

Soignez votre dos vous-même!

Possibilités offertes par l'approche McKenzie



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The Global Burden of Disease Study 2015



Global, regional, and national incidence, prevalence, and years lived with disability for 310 diseases and injuries, 1990–2015: a systematic analysis for the Global Burden of Disease Study 2015

*GBD 2015 Disease and Injury Incidence and Prevalence Collaborators**



Global, regional, and national disability-adjusted life-years (DALYs) for 315 diseases and injuries and healthy life expectancy (HALE), 1990–2015: a systematic analysis for the Global Burden of Disease Study 2015

*GBD 2015 DALYs and HALE Collaborators**



MAL DE DOS ?
LE BON TRAITEMENT
C'EST LE
MOUVEMENT.







MAL DE DOS ?
LE BON TRAITEMENT

Y'en a-t-il des meilleurs que d'autres?
Si oui lesquelles?



SYSTEMATIC REVIEW

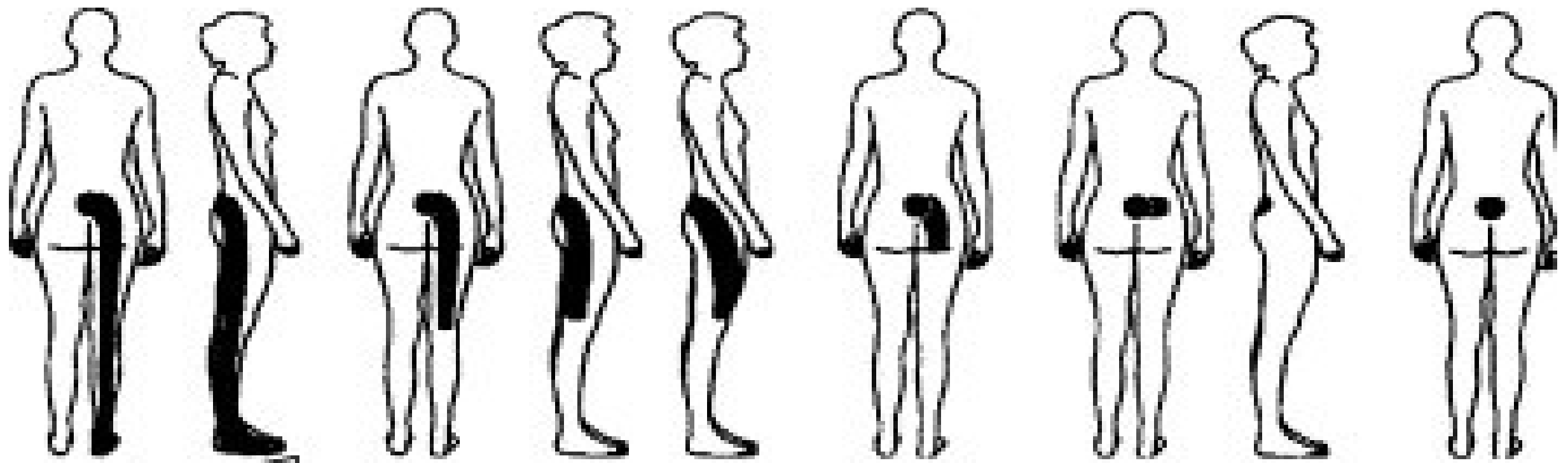
Prevention of Injuries in Sports: A Systematic Review

