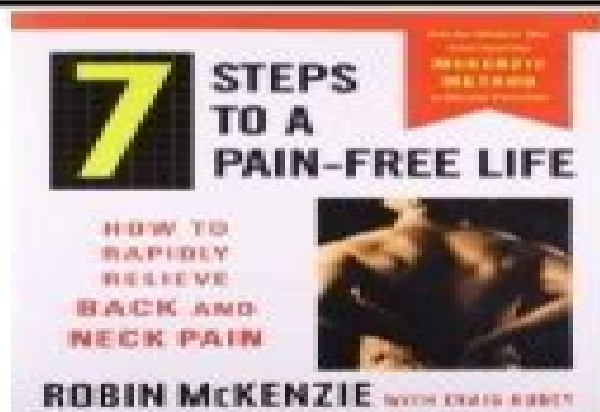


PDF Online 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain - Audiobooks



Book details

- Publisher : Robin McKenzie
- Page : 224 page
- Language : English
- Publication : 2001-10-01
- isbn : 0452282772

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Book Synopsis

The phenomenon known as the McKenzie Method has helped millions of people with chronic back and neck pain. In **7 Steps to a Pain-Free Life**, its founder, world-renowned physical therapist Robin McKenzie, shares the innovative program that can save you from a life of pain. **7 Steps to a Pain-Free Life** combines and enhances McKenzie's back and neck books that have sold more than 5.5 million copies worldwide.

The 7 essential steps that make up the McKenzie Method have become the keystone for back and neck care in 35 countries, including the United States. In this easy-to-follow, fully illustrated book, you'll read about:

- Common causes of lower-back and neck pain
- The vital role discs play in back and neck health
- Easy exercises that alleviate pain immediately
- How to stay out of pain

Complete with more than 150 photos and illustrations, and considered the treatment of choice by health care professionals throughout the world, **7 Steps to a Pain-Free Life** will help you get out of pain and stay out of pain. It is an invaluable tool for better health.

Book Synopsis

What causes chronic, debilitating back pain, one of the most common—and expensive to treat—ailments in the world? According to Robin McKenzie, a New Zealand physiotherapist for over 40 years and author of the wildly popular self-help manuals *Treat Your Own Back* and *Treat Your Own Neck*, distortion of the spinal discs—either from bad posture or injury—is the cause of the pain. The magic cure is the McKenzie Method—seven very specific exercises that allow the spine to return to its natural position. But forget the doctors—McKenzie asserts that the management of your back pain is your responsibility. Practice his seven unique exercises (the book includes seven each for the back and neck) consistently and at regular intervals and just about anyone can cure his or her own back or neck pain without the help of professionals. McKenzie believes self-treatment is actually more successful than medical interventions like surgery, chiropractic, or physical therapy, and indeed, recent research does show self-treatment to be a highly effective method.

More richly detailed and in-depth than his previous books, this volume is illustrated with over 100 photos and liberally peppered with real-life case histories. Starting with an analysis of how the back and neck work, it moves on to a discussion of the common causes of pain—bad posture is most often to blame. At the core is a detailed explanation of how to do the McKenzie Method exercises, when to apply them, and how to adjust your personal program over time. Included are instructions for people who suffer with acute back and neck pain (with appropriate cautions regarding when to call a medical professional) as

Seven Steps To A Pain Free Life

Jiyuan Zhang



Seven Steps To A Pain Free Life:

Seven Steps To A Pain Free Life Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Seven Steps To A Pain Free Life**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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