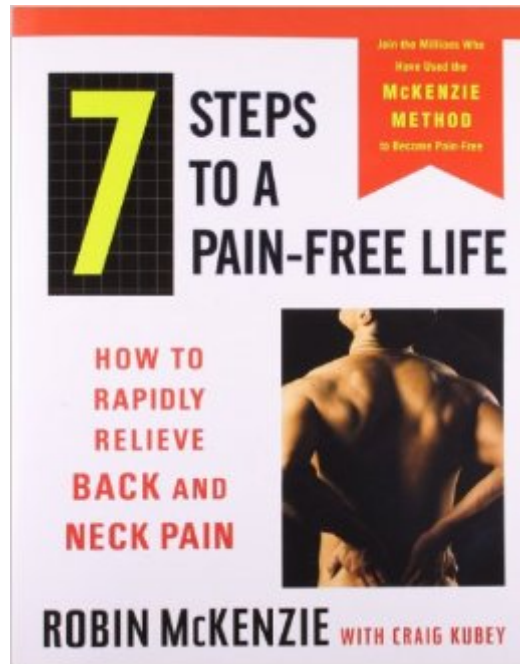


The book was found

7 Steps To A Pain-Free Life: How To Rapidly Relieve Back And Neck Pain



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 Information

Paperback: 224 pages

Publisher: Plume; Reissue edition (October 1, 2001)

Language: English

ISBN-10: 0452282772

ISBN-13: 978-0452282773

Product Dimensions: 7.2 x 0.5 x 9.3 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (277 customer reviews)

Best Sellers Rank: #148,183 in Books (See Top 100 in Books) #31 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #51 in [Books > Medical Books > Pharmacology > Pain Medicine](#) #82 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

Customer Reviews

In February 2002 I developed a problem with my back after a rough racquetball game, followed by shoveling heavy snow a few weeks later. At first, it was a subtle pain/annoyance, getting worse when sneezing, twisting, etc. But after shoveling the snow I could not get out of bed the next day. The pain was terrible, especially in the morning. I could not walk at first without pain. I could not lift my left leg. I went to the orthopedic who diagnosed "sciatica". I had an MRI done and it showed disc

bulge in all levels of my low back (L1-L2, L2-L3, L3-L4, L4-L5, L5-S1) with herniation at L4-L5.I had "pain blocks" (shots in my spine) that did not help, and only pain killers made it possible to go through the day. After several months from the first attack, I was able to walk slowly (dragging my left foot) and the pain level was reduced to general discomfort with some random pain attacks on my left leg, below the knee. There seemed to be no progress, until a friend mentioned the back extension exercises, advocated by a Physical Therapist from New Zealand, called Robin McKenzie. Until this point, I was trying to do a bit of exercises which involved flexion, usually lay on my back on the ground and bring my knees to my chest slowly. These felt comfortable but did not improve my condition. McKenzie says that you need to do the opposite, lay on your belly and push up trying to bend your back backwards. A healthy person should be able to bend his or her back both ways, forward (flexion) and backwards (extension). Apparently, I had completely lost the flexibility for bending my back backwards and my forward flexibility was severely reduced. The extensions felt extremely uncomfortable at first, even painful.

[Download to continue reading...](#)

7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery The 15 Minute Neck Release: Learn How to Quickly Relieve Neck Pain and Stiffness of a Friend or Loved One The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free,

Sugar-Free, Low Fat, High To Low Fiber Neck Check: Chronic Neck Pain Relief Once and For All
(Super Spine) Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other
Structural Pain Forever-Without Surgery or Drugs Yummy Yum for Everyone: A Childrens Allergy
Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free,
Nut-Free Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly
(BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) The
Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes!

[Dmca](#)