AN ANKLE DERANGEMENT: THE DIAGNOSIS AND TREATEMNT OF AN ANKLE CONDITION USING THE MCKENZIE APPROACH

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Abstract (Limited to 300 Words):

Background and Purpose: Mechanical Diagnosis and Therapy (MDT) or the McKenzie approach is commonly used for examination and evaluation for spinal conditions to determine the appropriate management/treatment approach in physical therapy. The efficacy of McKenzie approach is well established for spinal disorders, but little evidence exists that shows the effectiveness of this approach with peripheral joint disorders. The purpose of this case report is to describe the management of an ankle problem using McKenzie based principles for diagnosis and treatment.

Case Description: A 62 year old male referred to physical therapy for recurrent ankle pain and the diagnosis of Achilles tendinopathy from the patient's Podiatrist. The patient had two month history of ankle pain with a gradual onset. The patient had difficulty with walking, transfers, and standing. The patient was examined using McKenzie principles of end-range repeated movements. It was determined that the patient presented with an ankle derangement with the directional preference of plantarflexion. This directional preference was used as the treatment approach both manually and with a home exercise program. Treatment sessions included manual distraction plus plantarflexion stretch and instruction in self-plantarflexion stretch for a home exercise program.

Outcomes: After three physical therapy visits, the patient demonstrated normal pain-free passive and active ankle range of motion. Manual muscle testing showed equal left and right ankle strength. Also, the patient verbalized 85-90 percent improvement in symptoms and ability to return to pain-free activities of daily living.

Conclusion: The patient demonstrated a large improvement in pain and symptoms in short period of time using McKenzie principles to diagnosis and treat an ankle condition. The treatment approach consisted of directional preference plantarflexion exercises to reduce the patient's ankle derangement. This case report describes the first evidence for Mechanical Diagnosis and Therapy for a patient with an ankle musculoskeletal condition