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About:

I am Dr. Surender Mor, an Assistant Professor in the Department of Physiotherapy at the Faculty of Para-Medical & Allied Health Sciences. With 5 years of experience in physiotherapy and academic work, I am passionate about advancing the field through research and clinical application. I completed my Ph.D. in Physiotherapy from Tanta University in 2023, my Master of Physiotherapy from the same institution in 2019, and my Bachelor of Physiotherapy from Utkal University in 2004.

My research focuses on the **Efficacy of Maitland Mobilization Technique and McKenzie Approach in Chronic Low Back Pain Patients**. Over the years, I have published 3 research papers related to musculoskeletal rehabilitation, specifically for managing low back pain.

Experience:05 Years

Qualification:

- 1.Ph.D in Physiotherapy From Tanta University in 2023
- 2.Master Of Physiotherapy From Tanta University in 2019
3. Bachelor of Physiotherapy From Utkal University in 2004

No. of Research Publications: 03

Research Work: Efficacy of Maitland Mobilization Technique and Mckenzie Approach in Chronic Low Back pain Patients

Areas of Interests:

1. Maitland Mobilization Technique

Maitland Mobilization is a form of **manual therapy** that uses graded oscillatory or sustained movements to restore joint function, reduce pain, and improve range of motion. It is based on the concept of joint mobilization, where a therapist applies specific, controlled movements to the spine or other joints.

Key Features:

- **Graded Mobilization:** Maitland's technique involves different grades of mobilization, from gentle movements (Grade I) to more intense stretches (Grade IV), depending on the patient's pain level and tolerance.
- **Pain Reduction:** By applying oscillatory or sustained mobilizations, the technique helps in reducing muscle spasm, improving blood circulation, and alleviating pain.
- **Restoration of Movement:** This approach is particularly useful for patients whose low back pain is associated with restricted spinal movement or stiffness, helping to restore proper alignment and function of the vertebral joints.

Efficacy in Chronic Low Back Pain:

Studies have demonstrated that the **Maitland Mobilization Technique** can significantly reduce pain and improve function in patients with chronic low back pain. In particular, the technique is effective for:

- **Improving Range of Motion:** Patients often experience increased flexibility and mobility in the lower back.
- **Pain Relief:** It provides immediate relief by reducing pressure on sensitive nerve structures and increasing joint fluid dynamics.
- **Improvement in Function:** Mobilization techniques help reduce the overall disability caused by chronic low back pain, facilitating a quicker return to daily activities.

However, the effectiveness can depend on the specific condition (e.g., disc herniation, facet joint dysfunction) and the experience of the therapist.

2. McKenzie Approach

The **McKenzie Method** (also known as Mechanical Diagnosis and Therapy, or MDT) is a diagnostic and therapeutic approach designed to evaluate and treat musculoskeletal pain, including chronic low back pain. The McKenzie Method involves a comprehensive assessment to determine the mechanical nature of pain and provides exercises tailored to centralize and alleviate symptoms.

Key Features:

- **Self-Treatment Approach:** The McKenzie Method emphasizes patient self-management through specific exercises and postural corrections.
- **Centralization Phenomenon:** A core concept of the McKenzie Method is that specific movements or positions can "centralize" pain from the extremities back to the lower back, reducing the intensity of symptoms.
- **Postural Education:** The McKenzie approach also involves educating patients on proper posture and body mechanics to prevent exacerbation of pain in the future.
- **Active Exercises:** Patients are taught to perform movements that target and relieve specific causes of low back pain.

Efficacy in Chronic Low Back Pain:

Numerous studies have supported the efficacy of the **McKenzie Approach** for patients with chronic low back pain. Key benefits include:

- **Pain Reduction:** The method is particularly effective for pain relief when patients demonstrate the ability to centralize their pain during assessment.
- **Reduced Disability:** By teaching patients how to manage pain through self-directed exercises, the McKenzie Method can help patients regain functional independence.
- **Prevention of Recurrence:** The focus on posture and movement mechanics helps reduce the risk of future flare-ups or recurrences of chronic low back pain.

Research indicates that the McKenzie Method is especially beneficial for patients with **disc-related pain** and **radicular pain** (pain radiating into the legs).

3. Comparing the Two Approaches

- **Maitland Mobilization:** This is a more passive technique where the therapist provides the treatment. It is generally used for patients who have limited mobility and need hands-on assistance to reduce pain and improve joint movement.
- **McKenzie Approach:** In contrast, the McKenzie Method empowers patients to take an active role in their rehabilitation. It focuses on exercises and postural corrections that patients can do independently at home, making it a more sustainable long-term approach.

4. Combined Efficacy: Maitland vs. McKenzie

Research comparing the two approaches suggests that both techniques can be effective for chronic low back pain, but their use depends on the specific needs of the patient:

- **Maitland Mobilization** may be more effective for immediate pain relief, especially when there is stiffness or joint dysfunction.
- **McKenzie Method** is highly beneficial for long-term management, self-care, and preventing recurrence of symptoms.

Some studies have also indicated that combining both approaches may lead to **greater efficacy** in managing chronic low back pain, as it targets both the mechanical (joint and movement dysfunctions) and symptomatic (pain and disability) aspects of the condition.