



## What McKenzie Method Means to Doctors and Patients Faster Results - Lower Costs

Phone: 860-763-2225  
Fax: 860-763-3161

143 Hazard Avenue  
Enfield, CT 06082

www.EnfieldHealth.com

*One-to-One Treatment Always  
with a Licensed Professional*

### Your Therapy Team

Melissa Doten, MPT, LMT,  
Director of Physical Therapy  
Priscilla Kowal, MPT, COTA/L  
Jennifer Meier, MPT, CLT  
Kevin Sadowski, DC, Cert MDT  
Shawn Breen, PTA  
Jennifer Cavanaugh, PTA

3,000 square foot facility  
with private treatment  
rooms

### Providing Physical Therapy for:

Orthopedic Complaints  
Post Surgical Rehab  
Work Injuries  
Auto Injuries  
Back Pain  
Neck Pain  
Vertigo / Vestibular Rehab  
Lymphedema  
Post Surgical Rehab  
Headaches

Functional Capacity Evaluations

### Specialty Certified In:

McKenzie Technique  
Lymphedema Management  
Vestibular Therapy  
Graston Technique  
Mulligan Technique  
Functional Capacity Evaluations

### Payment

Accepting Medicare and most  
major insurance. Letters of  
protection accepted.

Worldwide, the McKenzie Method® has consistently grown in recognition and has established itself as a scientifically proven foundation in spine care. Over the past two decades, literally hundreds of research papers supporting the use of the McKenzie Method have appeared in numerous peer review journals. Journals such as *Spine*, *the Journal of Neurology*, *JMPT*, *Physiotherapy*, and *the New England Journal of Medicine* have all featured research demonstrating the faster results and lower costs of the McKenzie Method. When you have patients with spinal problems such as acute injuries, neck pain, and back pain, you can make the advantages of the McKenzie Method available to your patients with one quick referral to the only therapy provider in Enfield certified in McKenzie Method, **Enfield Health & Wellness Center**.

The McKenzie Method® serves as both a treatment and assessment protocol. Our certification in this method ensures consistent outcomes.

### Assessment Advantages

- This assessment offered at *Enfield Health & Wellness* will often **eliminate any practical need for an MRI**. The method offers a well-defined algorithm leading to simple classifications of spine-related disorders.
- It differentiates problems based on mechanical syndromes (i.e. bulged discs, nerve entrapment, stenosis, etc.) from soft tissue injuries such as strains and sprains.
- It quickly **identifies patients who are not good candidates for conservative treatment**. Doctors can refer these patients to other alternatives before patients waste time and money on unnecessary rehabilitation.

### Treatment Advantages

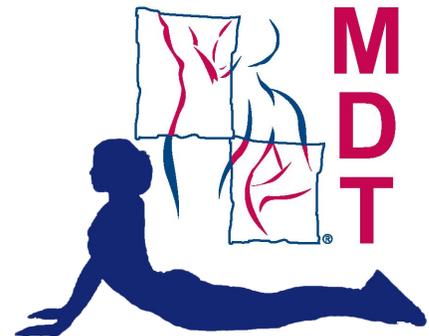
- **Decreases pain quickly**, restores function and independence, and minimizes the number of outpatient therapy visits.
- Has been shown to **reduce reutilization of healthcare resources**. Stresses prophylactic exercises to minimize the risk of reoccurrence and empowers patients to manage themselves if symptoms reoccur.
- Emphasizes education and active patient involvement in the independent management of their treatment.

Enfield Health & Wellness Center uses many tools and techniques to rehabilitate your spinal injury patients including the McKenzie Method and Mulligan. Trust Enfield Health & Wellness for thorough and efficient rehabilitation of all your spinal condition patients.

**Please refer your patients to Enfield  
Health & Wellness Center**

Doctor Recommended, Patient Preferred

The only McKenzie Certified  
Provider in Enfield



### Research Published in *Spine* –

*the premier peer review journal for research  
on spine related pathologies.*

“The McKenzie assessment process . . . was superior to MRI in distinguishing painful from non-painful discs.”

-R. Donelson, C. Aprill, R. Medcalf, W. Grant. “A prospective study of centralization of lumbar and referred pain: A predictor of symptomatic discs and annular competence.” *Spine* 22 (10): 1115-1122, 1997.

“ . . . Subjects who received treatment according to the McKenzie principle 5 years earlier had significantly less recurrence of pain and fewer were on sick leave compared with the subjects who received education in mini back school.”

-R. Stankovic, O.Johnell. “Conservative treatment of back pain: A 5-year follow-up study of two methods of treatment.” *Spine* 20 (4): 469-472, 1995.

“Centralization of pain was found to occur commonly in patients with low-back and leg pain when mechanically evaluated in the manner described by McKenzie. Those patients whose pain centralized had a high incidence of good or excellent treatment outcomes, whereas those whose pain did not centralize had much worse outcomes.”

-R Donelson, G. Silva, K. Murphy. “Centralization phenomenon. Its usefulness in evaluating and treating referred pain.” *Spine* 15 (3): 211-213, 1990.