K...ten¹

18-65

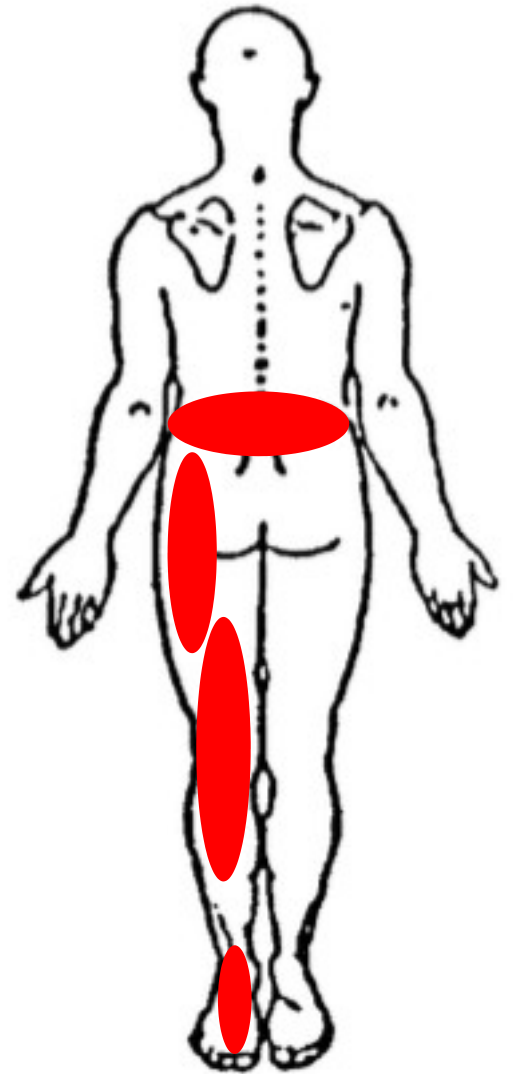
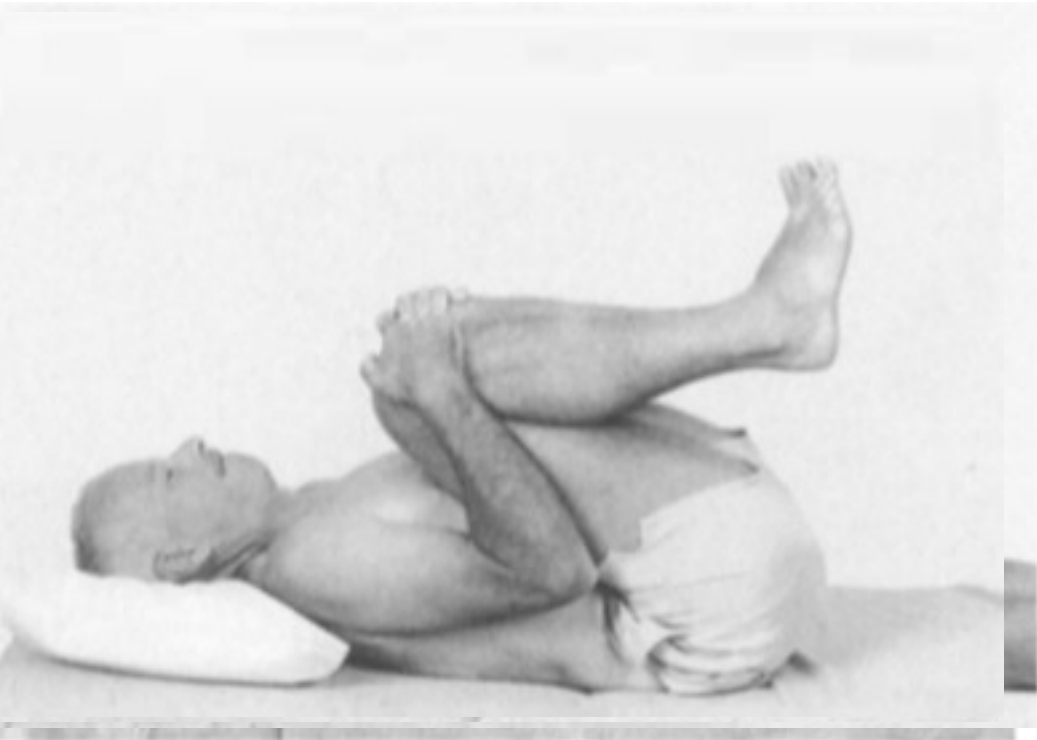


