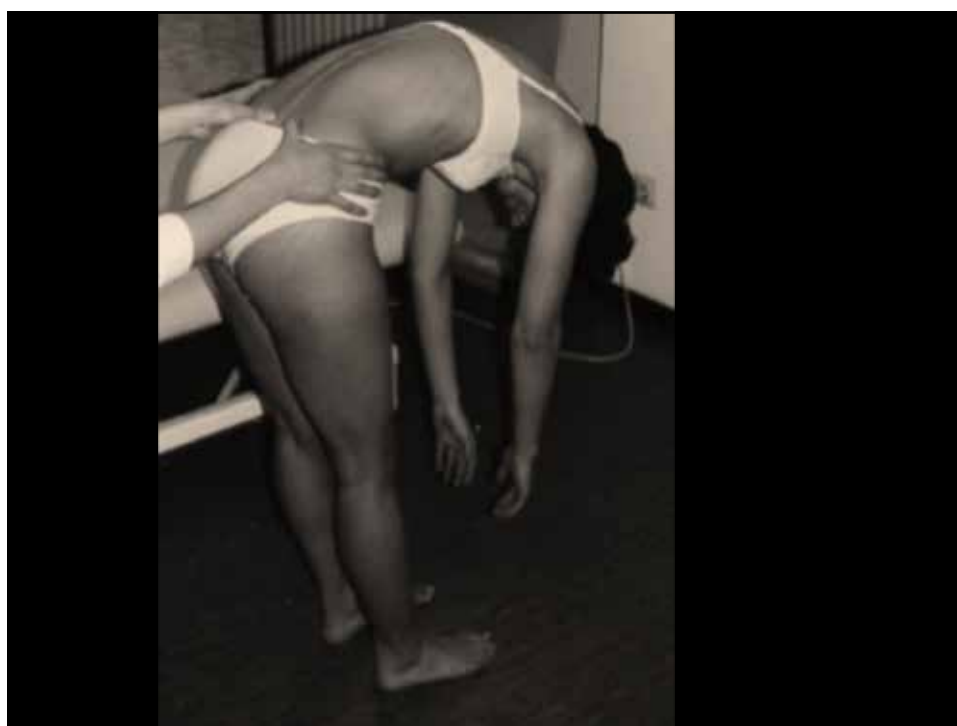
1



2



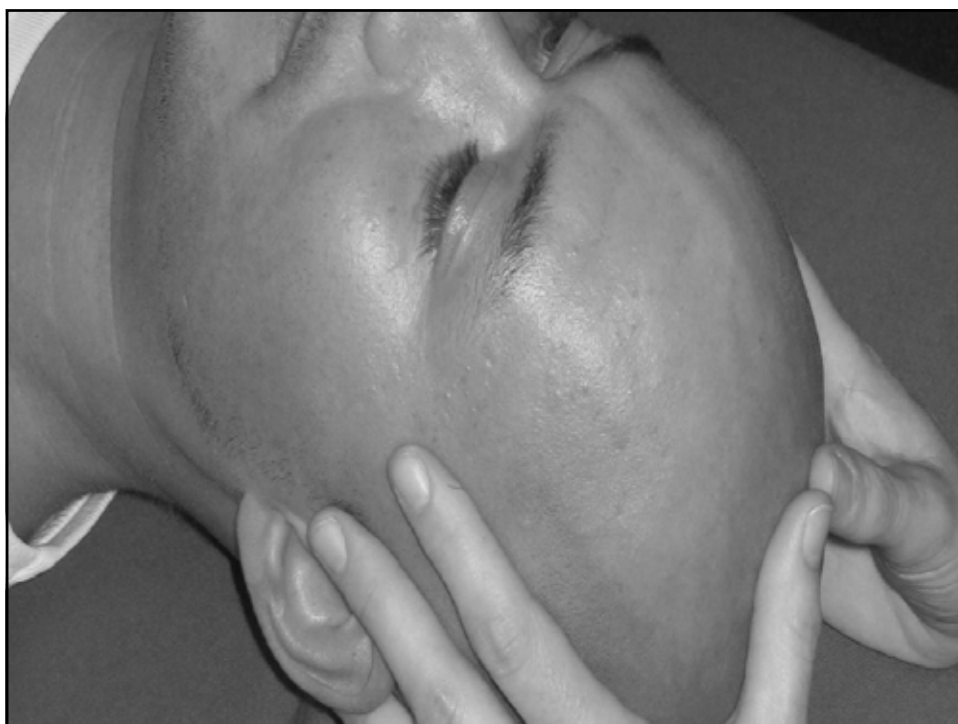
3



4



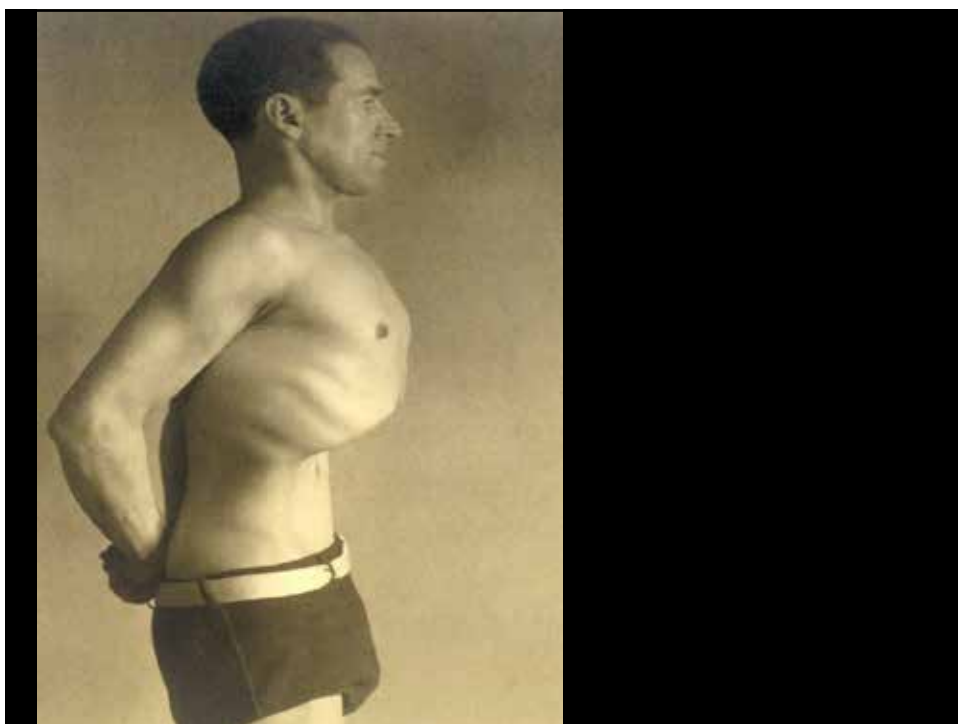
5



6



7



8



10



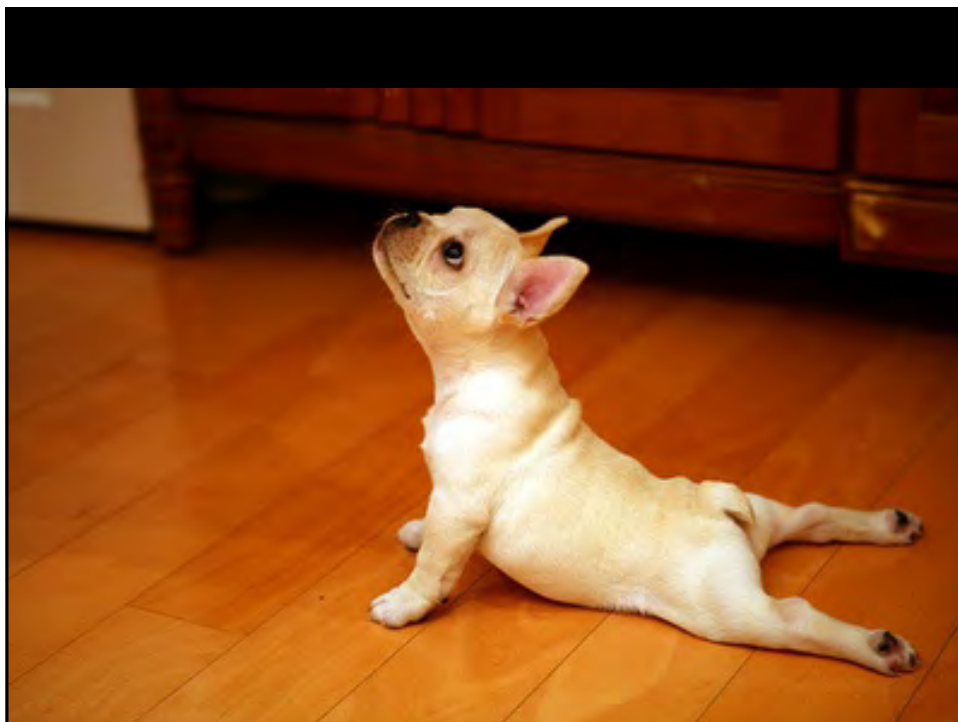
11



12



13



15



16

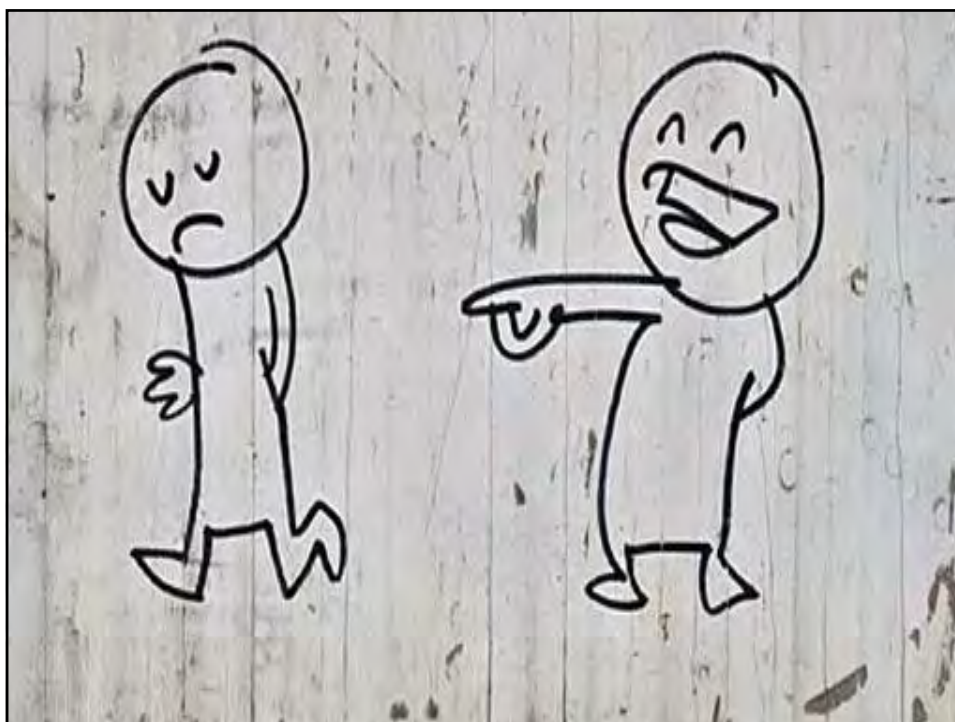


17



18





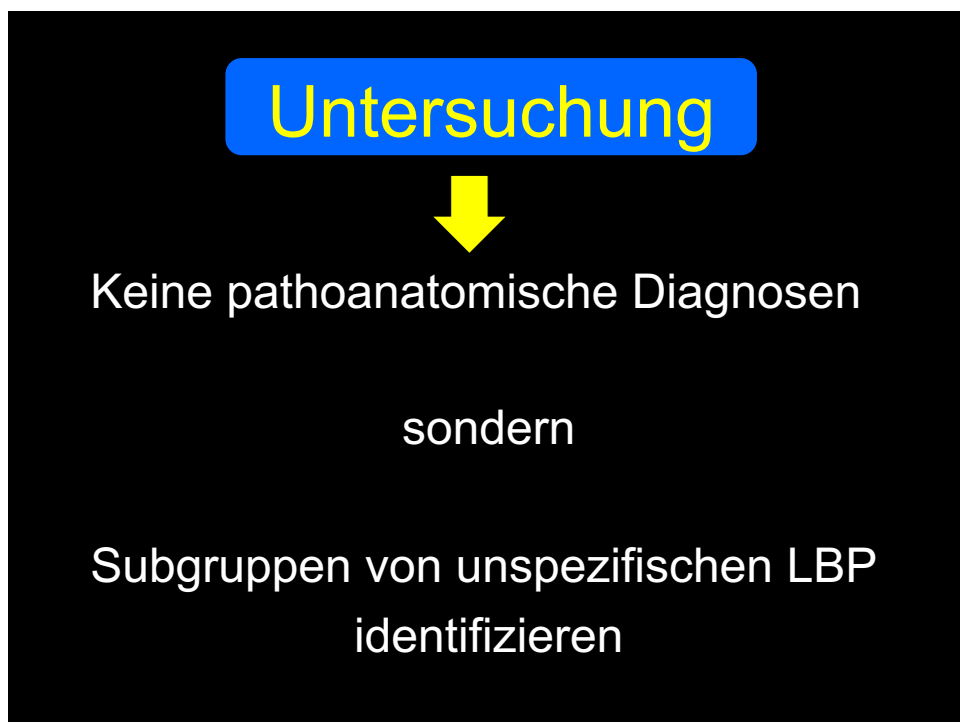
19



