

[PDF] Treat Your Own Back

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Description:

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®.

Written by Robin McKenzie. Illustrated. Softcover; 112 pages.

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