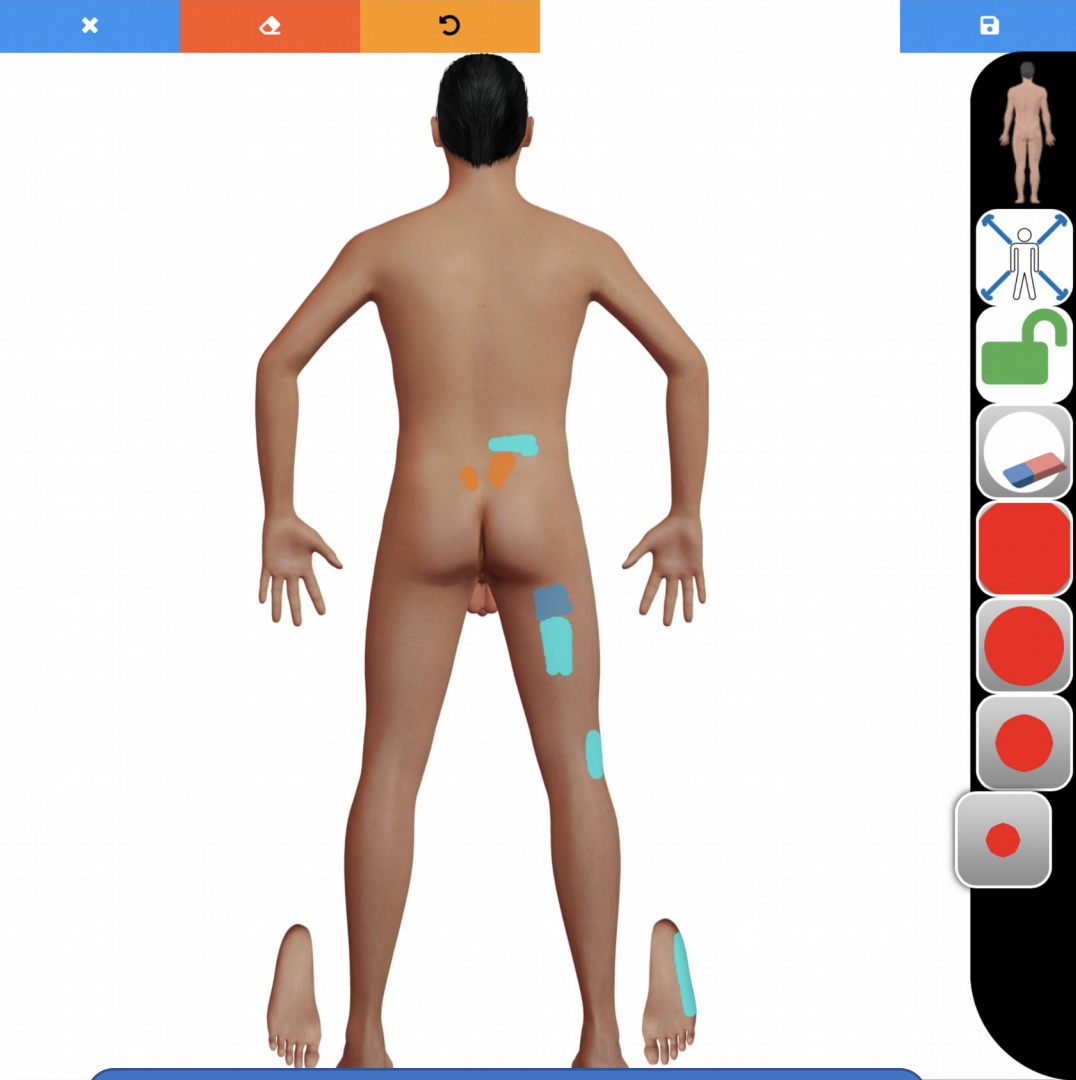




Peripheralization

Centralization

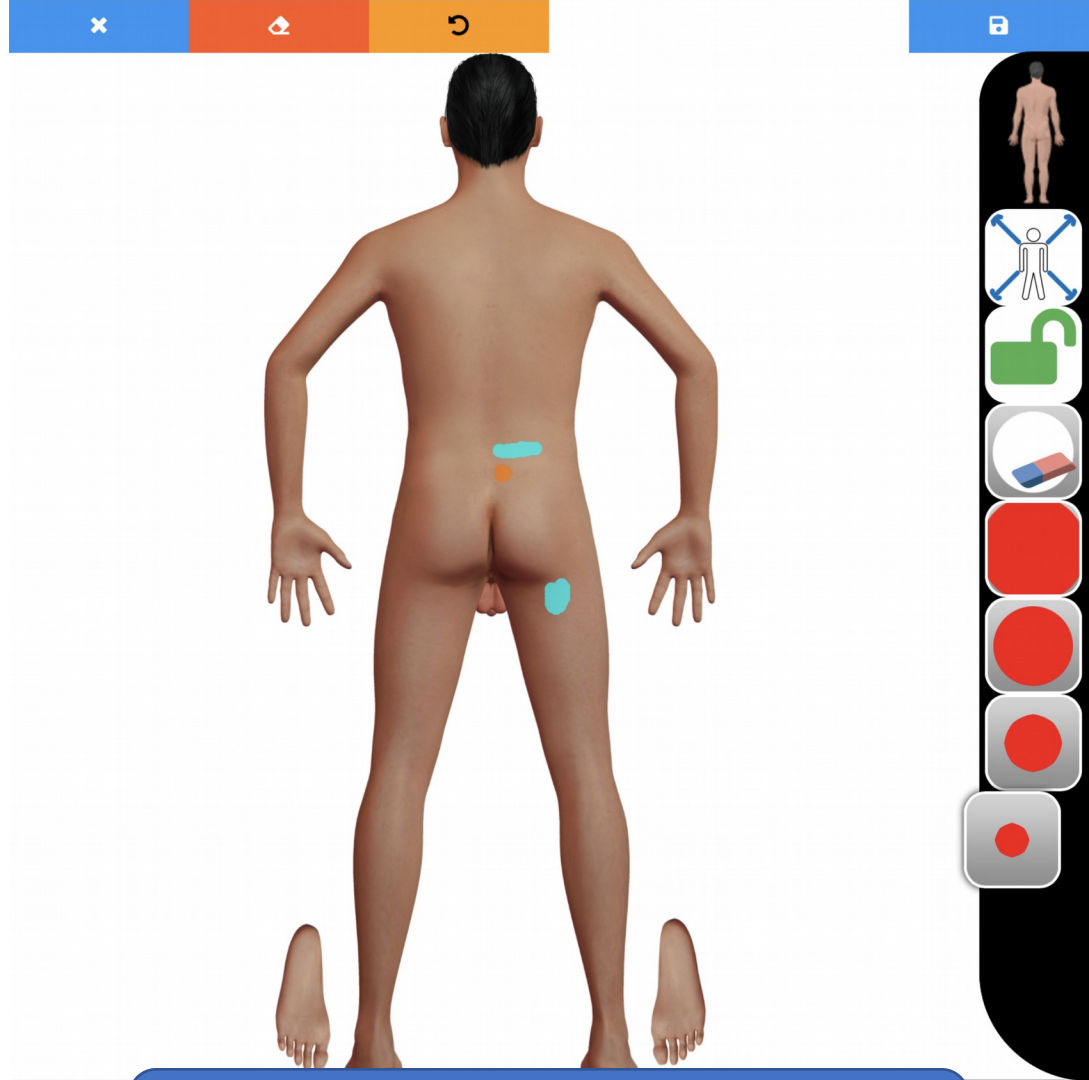




Début de séance

LOW	MEDIUM	INTENSE	INTENSE	DATA
73.1%	13.8%	13%	0%	209