20



21



22



23



24

- 18 Jahre, Gymnasiast
- **intermittierende LWS-Schmerzen**
  - schleicher Beginn
  - Sitzen, PC ↑



25



Oh Mann, fühlt  
sich das steif an

26



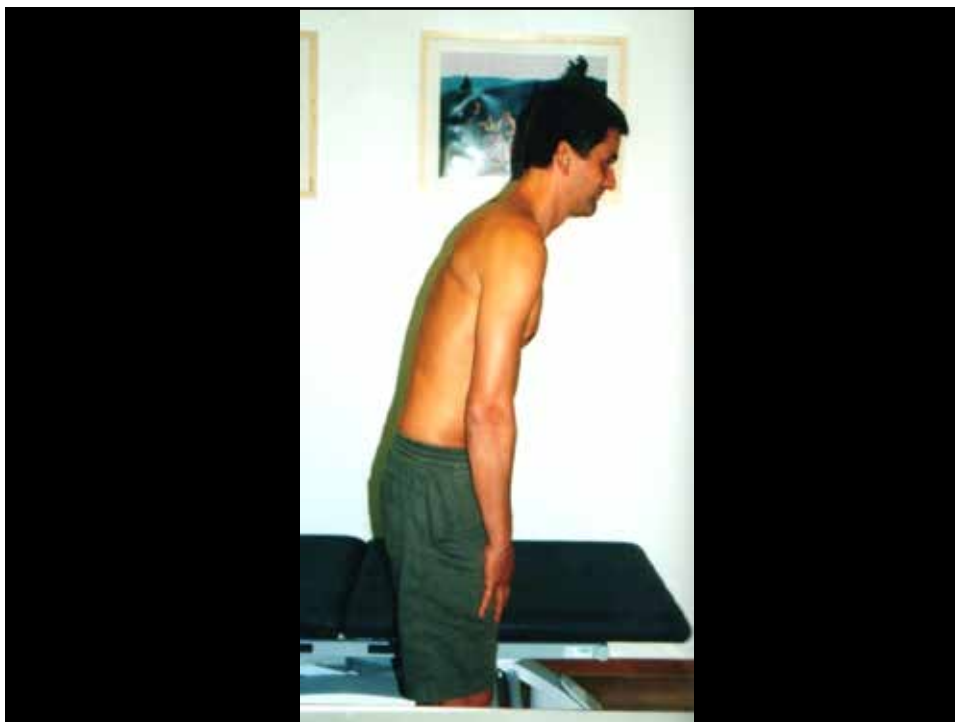
- 52 Jahre, Controller
- Intermittierende LWS Schmerzen
- Ausgelöst bei Beugen / Strecken

27



Bloss nie mehr umziehen...

