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Spine Team Texas' physical therapists complete The McKenzie Method training and certification

Utilizing a consistent methodology for continuity of spine care in physical therapy

Southlake, Texas—(July 2014) Spine Team Texas continues to stay at the forefront in complete spine care—from diagnosis to treatment and recovery. Currently all physical therapists at Spine Team Texas' locations are either certified in or training for certification in The McKenzie Method. Two therapists, Craig Cunningham and Theresa Adame, have recently completed the extensive program.

"We require certification of our therapists because we believe utilizing The McKenzie Method results in better outcomes for spine pain patients," said Mark Hood, CEO of Spine Team Texas. "Having every physical therapist proficient in the same method translates to a continuity of care among our therapists across our locations."

About The McKenzie Method

In its truest sense, McKenzie is a comprehensive approach to the spine based on sound principles and fundamentals that, when understood and followed accordingly, are very successful. It all begins with an assessment—a well-defined algorithm that leads to the simple classification of spinal-related disorders. It is based on a consistent "cause and effect" relationship between historical pain behavior as well as the pain response to repeated test movements, positions and activities during the assessment process.

From there, a plan is developed that emphasizes patient education and active involvement in the management of their treatment program. The goal is three-fold: to decrease pain quickly, restore function and independence, and minimize the number of visits to the clinic.

Finally, patients gain the knowledge and ability to self-treat their problems, thereby minimizing the risk of recurrence and allowing them to successfully manage their symptoms as they occur.

About the Therapists



Craig Cunningham holds a Doctorate of Physical Therapy from Texas Tech University Health Sciences Center. He obtained his Bachelor of Science in kinesiology from Texas A&M University, with a specialization in Applied Exercise Physiology. He sees patients at Spine Team Texas' Rockwall clinic.



Theresa J. Adame has over 25 years of clinical and management experience. She is a graduate of Texas Woman's University, where she received her Bachelor of Science from the university's Department of Physical Therapy. Theresa also holds a Bachelor of Science from Lamar University's Department of Dance. Theresa sees patients at SpineTeam Texas' Southlake clinic.

About Spine Team Texas

Spine Team Texas is a comprehensive spine center specializing in the treatment of neck and back pain, ranging from simple back or neck strains to the most complex spine surgeries. Through in-depth knowledge and a team approach to care, Spine Team Texas physicians and medical staff are dedicated to treating patients conservatively through education, spine-focused physical therapy, non-surgical treatments, and minimally-invasive spine surgery as a last resort or when medically necessary.

The comprehensive team includes physiatrists, specialized in acute spine pain management; neurosurgeons and an orthopedic surgeon, specializing in minimally-invasive spine surgery techniques; spine-focused physical therapists; anesthesiologists, fellowship-trained in chronic spine pain management; and on-site registered nurses who help patients return to everyday activities. Established in December 2004, Spine Team Texas is headquartered in Southlake, Texas. The practice opened a full-service, sister-facility in March 2009 in Rockwall, Texas, and one in Fort Worth, Texas (Alliance) in 2013. For more information, please visit SpineTeamTexas.com or follow on Facebook at [Facebook.com/SpineTeamTexas](https://www.facebook.com/SpineTeamTexas). Call **817.442.9300** to schedule a full spine consultation or for more spine-specialized information from Spine Team Texas.