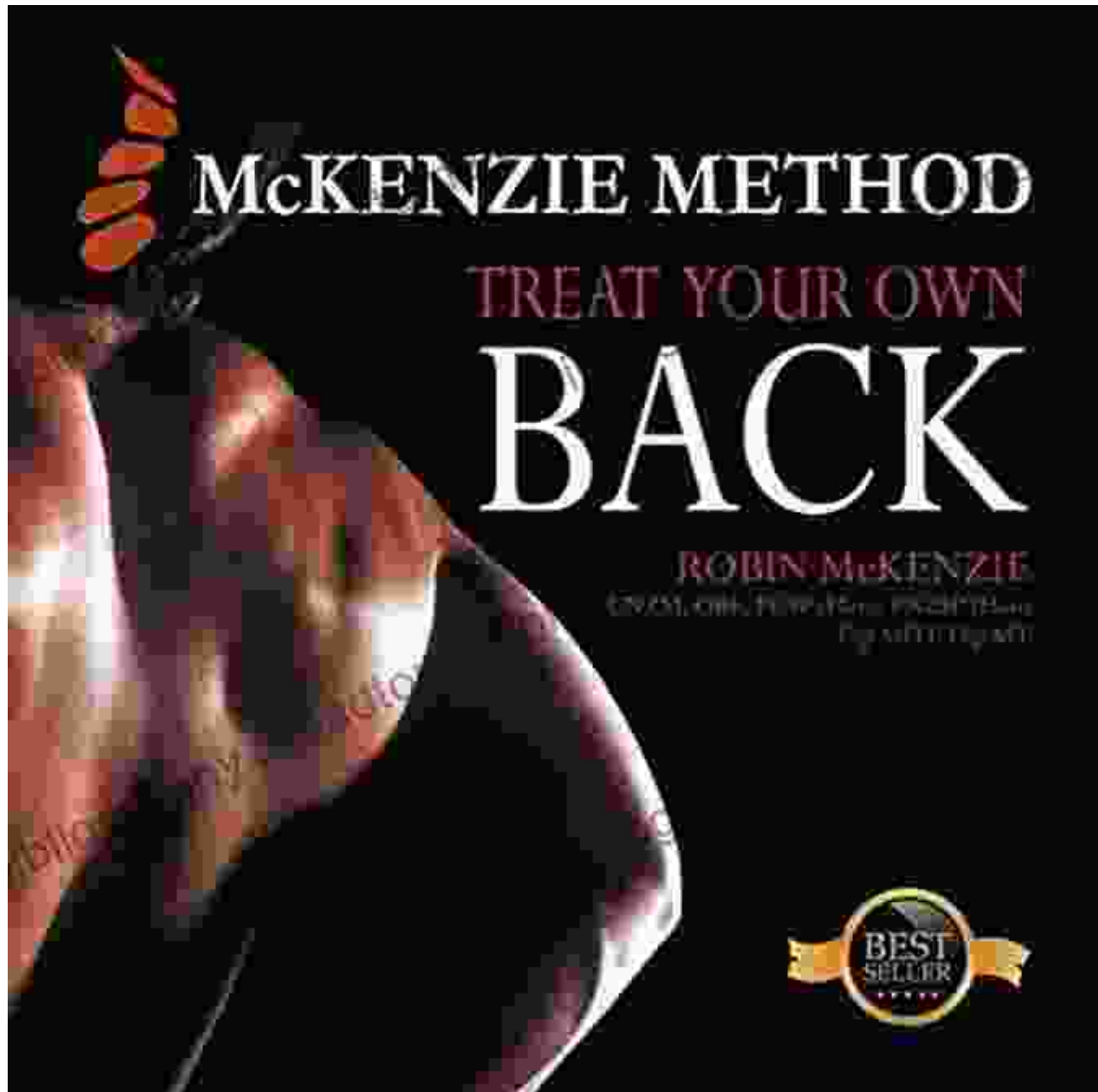


# Treat Your Own Back: The Original McKenzie Method for Back Pain Relief



## Treat Your Own Back by Robin McKenzie

★★★★☆ 4.5 out of 5

Language : English

File size : 2217 KB

Text-to-Speech : Enabled

Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 137 pages  
Lending : Enabled



If you're struggling with back pain, you're not alone. Back pain is one of the most common medical problems, affecting up to 80% of the population at some point in their lives.

The good news is that most back pain is not serious and can be treated with simple measures, such as rest, ice, and over-the-counter pain relievers.

However, if your back pain is severe or doesn't improve with home treatment, it's important to see a doctor to rule out any underlying medical conditions.

One of the most effective treatments for back pain is the McKenzie Method, developed by renowned physiotherapist Robin McKenzie.

The McKenzie Method is a self-treatment approach that teaches you how to identify and treat the underlying cause of your back pain.

The McKenzie Method is based on the principle that most back pain is caused by mechanical problems, such as muscle strains, ligament sprains, and disc injuries.

By understanding the mechanics of your back pain, you can learn how to perform specific exercises and stretches that will help to relieve your pain.

Treat Your Own Back is the definitive guide to the McKenzie Method.

In this book, Robin McKenzie explains the principles of the McKenzie Method and provides step-by-step instructions for performing the exercises and stretches.

Treat Your Own Back has helped millions of people around the world find relief from their back pain.

If you're struggling with back pain, I urge you to give the McKenzie Method a try.

With Treat Your Own Back, you can learn how to take control of your back pain and get back to living a full and active life.

## **Free Download Your Copy of Treat Your Own Back Today!**

Treat Your Own Back is available in bookstores and online.

To Free Download your copy today, click on the following link:

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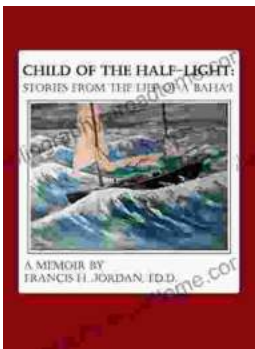
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