153 cM ²	29 cM ²	27 cM ²	0 cM ²	CM ²

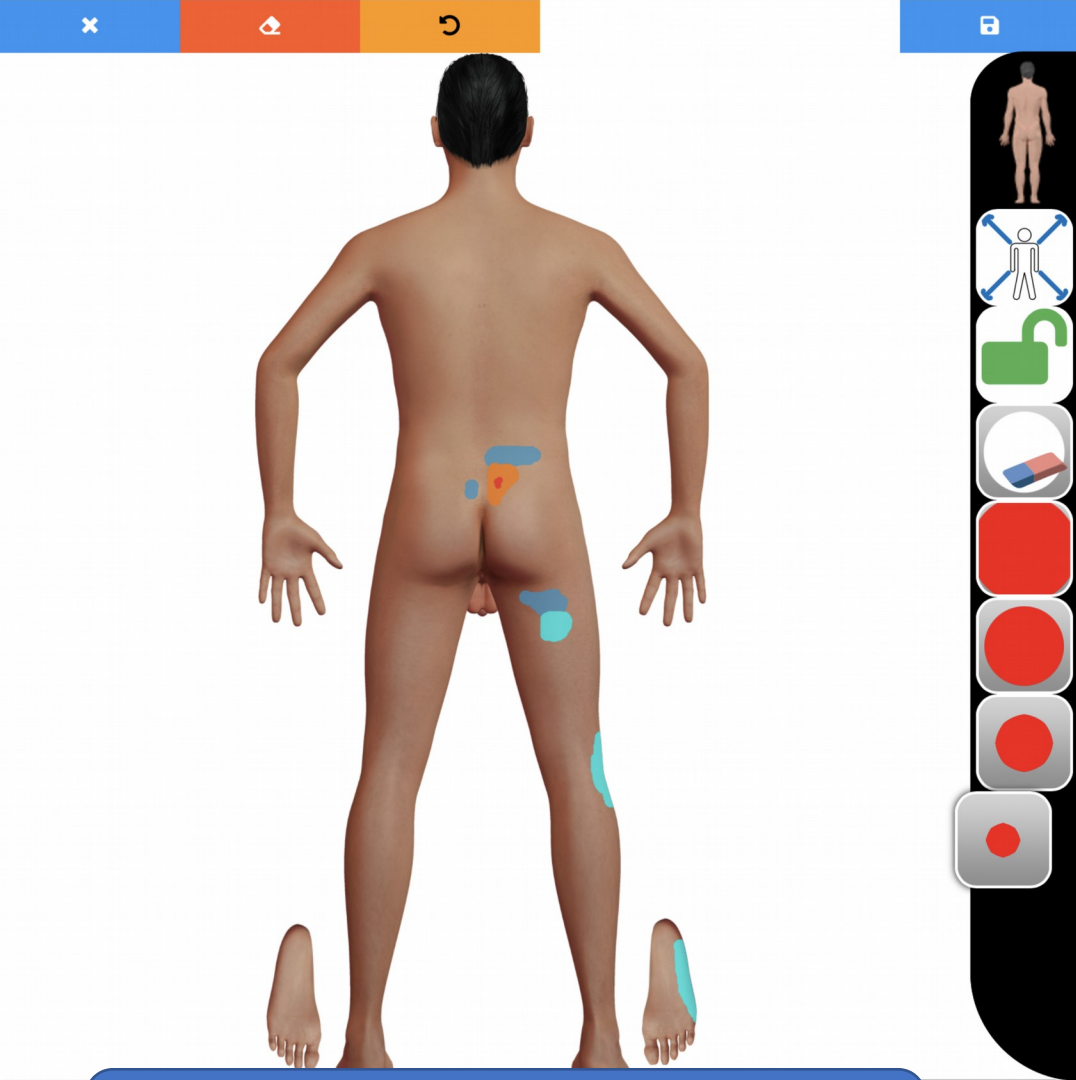
GPS →



Après extension

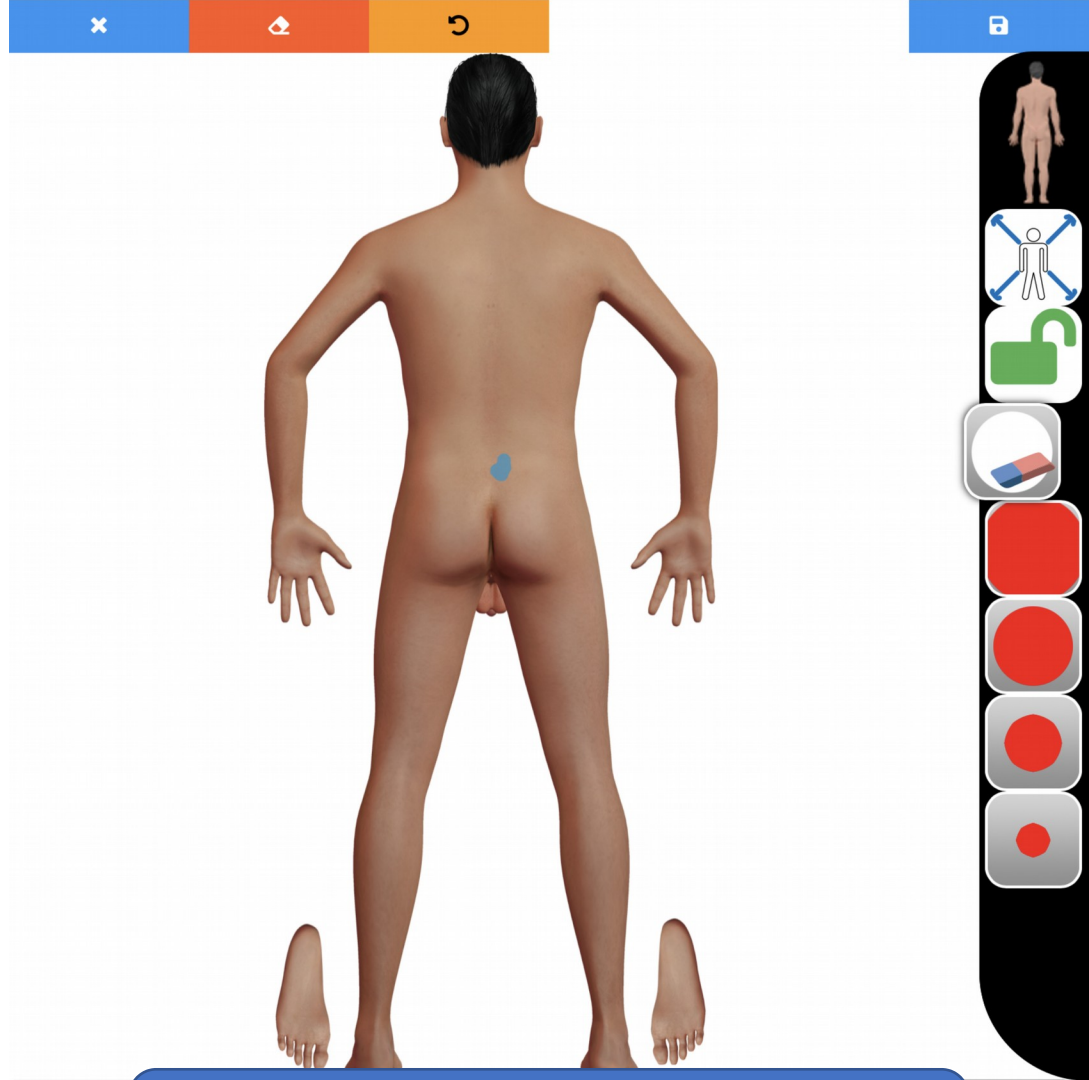
LOW	MEDIUM	INTENSE	INTENSE	DATA
85.5%	0%	14.5%	0%	46
39 cM ²	0 cM ²	7 cM ²	0 cM ²	CM ²