28

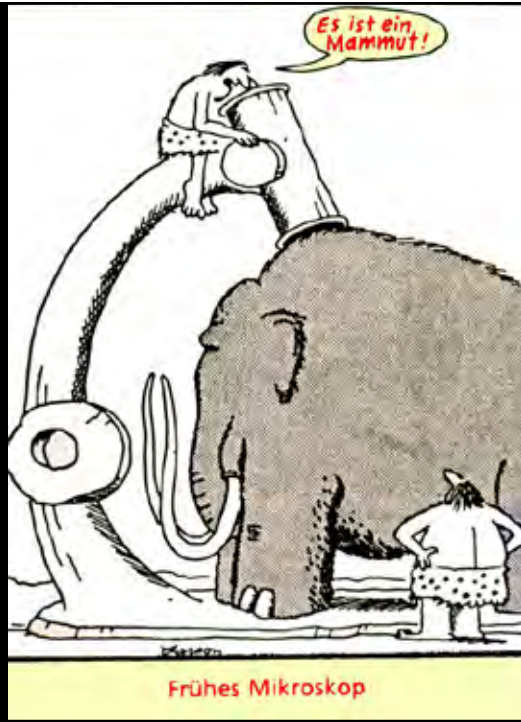


29

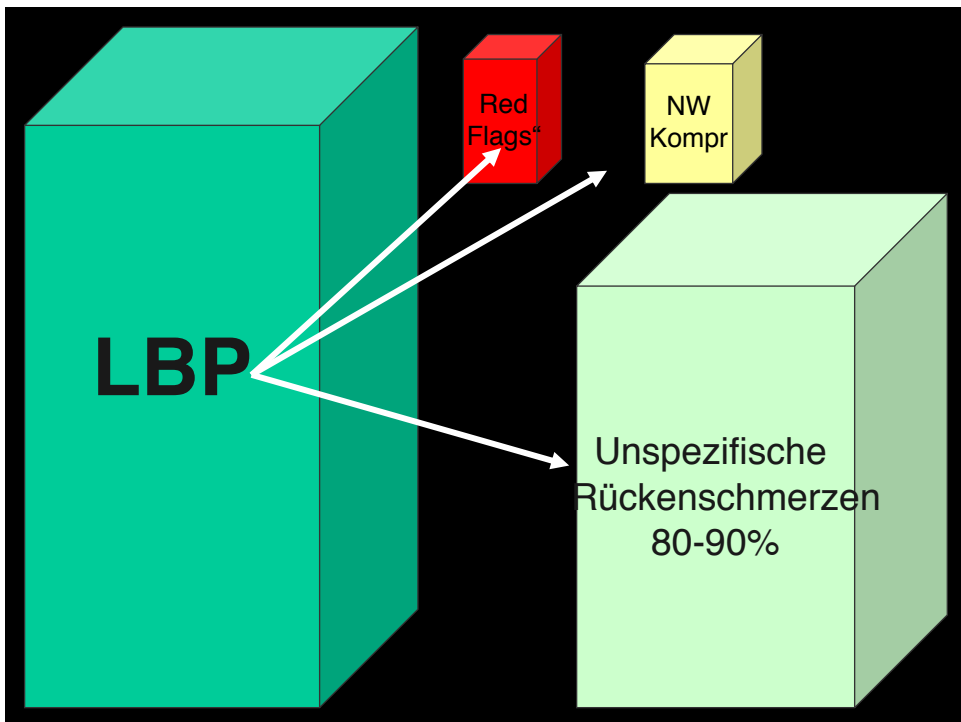


30

# Problem der Diagnose



31



32

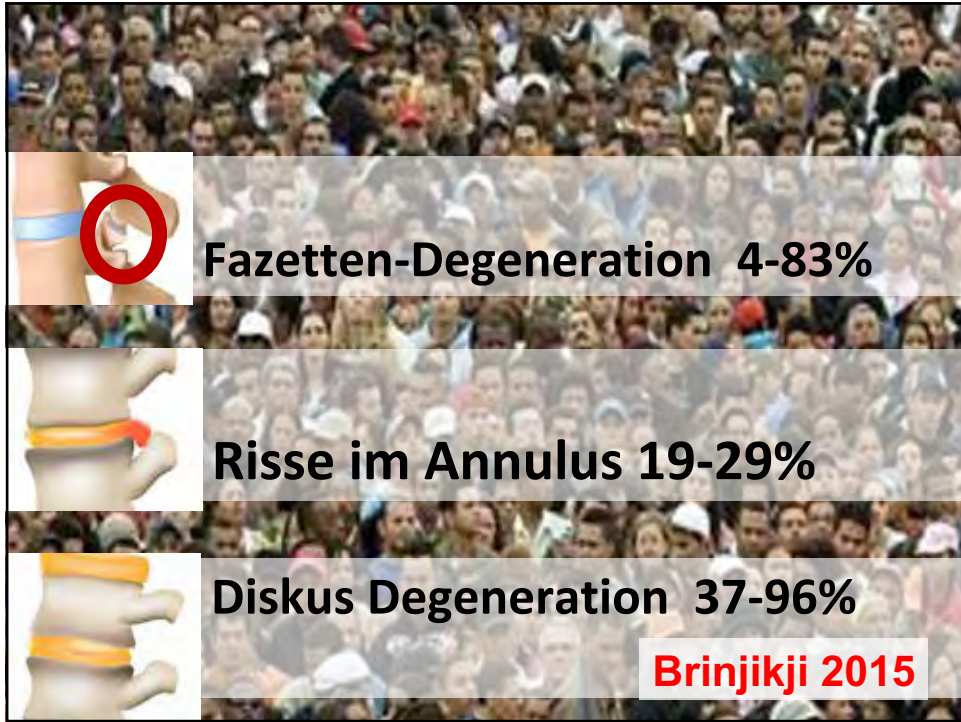


33



34





**Fazetten-Degeneration 4-83%**

**Risse im Annulus 19-29%**

**Diskus Degeneration 37-96%**

**Brinjikji 2015**

35



36



37



Palpation ->  
Strukturdiagnosen?

