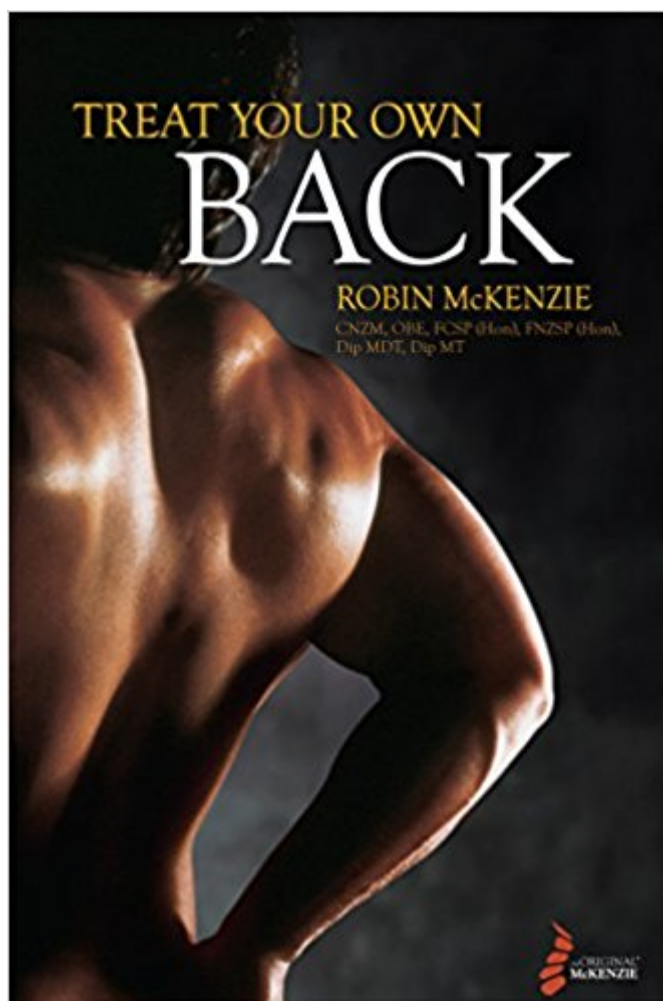


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# Treat Your Own Back



## Synopsis

Helping thousands of back pain sufferers worldwide, this book offers do-it-yourself relief of lower back pain through postural changes, ergonomics and simple exercises. It provides a clear understanding of the causes and treatments of persistent back pain. The completely revised and formatted ninth edition of the landmark patient book contains easy-to-read, updated content, new photos and numerous pages of education and clinically-proven exercises utilizing the renowned McKenzie Method<sup>®</sup>. Written by Robin McKenzie. Illustrated. Softcover; 112 pages.

## Book Information

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## Customer Reviews

Robin McKenzie, CNZM, OBE, FCSP (Hon), FNZSP (Hon), Dip MDT, Dip MTF for over 50 years, The McKenzie Method<sup>®</sup> has put the power in the patient's hands, utilizing education and self-treatment strategies to provide long-lasting relief from pain. The late Robin McKenzie was a renowned spinal expert and an authority on the treatment of lower back and neck pain. His method of Mechanical Diagnosis and Therapy<sup>®</sup> (MDT) is taught by clinicians around the world. MDT, along with his heralded series of books, DVDs, rolls and supports, has helped hundreds of thousands of people achieve freedom from back, neck, shoulder and knee pain.

This book talks a lot about posture and how it can affect your back. Posture suggestions follow. The exercises recommended for most cases of back pain involve a person bending their spine backwards. These are done in the standing and on-your-stomach positions. One thing I did notice

about this back pain book is that it contains no exercises to strengthen your back- which I think is strange as it is well documented in the back literature that people with back pain have smaller than normal back muscles (Parkkola 1993 and Daneels 2000) when examined with CT scans and MRI's as well as weaker than normal back muscles (Smidt 1983 and Mayer 1985 and Mayer 1989 and Roy 1989 and Cassisi 1993). On this basis, I felt that this book was overlooking this important point and should probably address it with at least one strengthening exercise (I rec<sup>o</sup> *Â* *Â* Treat Your Own Spinal Stenosis<sup>o</sup> *Â* *Â* for that). Having said that, I think this book will be most helpful for people with back pain that radiates into one or both legs due to a disc problem. People with spinal stenosis or a slippage of one vertebrae over the other (called a spondylolisthesis) will want to be careful with the backward bending motion as this might actually aggravate their pain.

Excellent book for self-treatment and prevention of back pain and symptoms going into the buttocks and leg to the foot. If a person can get relief following the directions, he/she should use the McKenzie website [...] to find a certified McKenzie practitioner to take the person to a point where self-treatment and prevention become part of a new way to help prevent surgery or life-long pain. It saves a lot of time and money using thus method of treatment. I have utilized it successfully on myself and friends.

I have had a bad back for years. Trust me you can save a ton of money instead of heading to the doctor or chiropractor when your back goes out, just buy this book, read it cover to cover and do all the exercises herein. Fixes you up and quick, without drugs, injections, surgery (I've had them all BTW). Do not do as I did and throw the book away once you get better. To keep your back from going out again, you have to do the exercises in the book every day.

This book honestly saved my lower back and gave me a better quality of life. I had been dealing with excruciating lower back pain on and off for over two years. I had these episodes that would cause my lower back to seize up and I would have to lay in the bed for a couple of days taking muscle relaxers and pain killers. I was to the point that I would have gladly jumped onto an operating table if someone could take the pain away. Did I mention I am 30 years old! I tried everything- pain meds, massage, chiropractor, inversion table, Cortisone injection, two rounds of physical therapy....nothing worked and I was at my breaking point when someone recommended this book. I thought, "what the heck." I followed every detail for six weeks and it transformed my life. I have not had any debilitating episodes in a year and a half (and I had a baby). When I have some

tightness and mild pain I just do the exercises and it gets better over the course of a few days. I HIGHLY recommend this book! I also purchased the lumbar roll pillow. It is very helpful in keeping the correct posture in the car and office.

I'm a spine surgeon, and routinely recommend this book and "Treat your own neck" to my patients. Even if you have done physical therapy it is a good reference to have if you have recurrent low back pain. A worthy investment for a better quality of life. But remember: you have to DO the exercises too!

Every body who has any kind of lower back pain issues should read this and for sure they will get better help from this as compared to lot of doctors. After visiting 3 doctors for lower back issue I felt this book has better advice. Not saying should not visit doctor but along with read this book too and for sure you will feel better by following some simple life style adjustments.

This book could change your life. I was diagnosed with two herniated discs 15 years ago and due to a lower back fracture (L4/L5) when I was twenty, could not opt for the surgery. The exercises in this book have helped me stay working and actively playing flag football for the past 15 years.

This book is for you if you suffer from lower back pain. I had a herniated disc appear in 2014 and went through a great deal of pain and discomfort. After many visits to the chiropractor and physical therapist, I healed to about 85% of my previous health. I would still experience lower back pain centered around the L5 area. I started doing these exercises every day and found that as long as I do them, they keep back pain away. The key is to do the exercises. I highly recommend this book for anyone with back issues. Don't be afraid to move--it's the only thing that will get you well!!!

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