GPS →



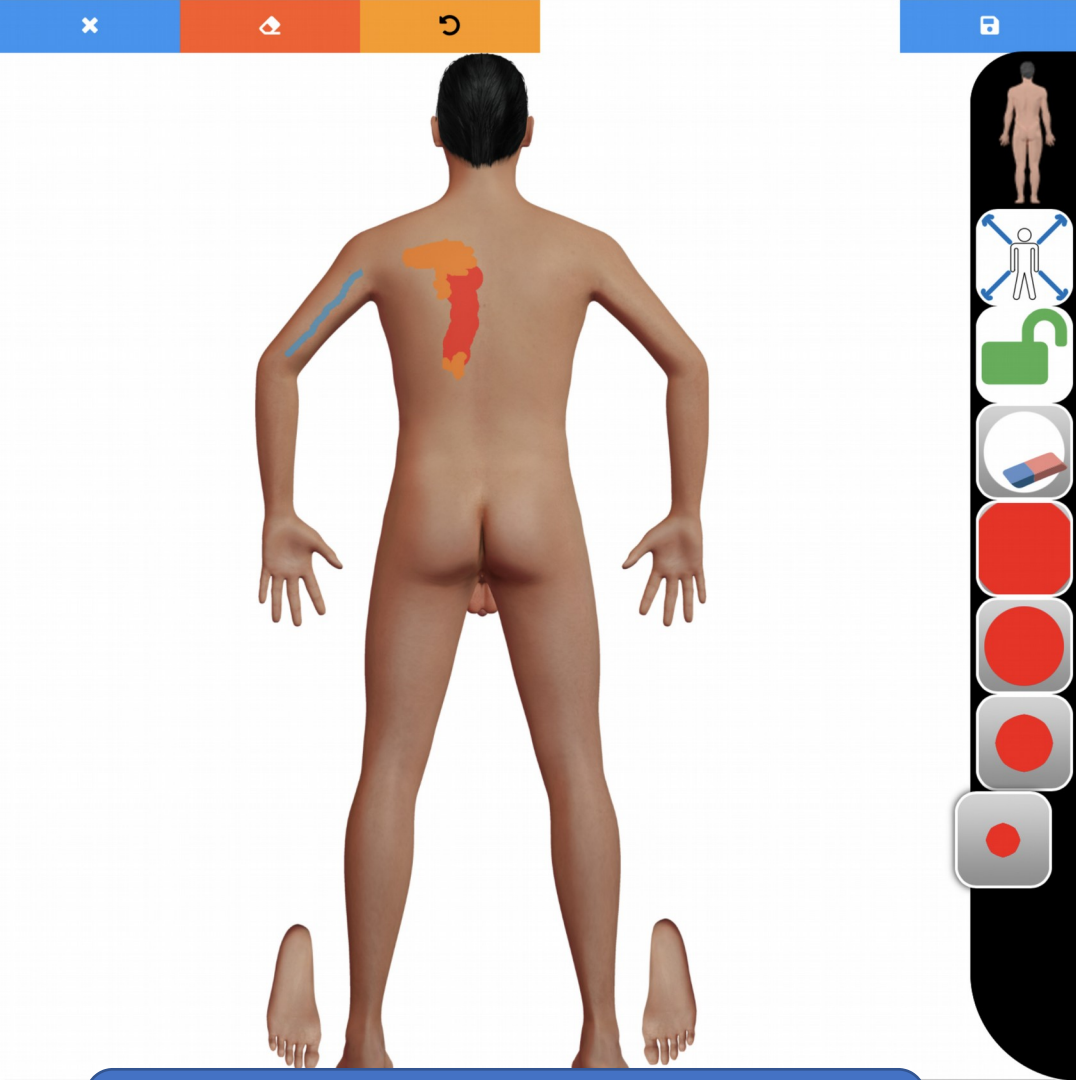
Après flexion

LOW	MEDIUM	INTENSE	INTENSE	
56.6%	29.7%	12.6%	1.1%	<i>GPS</i> →
107 cm²	56 cm²	24 cm²	2 cm²	189 cm²