38



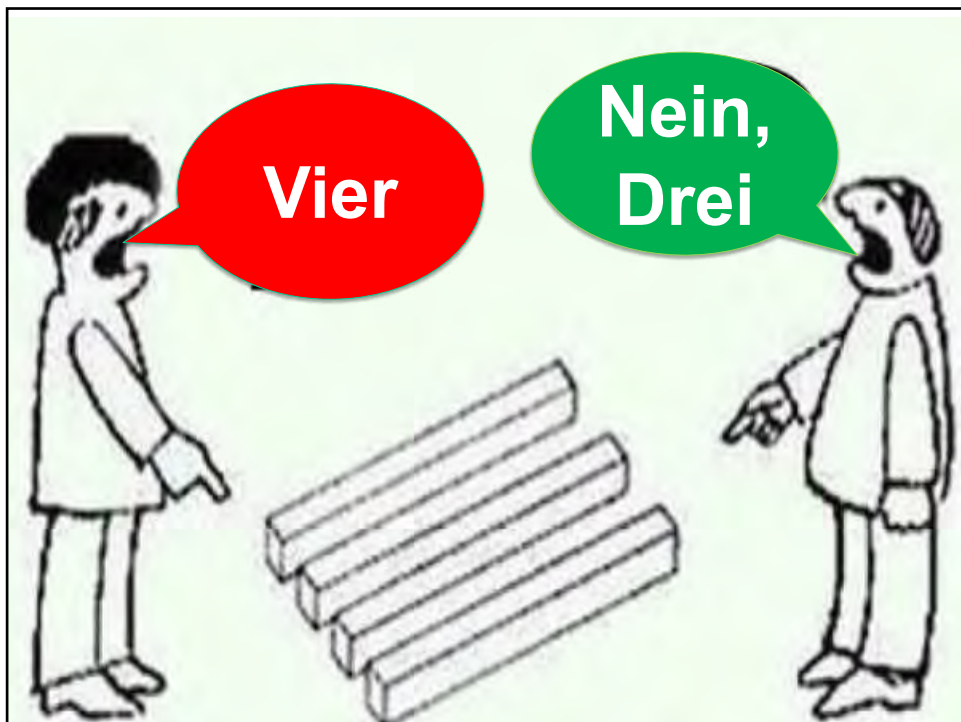
39



40



41



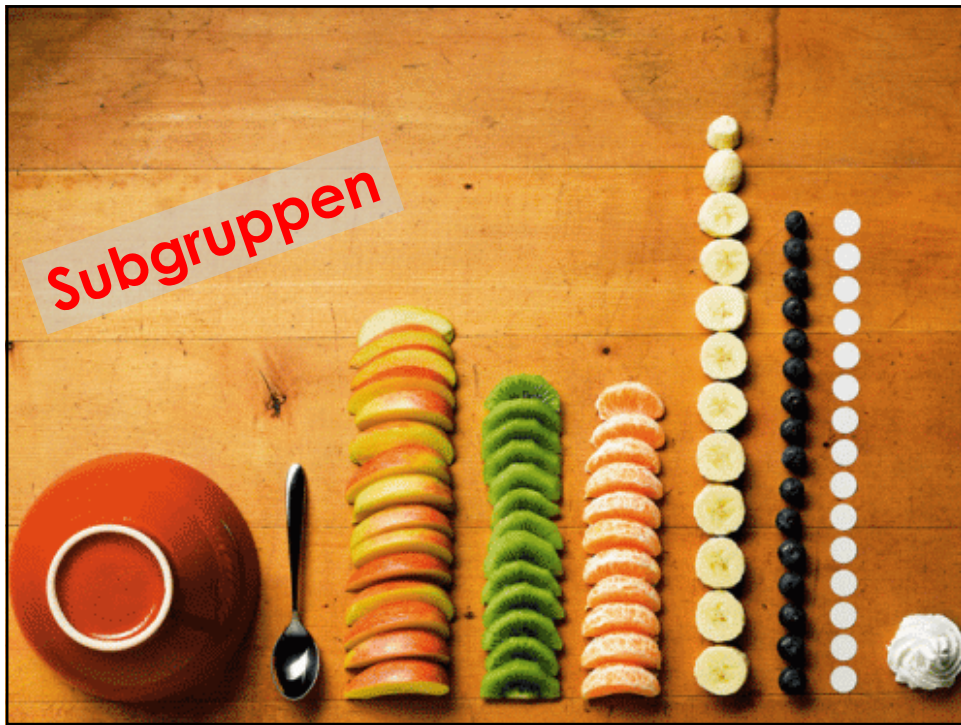
42



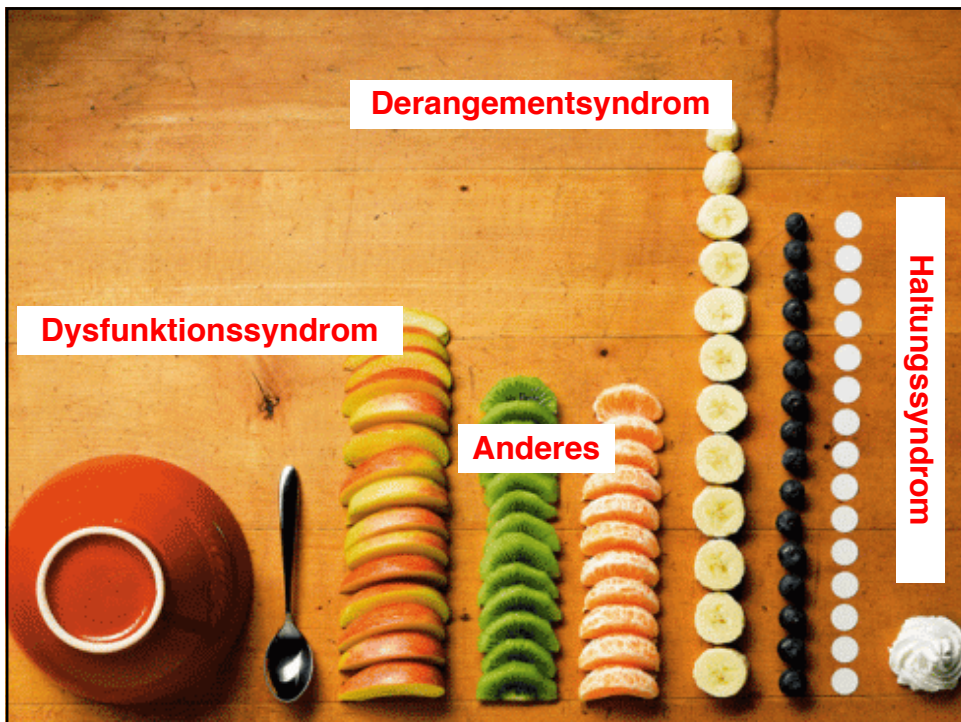
43



44



45



46




47



48

## Informationen aus der Anamnese


<b>Schlechter</b>	Beugen Morgen / Tagsüber / Abend Anderes _____	Sitzen / Aufstehen vom Sitzen Ruhe / Bewegung	Stehen Liegen BL / RL / SL (R) (L)
<b>Besser</b>	Beugen Morgen / Tagsüber / Abend Anderes _____	Sitzen / Aufstehen vom Sitzen Ruhe / Bewegung	Stehen Liegen BL / RL / SL (R) (L)




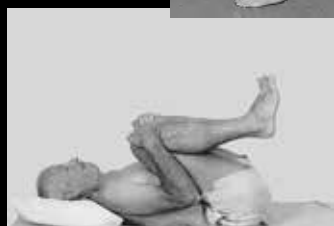
Das schauen wir uns an!

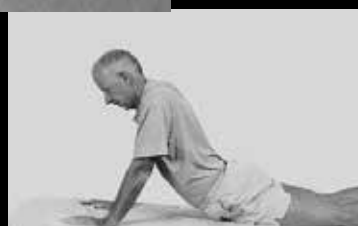
49

## Diagnose basierend aktiven auf Bewegungen









50





51



52



53



56



Diagnose  
Therapie  
Prognose

57



Directional Preference

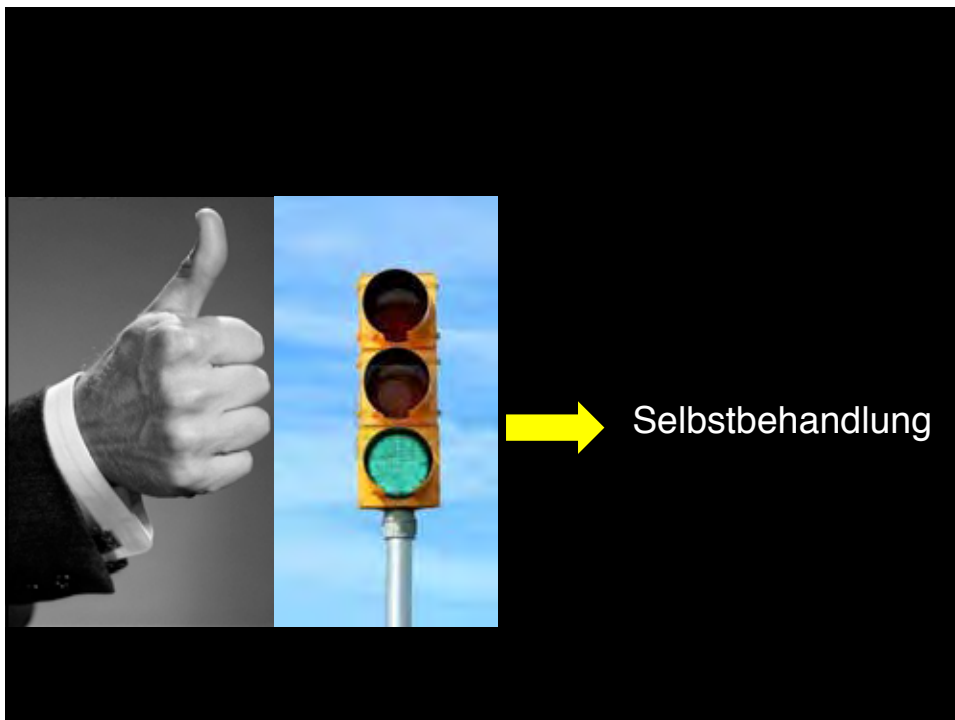
58

= Bewegungsrichtung, die die Symptome:

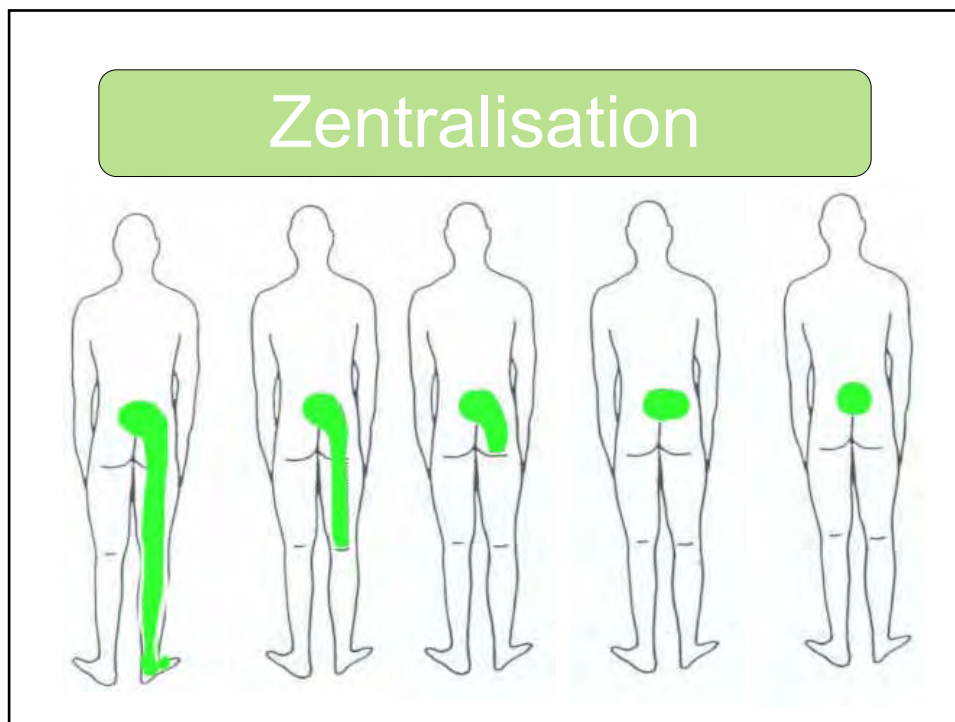
reduziert  
oder  
eliminiert  
oder  
zentralisiert



