

Written by Allan Besselink
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Join me on BlogTalkRadio on Tuesday May 26, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". This episode returns to the issue of competent self care with a discussion of the **McKenzie Method**. This method of self-care and prevention for musculoskeletal conditions was initially developed by Robin McKenzie of New Zealand. Also known as Mechanical Diagnosis and Therapy, it is a philosophy of active patient involvement and education that is trusted and used by practitioners and patients all over the world for back, neck and extremity problems.

I will have two special guests:

Robert Medcalf is a graduate of the Georgia State University Physical Therapy program. After advanced studies in New Zealand with The McKenzie Institute in 1991, he was granted the McKenzie Institute International Diploma in Mechanical Diagnosis and Therapy of the Spine. He was subsequently named to the teaching faculty of The McKenzie Institute. He has taught numerous courses on the McKenzie approach to physicians and physical therapists throughout the United States and internationally.

Curt Rickert is a physical therapist from Kerrville, Texas. Curt completed the McKenzie Diploma program in 2007. He is utilizing the McKenzie Method in an outpatient environment with patients of all ages and a variety of orthopedic problems.

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at [http://www.blogtalkradio.com/abesselink](http://www.blogtalkradio.com/abesselink "BlogTalkRadio show: Direct Access to PT") and also download this and previous episodes here as well.

I look forward to having you join us!