Therapy may help some back pain sufferers

BY ANNA WILSON
BLUE RIDGE HEALTHCARE

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One of the methods Martin employs is the McKenzie Method, diagnosis and Therapy of the spine (MDT). He is certified in MDT and says it is oriented so that the patient learns to live with and understand why they are asking them to keep doing it. Martin said it is the preferred treatment, but if a patient has no other options, he will recommend surgery or any other therapy, please call Mountain Orthopaedics at 580-4229. Mountain Or-thopaedics has offices in Marion, Morganton, Rutherford College and Marion.

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