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The book includes 83 colour
photographs. Robin McKenzie
is recognized
internationally as an
authority on the diagnosis

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and treatment of lower back pain. He has lectured internationally and his therapy is taught and practiced worldwide.

McKenzie Exercises for Sciatica and Low Back Pain

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Most people alleviate their own pain by performing the basic McKenzie exercises. To enhance your self-management, you may benefit from a McKenzie lumbar or cervical roll, or McKenzie's self-help books. These books

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have helped millions of people worldwide to treat, relieve and prevent their lower back pain and neck pain.

**Treat Your Own Back by Robin
McKenzie**

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Now learn to Treat Your Own Back from this DVD. Robin McKenzie is a world renowned Back Pain GURU. The McKenzie Method gives you Effective, Affordable, Self-treatment for LIFE.

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Written by Robin McKenzie,
this worldwide best-selling
book on back pain self-
treatment features home

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exercises designed to reduce and eliminate lower back pain and sciatica. Helping thousands of back-pain sufferers worldwide, Treat Your Own Back offers do-it-yourself relief of lower back pain through postural

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changes, ergonomics and
simple exercises.

Welcome

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Bought it and it's working

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as advertised. My pain is greatly diminished and I walk normally. If your L5/S1 and/or L4/L5 discs are bulging, you can actually reverse it and suck the discs back into place. The pain moves back up your

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legs, from feet to calves to
thighs to buttocks and
towards your spine.

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This exercise from Robin McKenzie , PT is very helpful in reducing this kind of pain quickly, but it helps to learn what you're likely doing to cause your back pain. ... (Treat Your Own Back DVD ...

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Welcome! An accidental
discovery by Robin McKenzie,
a New Zealand physical
therapist, makes most back

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and neck pain easy to treat on your own. The McKenzie Method® has been written up in numerous medical journal articles and is now used by thousands...

Treat Your Own Back – Robin

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McKenzie - The DVD

Robin McKenzie's Treat Your Own Back is a companion book to his Treat Your Own Neck. Both are consumer friendly how-to books giving background, exercises and lifestyle tips to address

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spine pain. Treat Your Own Back, as the name suggests, focuses on the low back.

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In his book, Treat Your Own

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Back, Robin McKenzie, a physical therapist and president of The McKenzie Institute, a not-for-profit organization with its headquarters in New Zealand, claims to provide you with the INs and OUTs of

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Treat Your Own Back™ Spanish
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treatment protocol,

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individualized with Treat Your Own Back™ in Spanish, helps eliminate guesswork and provides effective long-term back self-management. Robin McKenzie's international best seller. Must-have reference for both

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patient and clinician.

Robin McKenzie's Treat Your Own Back Book Review

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