Après extension

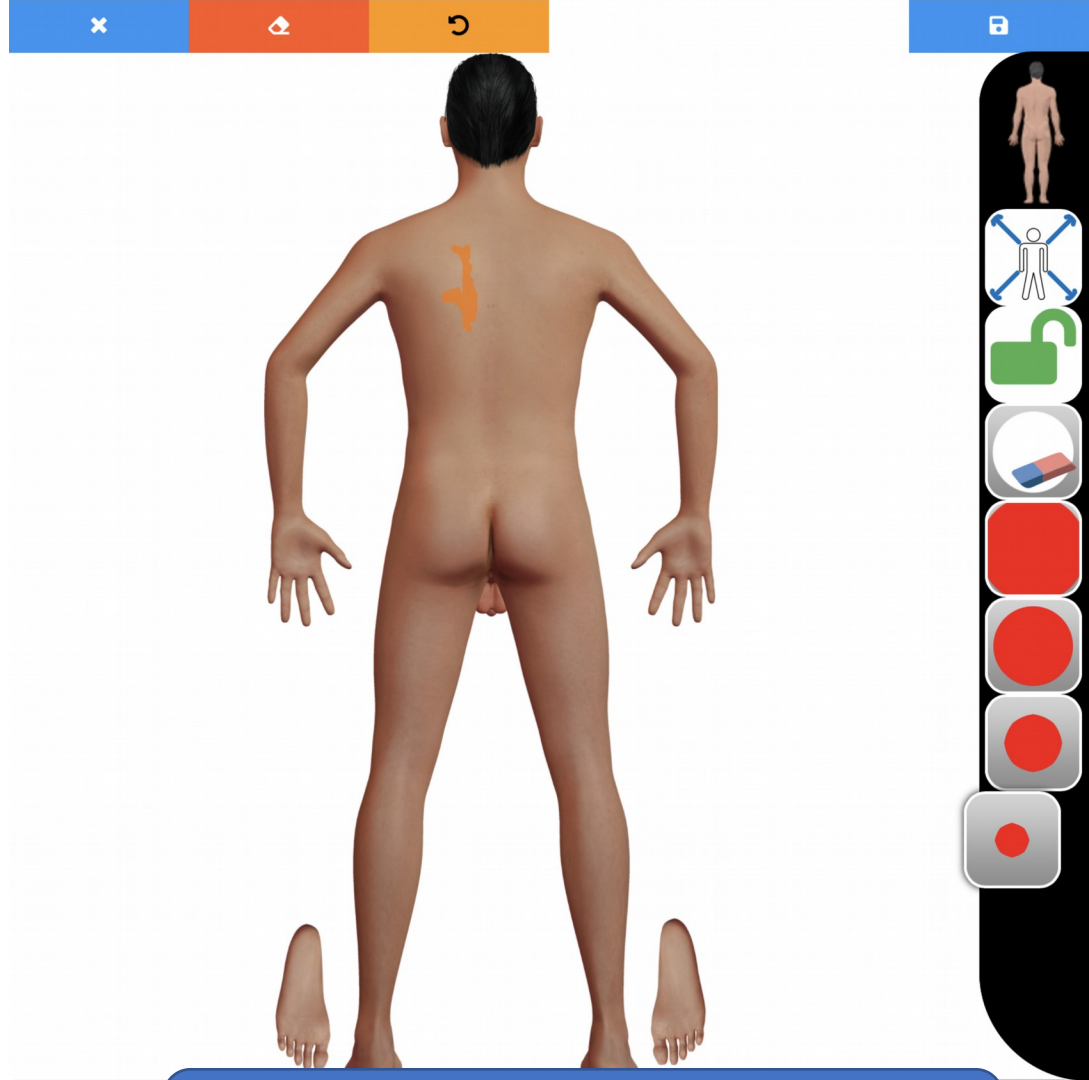
LOW	MEDIUM	INTENSE	INTENSE	
60.4%	39.6%	0%	0%	<i>GPS</i> →
17 cm²	11 cm²	0 cm²	0 cm²	28 cm²



Début séance 1

LOW	MEDIUM	INTENSE	INTENSE	DATA
0%	12.9%	45.4%	41.6%	185
0 cm²	24 cm²	84 cm²	77 cm²	CM ²