59



60



63



64

# Basisdaten

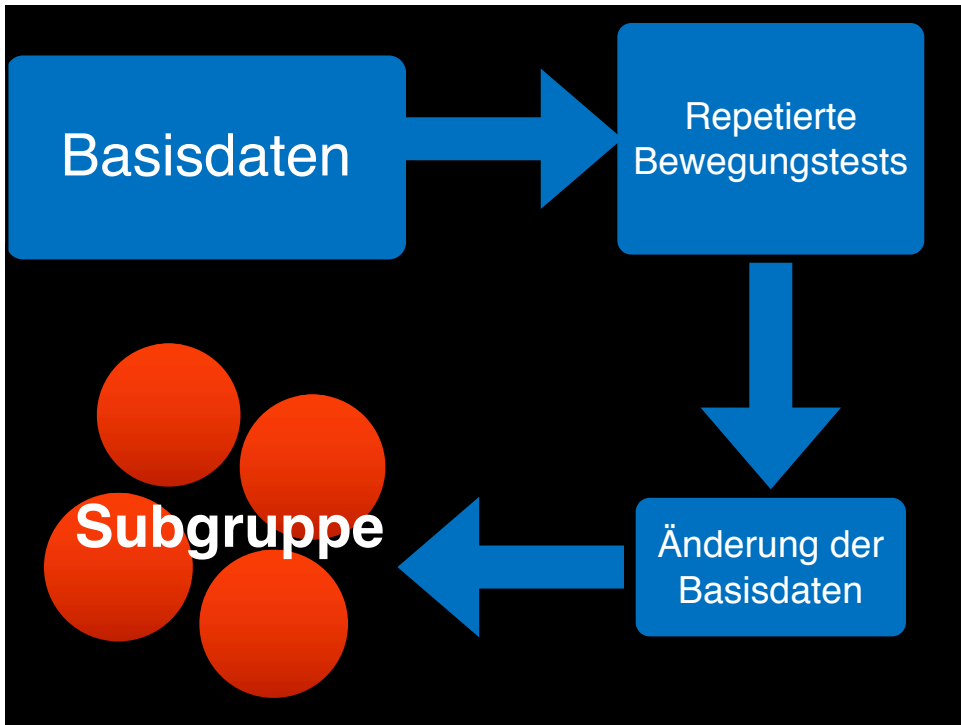
66



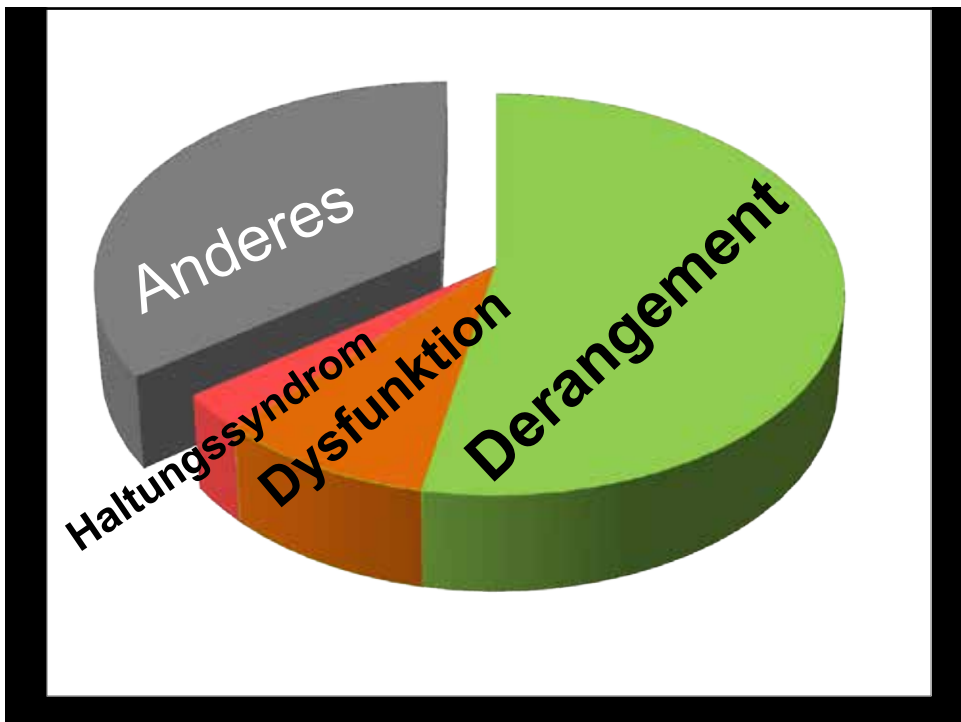
Schmerz?

Funktionseinschränkung?

