

Effectiveness of Mckenzie Technique Along with Spinal Manipulation in Mechanical Low Back Pain: A Narrative Review

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ABSTRACT

Mechanical Low Back Pain (MLBP) is a common musculoskeletal complaint, significantly impacting quality of life and daily functioning. As one of the leading causes of disability globally, MLBP often requires effective therapeutic strategies to alleviate pain and improve mobility. The McKenzie method is a well-regarded approach for managing MLBP, focussing on patient-led exercises that centralise and reduce pain. Spinal manipulation is used to restore spinal alignment and relieve pain through manual adjustments. This review was done to evaluate the combined effectiveness of the McKenzie method and spinal manipulation in reducing pain and disability among patients with MLBP. The literature search was done from 2015-2023 using the databases

Cochrane Library, Google Scholar and PubMed. Studies on McKenzie technique and spinal manipulation for low back pain were reviewed, focussing on treatment methods, pain relief, and functional outcomes. After carefully reviewing the above studies, majority of the cases reviewed have shown a positive effect of McKenzie technique and spinal manipulation in treating low back pain while reducing pain, disability and improving lumbar Range of Motion (ROM). Above studies have shown that the effect of McKenzie in reducing pain, disability and improving lumbar ROM is positive but McKenzie in combination with other techniques such as manipulation has better therapeutic effects.

Keywords: Oswestry low back disability questionnaire, Range of motion, Visual analogue scale

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