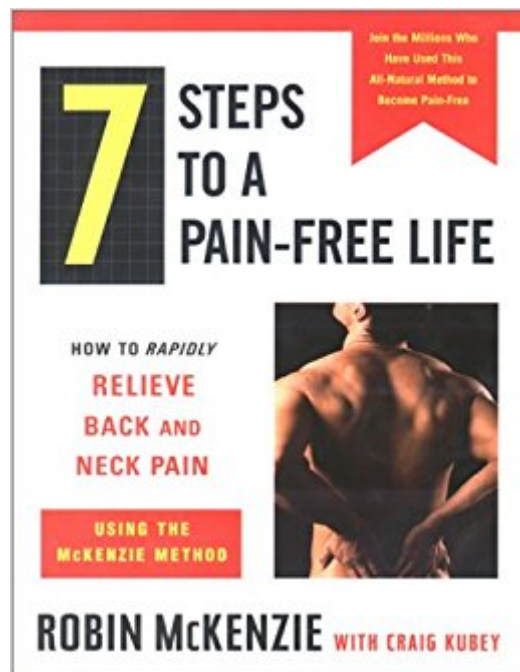




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# 7 Steps To A Pain-Free Life : How To Rapidly Relieve Back And Neck Pain Using The McKenzie Method



## Synopsis

Considered by thousands of health care providers to be the ultimate first treatment of choice for back and neck pain, the seven steps that make up the McKenzie Method have become the keystone for back and neck care in 35 countries, including the United States. Since 1980, when Robin McKenzie first self-published his innovative program, more than 3.5 million people have bought *Treat Your Own Back* and more than 2 million have bought *Treat Your Own Neck* from their doctors, chiropractors, or physical therapists. Now Robin McKenzie and Craig Kubey offer a more detailed and complete program that should become known as the bible of back and neck care. The exercises included here are easy to follow and there are no drugs or medications to take in this program. Complete with more than 100 photos, *7 Steps to a Pain-Free Life* is an invaluable tool for better health.

## Book Information

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## Customer Reviews

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 disks--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 well as for people in special situations like pregnant women, athletes, and seniors. An impassioned introduction by coauthor Craig Kubey, a satisfied convert after suffering intense back and neck pain as a result of several auto accidents, could very well make a believer out of anyone. --Marianne Painter

In *7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method*, Robin McKenzie (*Treat Your Own Back*) explains that people suffer from lower back and neck pain when their lumbar and cervical lordosis (the curvature of the lower back and neck) is strained by poor posture or bending incorrectly to lift something. Through exercises that extend and flex the back and neck, he maintains, the reader can eliminate pain and the cost of frequent visits to a physical therapist or chiropractor. Copyright 2000 Reed Business Information, Inc.

McKenzie is a genius!! This book helped me immensely and reduced the neck and shoulder pain, which I was suffering with, from the last 3 months, in a matter of a few days! I can now move pain free and actually hold my head up because of these exercises! I even tried his exercises (from YouTube for leg pain) and it was gone.. He knew what he was talking about and I'm baffled that not many people (include me) didnt/dont know about his contributions. I'm definitely getting more as presents to other acute sufferers. Also thanks to for shining light on this book, via comments, which got me interested in the first place.

This was a great book! I have two protruding discs in my lower back. I re-injured my back causing pinched nerves and much pain requiring a visit to my Orthopedic doctor who recommended this book. After doing the exercises for several days, it took the the pain and centralized it to one area in

my lower back, just like it said it would. I was able to tolerate the dull pain until the inflammation went away. This book explains how the spine works and how its natural curves in the neck and lower back can easily be pushed out due to bad posture, lifting, etc. I would recommend the book rather than the kindle. I purchased this book on my kindle and wished I had purchased the hard cover book. It has pictures to show how to do the exercises and the kindle is just harder to refer back and forth through the pictures.