67



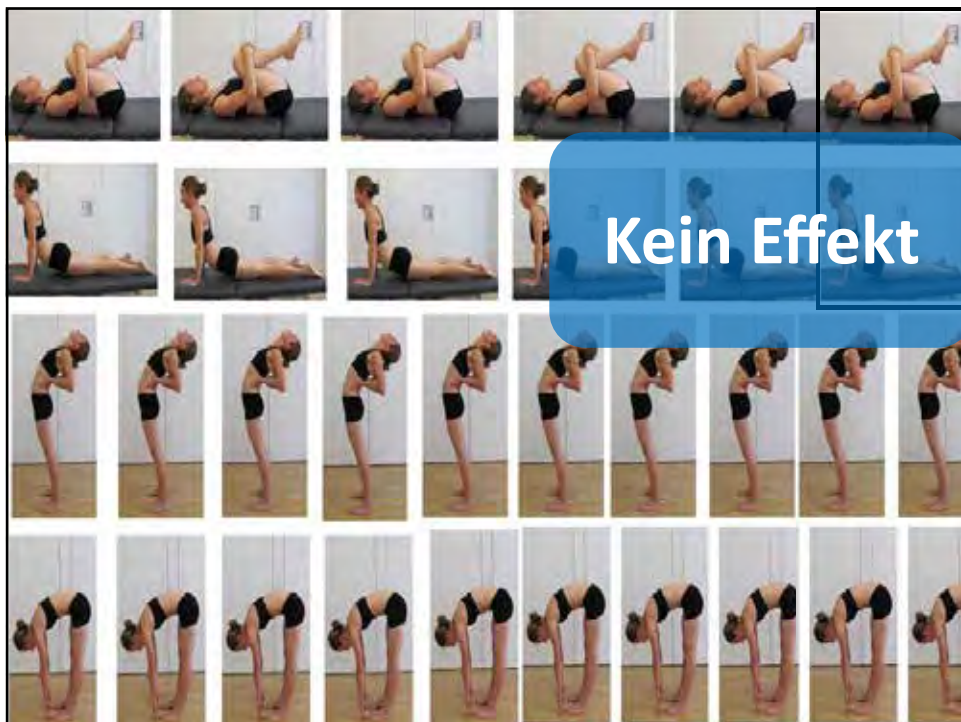
68



69



71



73





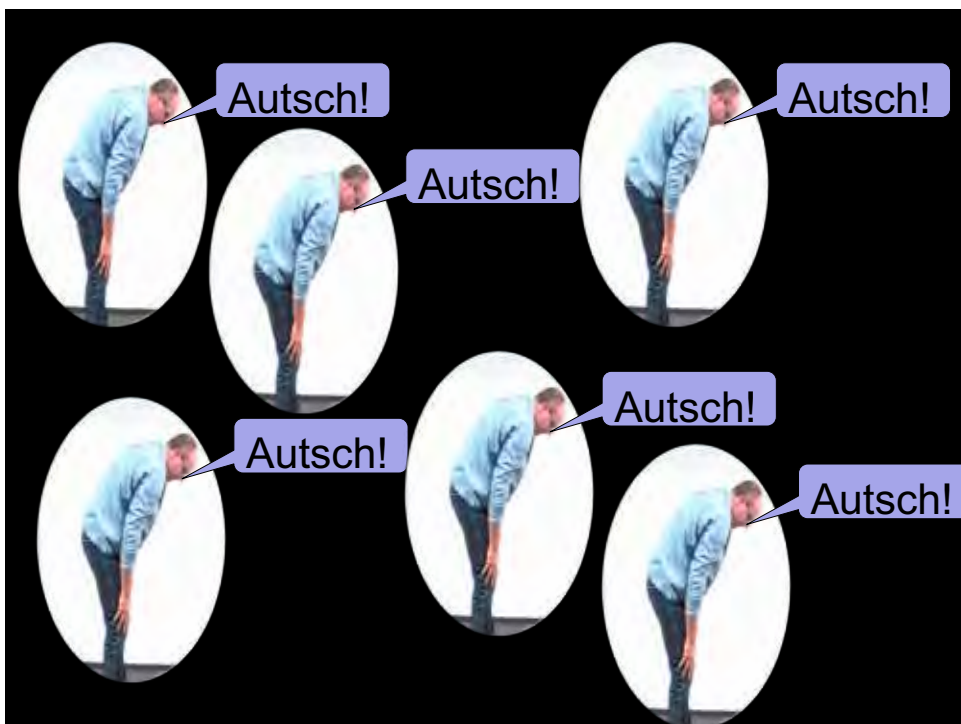
74



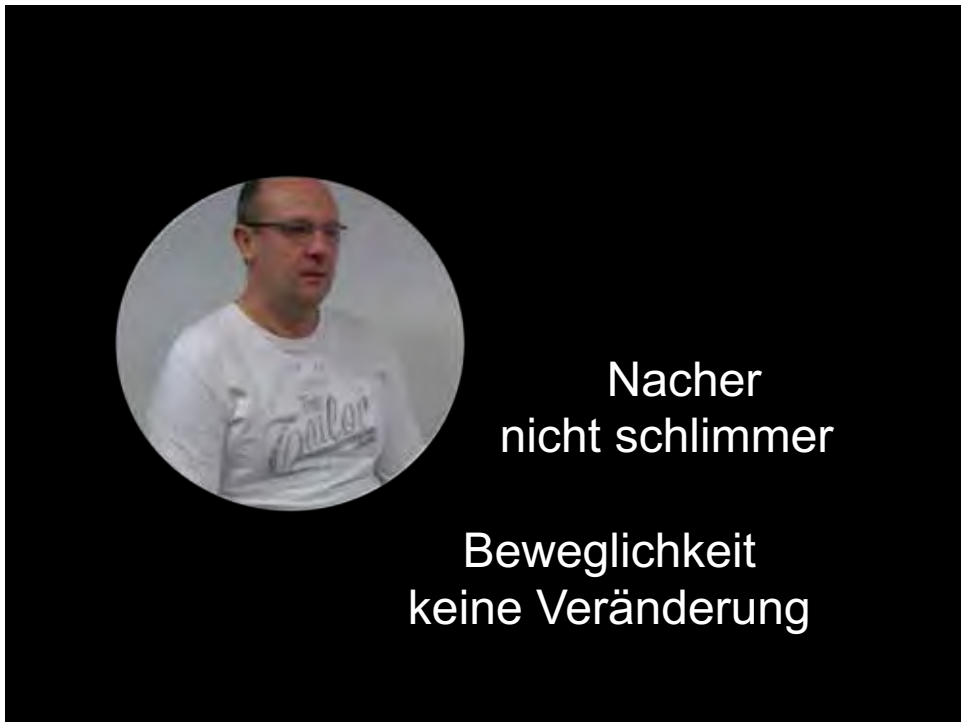
75



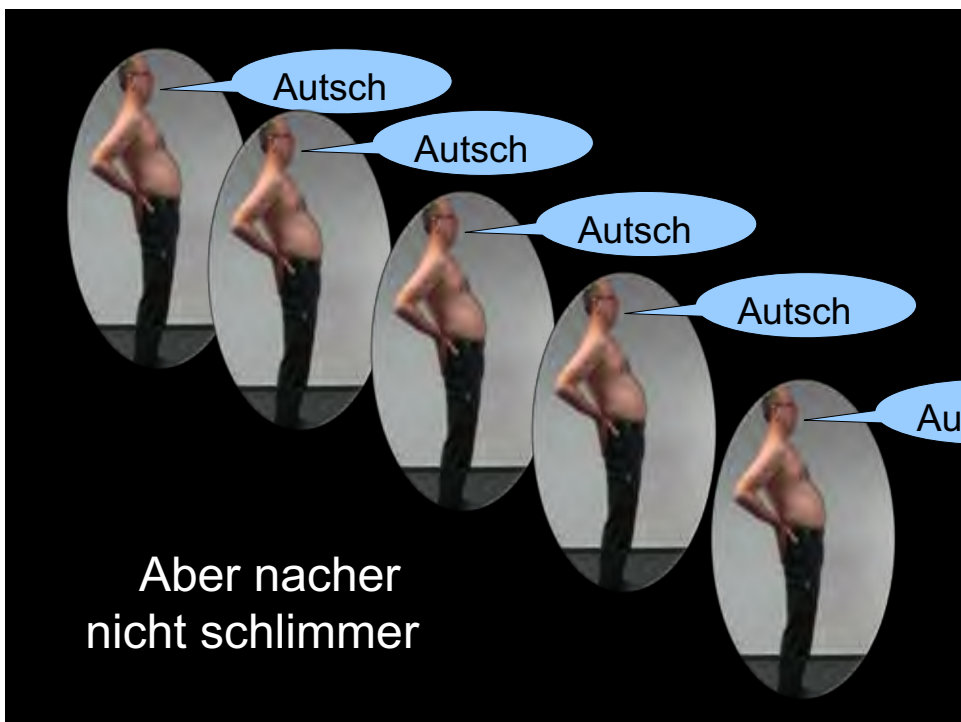
76



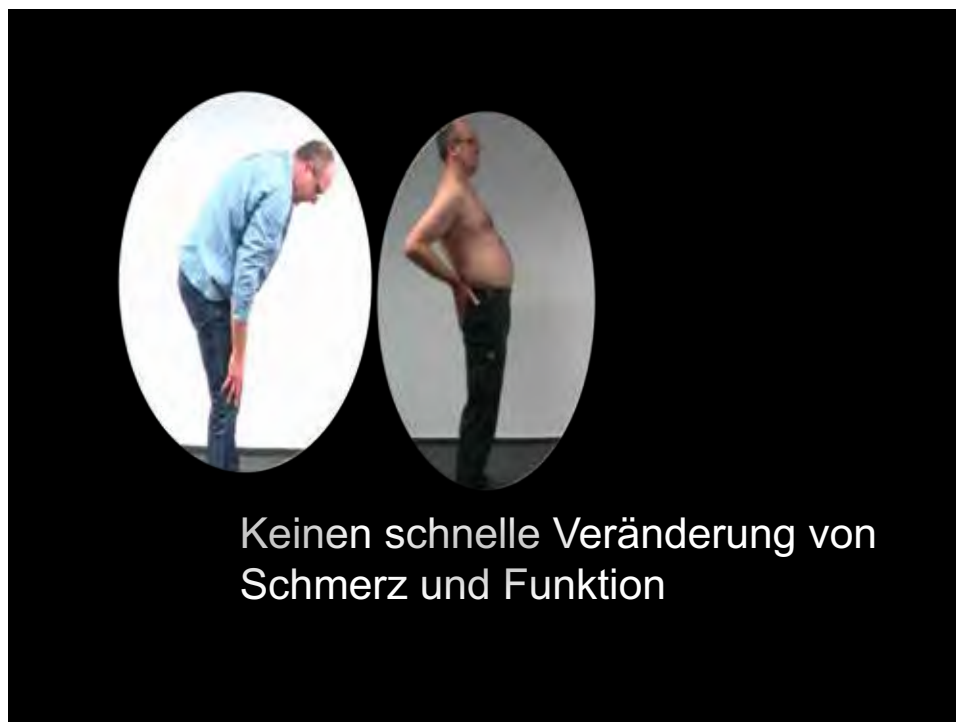
77



78



79



80



81



82



83



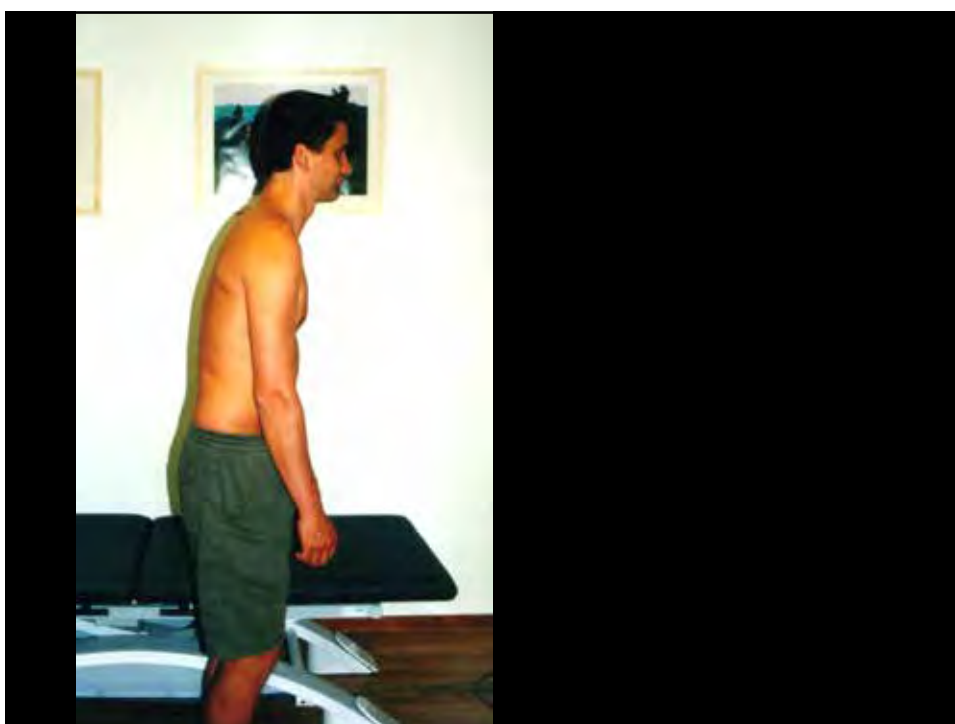
84

Nachher:  
Es bleibt verstärkt!

