

## Treat Your Own Back By Robin Mckenzie

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Treat Your Own Back Many people suffer from acute or chronic back pain and have tried holistic adjustment approaches through chiropractic care, physical therapy, and osteopaths. Yet relief still eludes those suffering with pain, even for some who have had invasive surgery.

*Treat Your Own Back by Robin McKenzie - Goodreads*

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Helping thousands of back-pain sufferers worldwide, Treat Your Own Back offers do-it-yourself relief of lower back pain through postural changes, ergonomics and simple exercises. It offers a clear understanding of the causes and treatments of persistent back pain. The completely revised and formatted 9th 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 \u2609.

*Treat Your Own Back 9th Ed. | Robin McKenzie | OPTP*

Treat Your Own Back. This patient handbook provides an easy to follow self-treatment plan to quickly and effectively diagnose, treat, alleviate and manage debilitating back and related pains, even for the long-term sufferer. First published in 1980 and the first in best-selling Treat Your Own series by internationally renowned Robin McKenzie OBE, this book distills the essence of the McKenzie Method \u2609 of Mechanical Diagnosis and Therapy \u2609, as taught to medical professionals worldwide, in an ...

*Treat Your Own Back | Self-treatment Book | Lower-back Pain*

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Press-ups are one of the main exercises to treat back pain: Begin by laying flat on your stomach with your elbows bent and your hands flat on the ground under your shoulders. Keep your back and hips relaxed, and then use your arms to press your upper back and shoulders up (similar to the upward dog yoga pose).

*McKenzie Exercises for Low Back Pain - Verywell Health*

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This website teaches you how to Treat Your Own Back and Treat Your Own Neck using simple techniques that you can try on your own right now, wherever you are in the world! An accidental discovery by Robin McKenzie, a New Zealand physical therapist, makes most back and neck pain easy to treat on your own.

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*Editions of Treat Your Own Back by Robin McKenzie*

The treatment could pretty much be summarized as "lie on your tummy and do push ups". If it helps, keep doing them. Generally very simple and readable, and worth a try if you've got a bad back. I know physios have been recommending this book for years, so it must be OK.

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Treat Your Own Back Paperback - Illustrated, Jan. 1 2011 by Robin McKenzie (Author), McKenzie Institute International (Contributor) 4.5 out of 5 stars 1,972 ratings

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