



## What We Do

In our statement of “What Physical Therapy Should Be,” we describe our practice model in terms of the environment we have created to give the patient and therapist the best chance to achieve the desired outcome. These are factual and inarguable statements about the clinic operations that set us apart. However, environment tells only half of the story on what makes KPT special. The treatment philosophy, technique, and patient involvement are equally important to an outstanding patient experience.

First of all, every therapist at KPT is trained in Mechanical Diagnosis and Therapy (MDT), which is also known as the McKenzie Method. The McKenzie Method is highly effective evidence based system of musculoskeletal care that strongly emphasizes patient empowerment and self-treatment. Originating in New Zealand, there are now McKenzie Institute branches in 28 countries and the materials are translated in 20 different languages. For more information on MDT, click [here](#).

On the initial visit, each patient is given the opportunity to fully report on his/her condition and symptoms. After a series of detailed follow-up questions, the therapist will lead the patient through a careful examination looking for positions and/or movements that have the greatest effect on symptoms. Musculoskeletal conditions are resolved with two actions: Performing what movements or exercises that are found to be beneficial, and temporarily avoiding that which is found to be aggravating. Our PTs work closely with patients to identify those two vital components. This involves a great deal of collaborative problem solving, with the patient and therapist working together as a team. Once we identify the mechanical and symptomatic pattern, we can initiate appropriate and effective interventions, with an emphasis on a specific home exercise program and as much self-treatment as possible. This empowers the patient to take charge of the condition and control his/her own symptoms. This leads to not only a speedy recovery, but gives the ability to prevent future recurrence. If the symptoms start to reappear, the patient needs only to resume the home exercise program, temporarily avoid the known aggravating factors, and the condition will most likely resolve easily—without a visit to a practitioner. Not only is pain and suffering controlled and minimized, so is the financial cost!

Most physical conditions causing pain are rapidly reversible. Because of our high level training combined with our commitment to one-on-one patient centered care, we expect excellent outcomes. With most cases, we expect at least a 50% improvement within three sessions. There are some conditions that take considerably longer but we are constantly testing and problem-solving with you to make certain we are doing the best possible intervention. We re-test sometimes 5-10 times per session. If it is a condition we cannot help with, we work to discover that as quickly as possible and refer you onward to the appropriate provider.

Our patient satisfaction and outcomes are outstanding. Every day patients drive from far outside the Kentwood area for the KPT difference and find it well worth it. For those searching for answers for their physical problems, we encourage you to compare what we offer to others and choose a PT clinic best suited to help you achieve your goals.