85



86



87



88



89





90



91



92



93



94



95



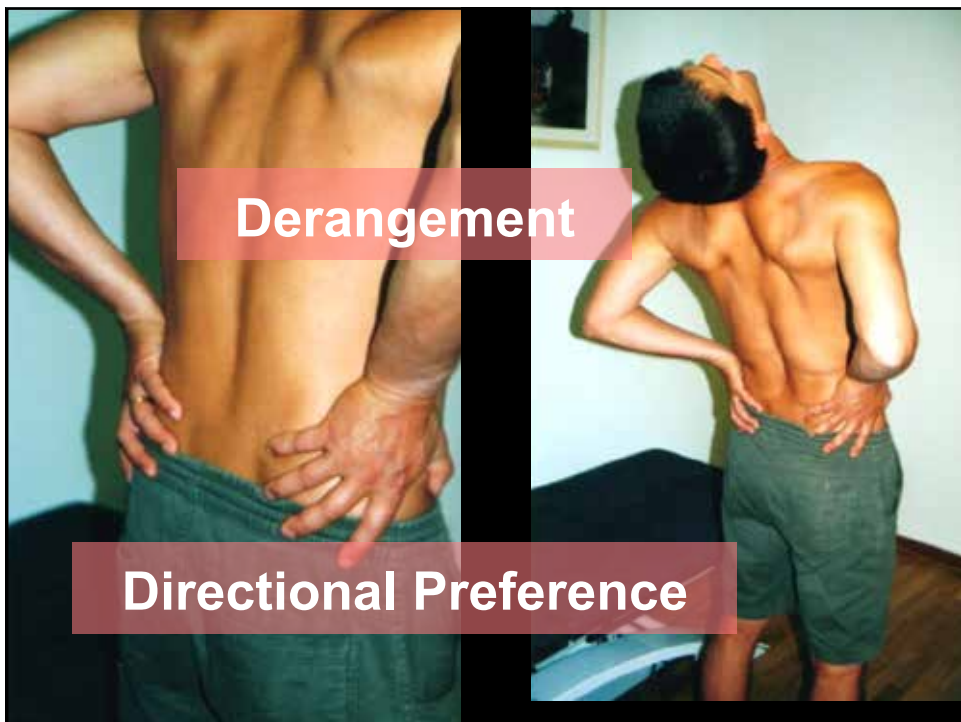
96



97

Nachher:  
Schmerz bleibt reduziert!  
Funktion verbessert

98



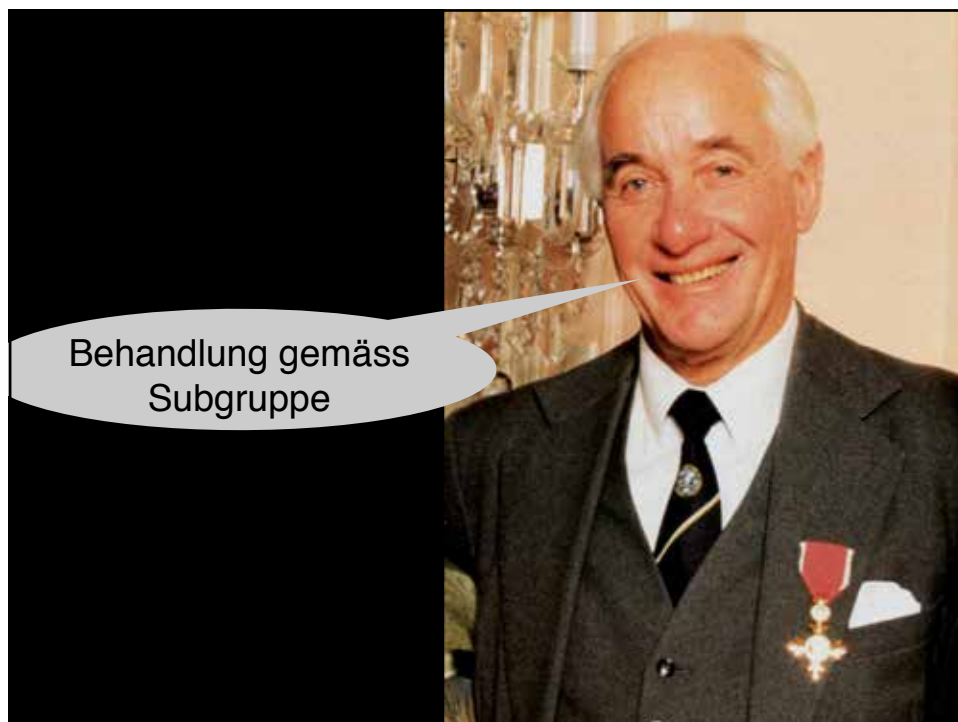
99



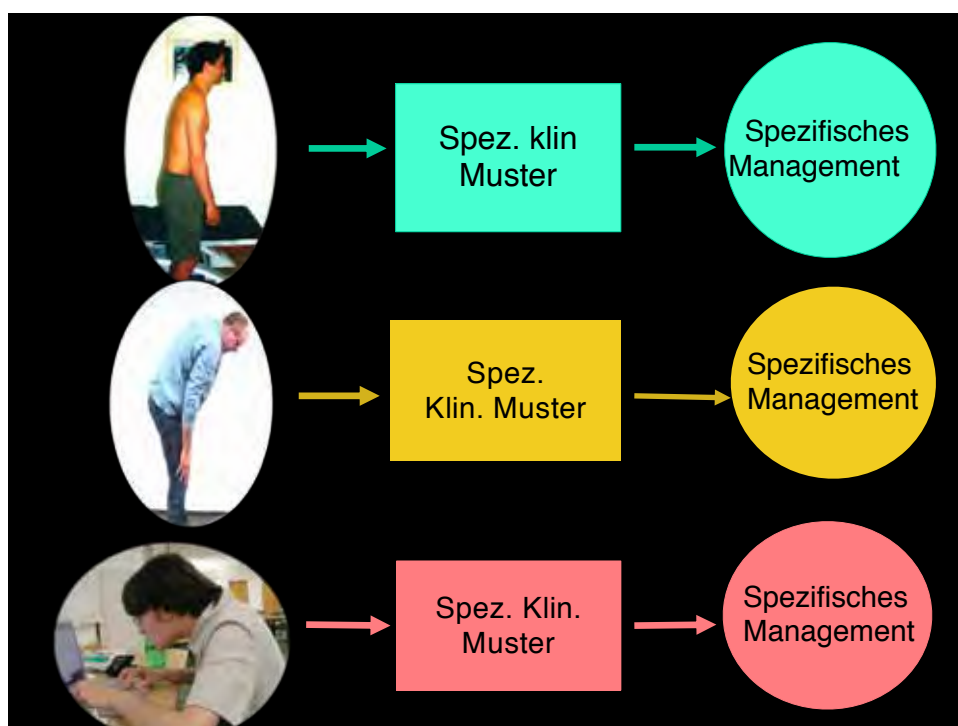
100



101



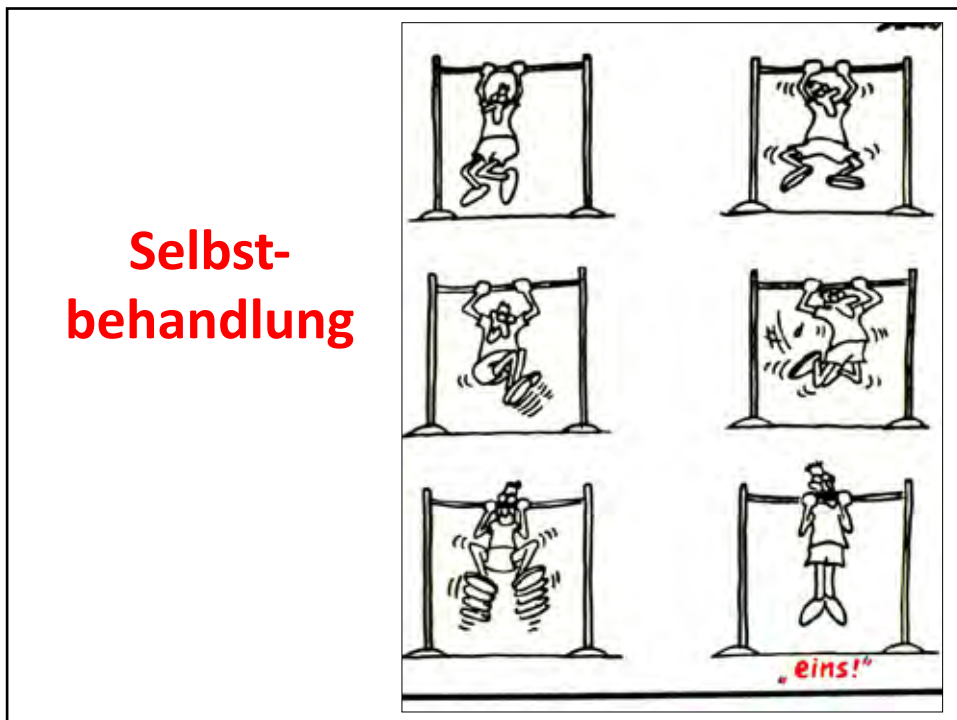
102



103



104



105



## Prophylaxe



106



107

# Bringt das was?

108

**Comparison of Classification-Based Physical  
Therapy** Fritz JM et al. 2003

**Does it matter which exercise?** Long 2004

**The McKenzie Method Compared with Manipulation.**  
Petersen 2011