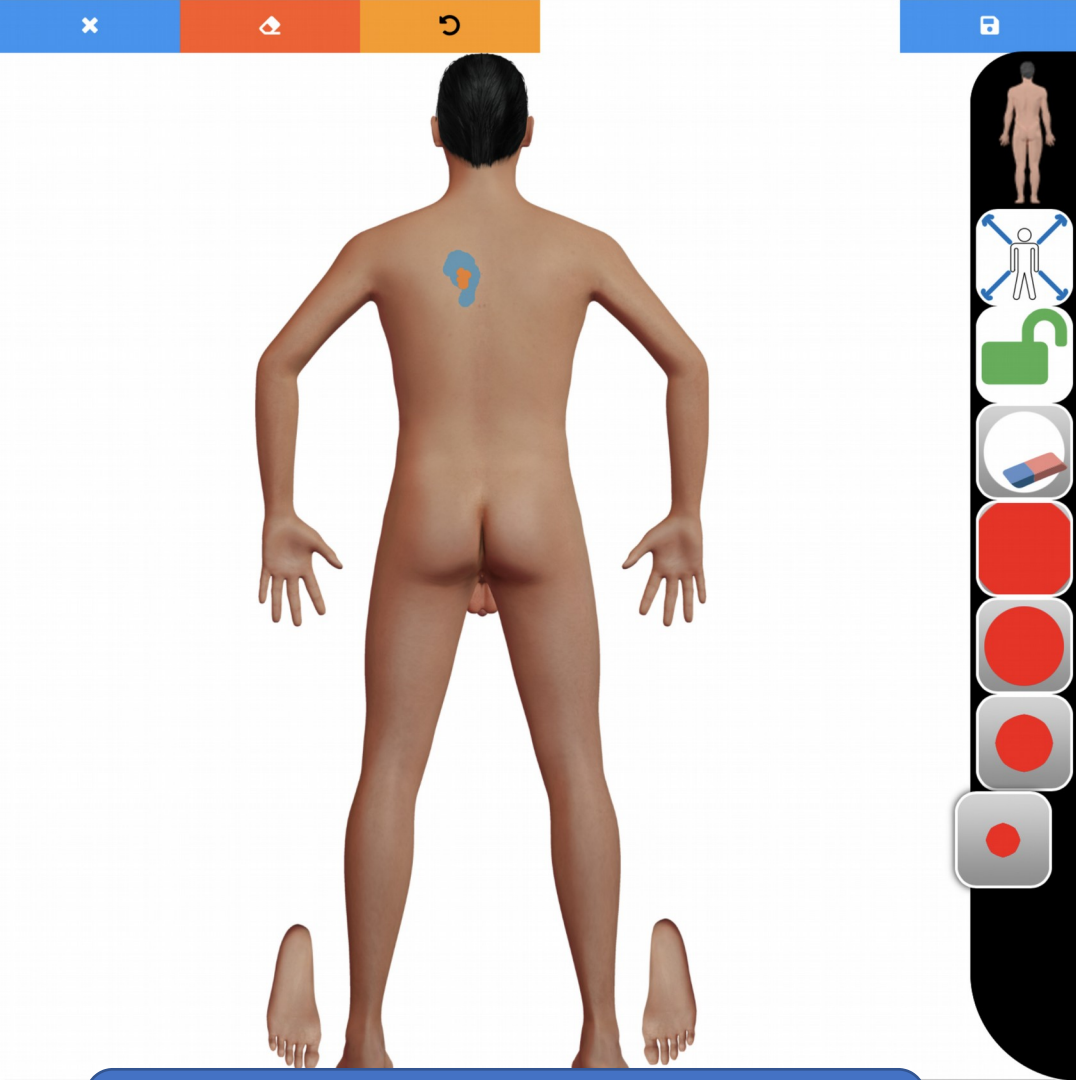
GPS →



Fin séance 1

LOW	MEDIUM	INTENSE	INTENSE	DATA
0%	0%	100%	0%	41
0 cm²	0 cm²	41 cm²	0 cm²	CM ²

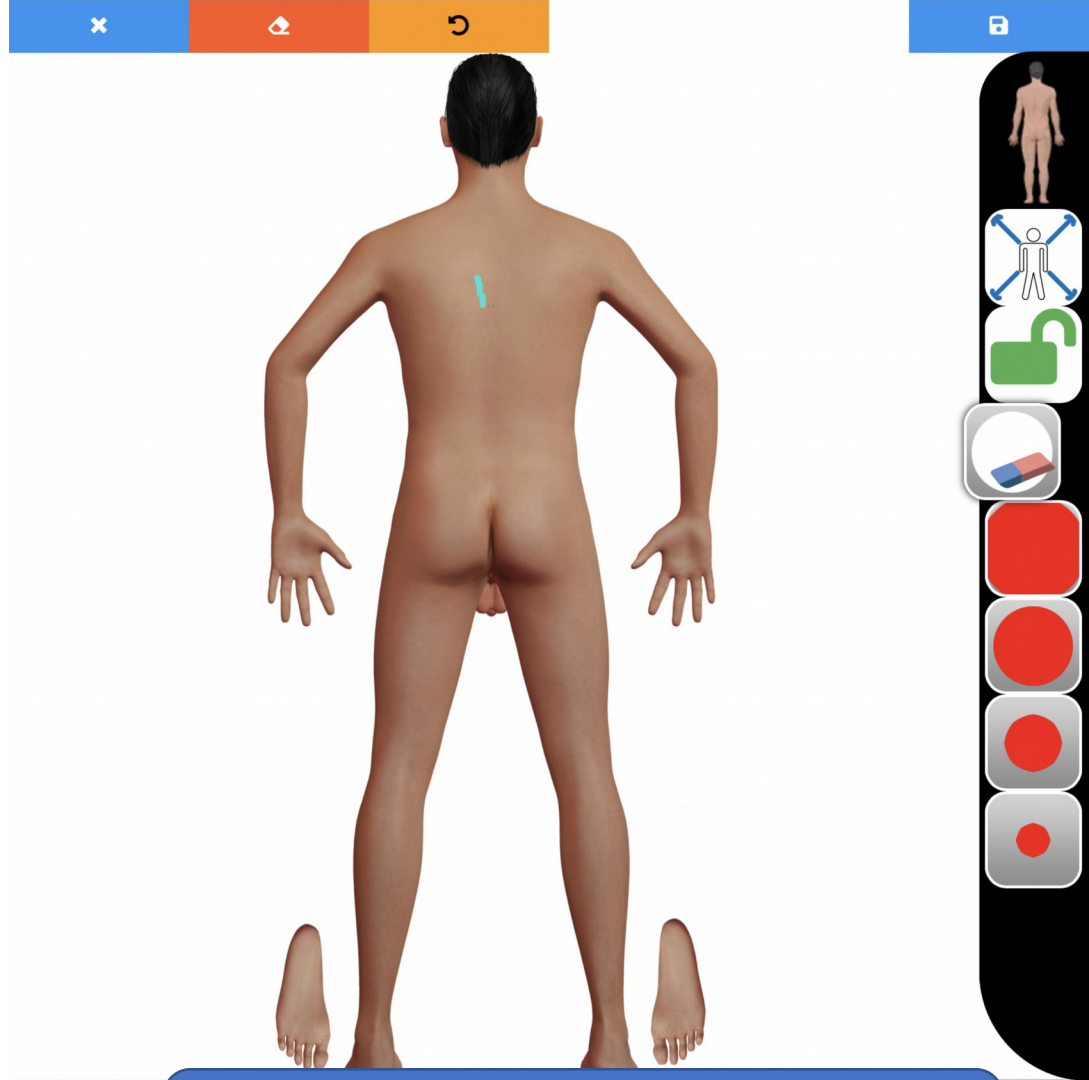
GPS →



Séance 2

LOW	MEDIUM	INTENSE	INTENSE	DATA
0%	82.6%	17.4%	0%	41
0 cm²	34 cm²	7 cm²	0 cm²	CM ²

GPS →

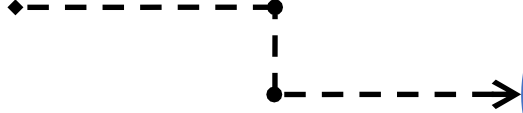


Séance 3

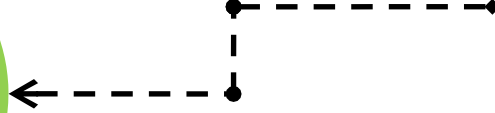
LOW	MEDIUM	INTENSE	INTENSE	DATA
100%	0%	0%	0%	7
7 cm²	0 cm²	0 cm²	0 cm²	CM ²

GPS →

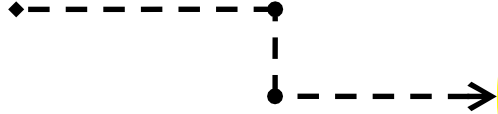
Réduction



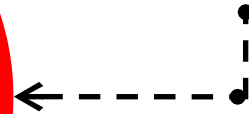
Maintien



Récupération



Prophylaxie



*Étapes du
Traitement*



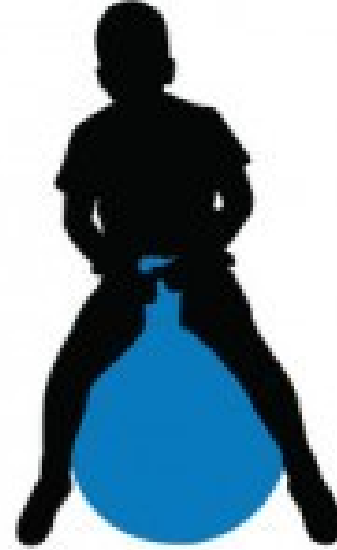
Progression



Suivi de

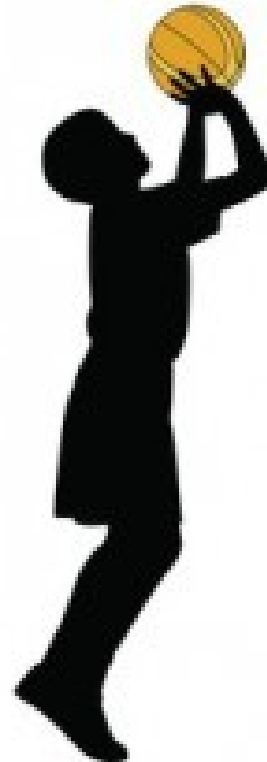
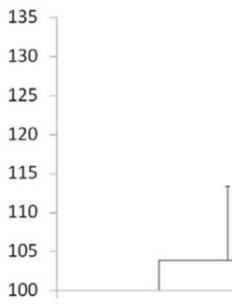


OPEN



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Figure 1. Runn
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Journées d'Échanges Pluri-Professionnelles de l'AFMcK Du 26 au 28 mars 2020

Inscriptions très prochainement



INFOS POUR PATIENTS

En savoir plus sur les bénéfices pour le Patient

INFOS POUR PRATICIENS

En savoir plus sur l'AFMcK

Vous avez mal au dos ? A l'épaule ? Des douleurs persistantes ?

Vous voulez faire le moins de séances de kiné possible, prendre le contrôle de vos douleurs, reprendre vos activités ?

Alors rapprochez-vous d'un praticien **McKenzie** !

McKenzie, une méthode qui vous redonne le pouvoir !

[En savoir plus >](#)



LES PRATICIENS

Sur cette carte, vous pouvez avoir accès à une liste de