



McKenzie
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****MEDIA ADVISORY****

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MDT Clinicians to Present Educational Sessions at the American Dental Association's Annual Meeting

SAN ANTONIO, Texas – McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT) clinicians and advocates Timothy Caruso and David Pleva will present educational sessions at the American Dental Association's Annual Meeting Oct. 9-14.

Invited by the ADA for a fourth year, the main presentation by Caruso, PT, MBA, MS, Cert. MDT, and Pleva, PT, MA, Dip. MDT, will educate attendees about using the McKenzie MDT approach to conservatively manage their own back and neck pain. "Back and Neck Pain by the Numbers: Decreasing Your Pain Rating" will explain how to identify pain generators in the cervical and lumbar regions of the body that may be exacerbated by dental practice. Caruso and Pleva will also screen dental professionals for back, neck and extremity pain at the ADA event.

Caruso will also be presenting two more sessions at the annual meeting. "Treating Back and Neck Pain in Modern Dentistry" will explain the body's potential to heal itself and how to tap into that ability. Caruso's final session, "A Primer on Posture in Your Life: Are You Equipped?", explores posture, body mechanics, equipment and self-awareness.

About The McKenzie Institute

Dedicated to ongoing education and research, The McKenzie Institute® is the center for postgraduate study in Mechanical Diagnosis and Therapy®. The McKenzie Method® is a philosophy of active patient involvement and education for back, neck and extremity problems. The key distinction is its initial assessment component — a safe and reliable means to accurately reach a diagnosis and only then make the appropriate treatment plan. Rarely are expensive tests required, as Certified MDT clinicians have a valid indicator to know right away whether — and how — the method will work for each patient.

Become a member of the McKenzie Institute to receive course discounts, a subscription to *The Journal of Manual & Manipulative Therapy* (JMMT), the official publication of MIUSA members, discounts at conferences, product discounts, and much more.

For more information about The McKenzie Institute and its services, please contact Stacey Lyon at (315) 471-7612 or email slyon@mckenzieinstituteusa.org.

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