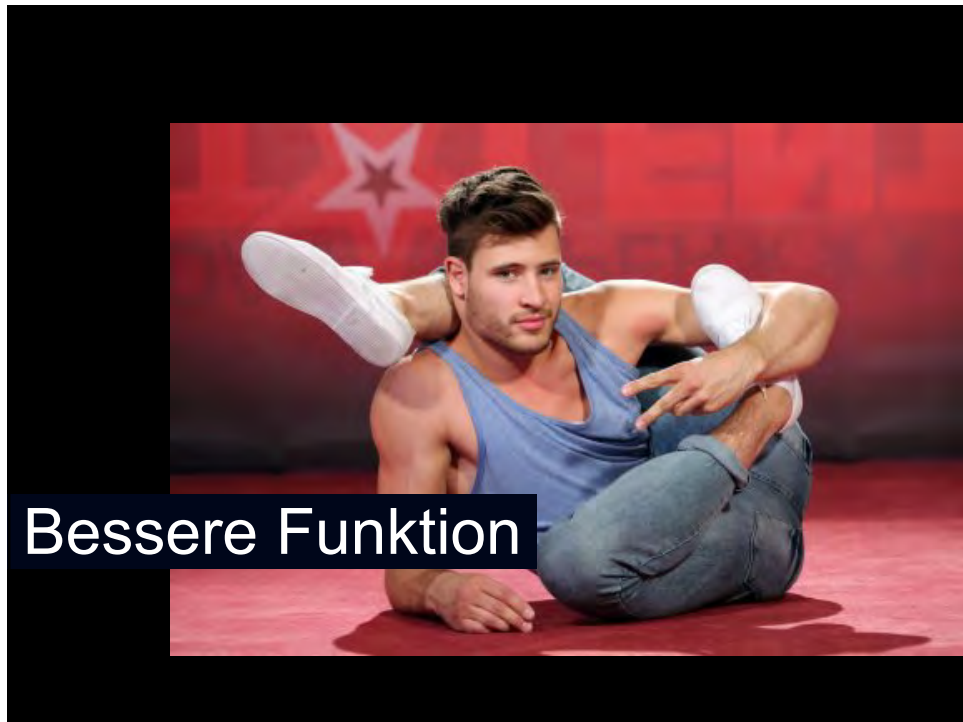
**Efficacy of Exercise Intervention as Determined by  
the McKenzie System of MDT for Knee OA**

Rosedale R, et al. 2014



## Subgruppenspezifische Therapie

109



110



111



112



113



114

## Mitnehmen:



- Repetierte Belastungstests
- Richtungspräferenz  
Zentralisation
- Klinische Subgruppen
- Unspezifische Rückenschmerzen  
→ Spezifische Therapie
- Selbstmanagement

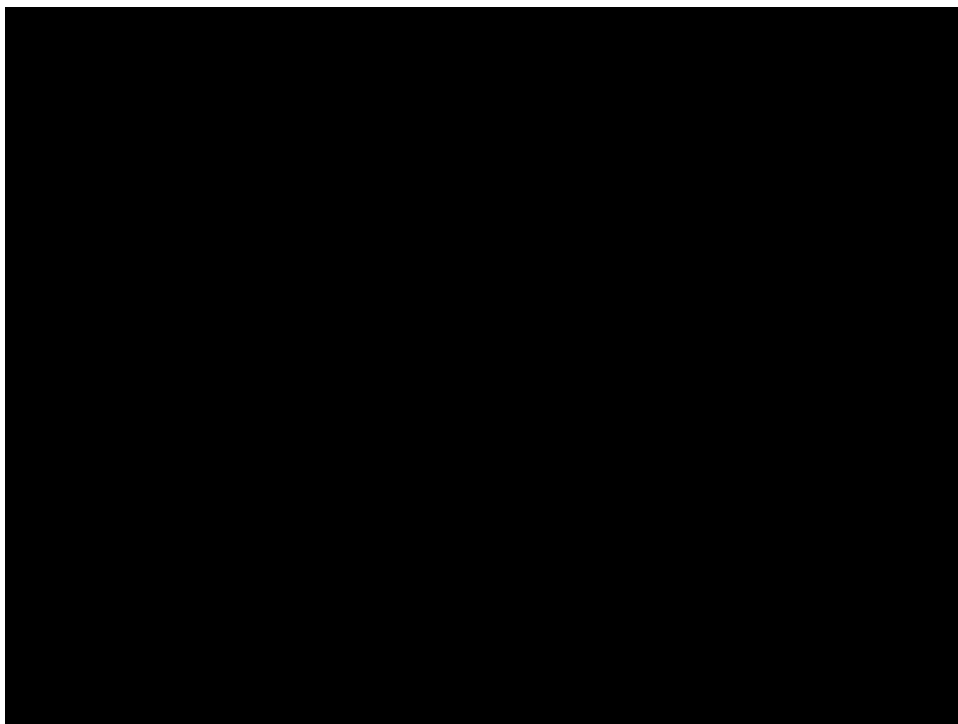
115



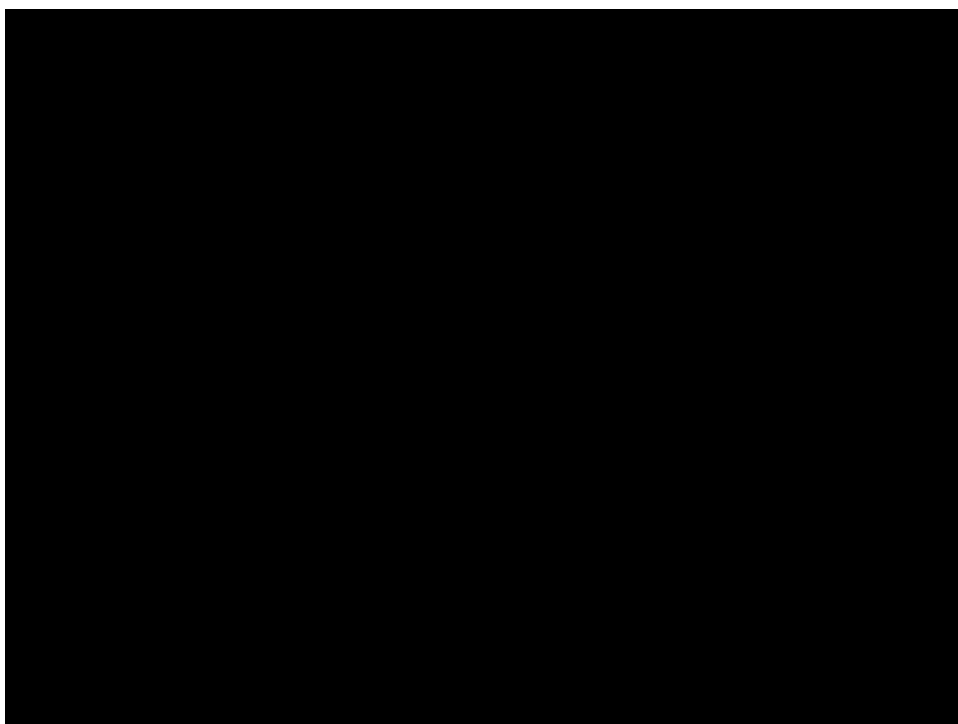
116



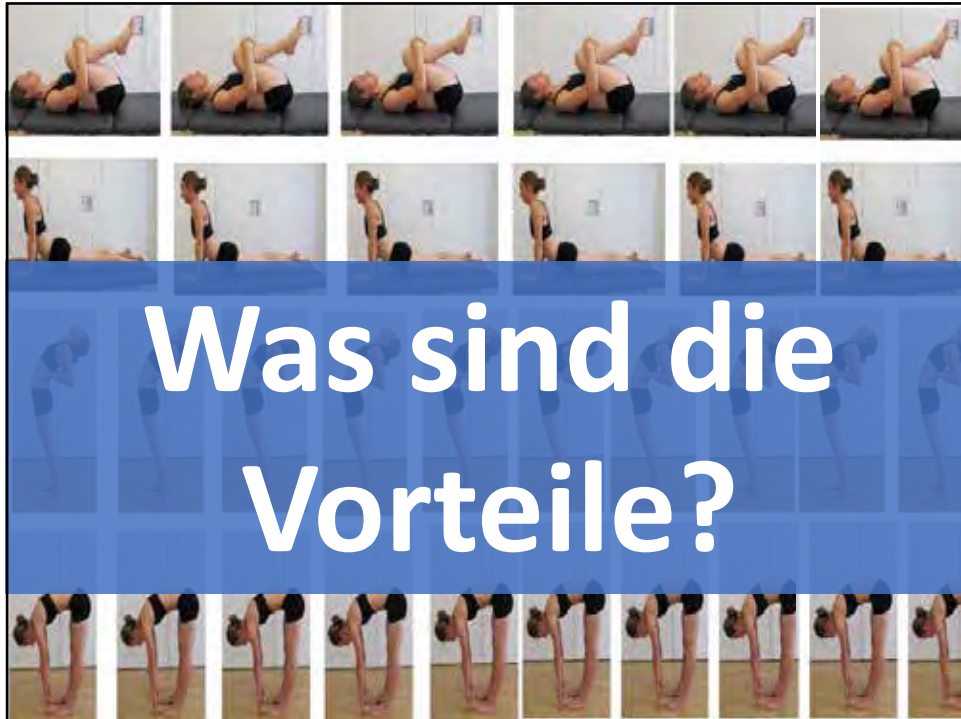
117



118



119



120



121





122



123



124



125