I spent about a \$2000 on several chiropractors, acupuncture, et al . . .and then tried this book. Within 3 weeks, 80% of my pain and problem were solved. Another 3 weeks and 90% pain free and problem solved. I'll have an issue for the rest of my life, but the methods in 7 Steps to a Pain Free Life by McKenzie will keep me 80-95% pain free for life. Without quackery surgery or snake oil adjustments and keeping the so called health care Doctors in their McMansions. 95% of today's doctors and chiropractors will give you the wrong exercises to do. You'll find out in the book.

This is May, 2016. Initially in 2012, my right foot was hurting, but over the course of a couple months pain progressed to low back, right lower extremity seeming to concentrate in the knee. Only comfort to be found was on the floor, draped over an exercise ball, rocking like a baby between visits to the chiro and massage therapist. I screamed in the car on the way to the chiro when I had to use the accelerator the pain was so bad. Found the McKenzie information online 5 months into the pain. Within 3 days of doing the exercises, first lying flat, then propped on elbows, I finally experienced some relief from the knee pain and was able to actually sleep a few hours in a row. Able to walk circles around my couch within the first couple weeks, still with low back pain but easier to take now that the pain wasn't coursing up and down my leg and knee. Just like the book said, pain had centralized closer to my low back. That was 4 years ago. Still now, if I feel a twinge, or if I'm doing a lot of bent forward work, I get on the floor and do 10 - 3 second cobra pose, letting my pelvis sink and I have avoided that debilitating pain. Thank you Robin McKenzie, RIP

I have changed my initial 5 star rating to 3 stars after a couple of weeks of doing these exercises. It was initially very helpful with neck pain, but my neck went out of alignment after doing neck exercises 5-7, so I had to return to the chiropractor for an adjustment. I continued to do exercises 1 & 2, which seemed to help when my neck hurt. I slept with a towel roll under my neck and a lumbar roll under the small of my back, as he recommended. My neck pain was always worse when I woke up and my low back felt stiff and tight. I continued, hoping that I would eventually get used to

it. However, a week and a half later, I accidentally came across Esther Gokhale's "8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot." I was curious to see what that was all about. 300 reviews averaging 5 stars!! Hmm...must have SOME merit worth looking into!! I read some of the reviews and was very interested in what she was all about. So, I watched numerous youtube videos of her lectures and it made so much sense!! So, I ordered the book and the DVD. I have been practicing her posturing, which is different from the conventional "good posture" as has been taught in the Western culture, and as Mckenzie shows in his book. I was raised in Korea, so I could clearly see all that she was saying about better posture in undeveloped countries as being true. Western culture says to tuck your buttocks in. Gokhale's method says to stick your tail out, but not with a sway back. I could see how this made complete sense, because I injured my back in 1980 by falling flat on my tailbone on a huge rock. I have had back and neck pains ever since! I had been told to tuck in my buttocks to support my back. I had noticed that all the photos after my fall show my buttocks tucked in....rounded shoulders, etc. After reading Gokhale's book, I pulled out my photo album from my younger days before I had any pain. In all of them, I had the perfect Gokhale posture, my tail sticking out just the right amount, my upper body nice and tall! It only makes so much sense!! I have been using her method and have had so much more success! The beauty of her method is that I learn to hold my body very differently than I have been and that in itself is the exercise! Neck pains have mysteriously disappeared. I do not have to stop what I am doing to remember to do a certain repetition of exercises so many times per day! I love it and I highly recommend her method over Mckenzie's or traditional PT! Gokhale does away with cervical pillows and lumbar supports. If you try her methods, just by watching on youtube, you will see that it is much more comfortable and natural feeling. She is all about properly aligning the spine....walking properly, etc. So, although I had initially thought that Mckenzie's method was the answer to prayer, it served to be the vehicle to the real answer to prayer! Well...since I am not using Mckenzie's methods anymore, I would give it no stars but in all fairness, it did help some when I had nothing else.

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