

# Treat Your Own Back By Robin McKenzie

7 Steps to a Pain-Free Life Manual Therapy for Musculoskeletal Pain Syndromes Treat Your Own Back [videorecording] Based on the Book "Treat Your Own Back" by Robin McKenzie, 2010 Clinical Orthopaedic Rehabilitation E-Book Rehabilitation of the Spine Multidisciplinary Spine Care Stretching in the Office Back Pain Solutions The Journal of Orthopaedic and Sports Physical Therapy The American Aberdeen-Angus Herd-book Summary of Robin McKenzie's Treat Your Own Back Physical Therapy The Australian Journal of Physiotherapy Treat Your Own Neck PT American Aberdeen-Angus Herd Book A for Andromeda to Zoo Time Golf Orthopedics Conservative Care of Low Back Pain Robin McKenzie Cesar Fernandez de las Penas Robin McKenzie S. Brent Brotzman Craig Liebson Carl E. Noe Bob Anderson Bruce I. Kodish American Aberdeen-Angus Breeders' Association Everest Media, Robin McKenzie American Angus Association National Film and Television Archive (Great Britain) Arthur H. White

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a fully revised and updated edition of the program that has sold more than 5.5 million copies worldwide plus a new chapter addressing shoulder pain since the mckenzie method was first developed in the 1960s millions of people have successfully used it to free themselves from chronic back and neck pain now robin mckenzie has updated his innovative program and added a new chapter on relieving shoulder pain in 7 steps to a pain free life you will learn common causes of lower back neck pain and shoulder pain the vital role discs play in back and neck health easy exercises that alleviate pain immediately considered the treatment of choice by health care professionals throughout the world 7 steps to a pain free life will help you find permanent relief from back neck and shoulder pain

a pioneering one stop manual which harvests the best proven approaches from physiotherapy research and practice to assist the busy clinician in real life screening diagnosis and management of patients with musculoskeletal pain across the whole body led by an experienced editorial team the chapter authors have integrated both their clinical experience and expertise with reasoning based on a neurophysiologic rationale with the most updated evidence the textbook is divided into eleven sections covering the top evidence informed techniques in massage trigger points neural muscle energy manipulations dry needling myofascial release therapeutic exercise and psychological approaches in the general introduction several authors review the epidemiology of upper and lower extremity pain syndromes and the process of taking a comprehensive history in patients affected by pain in chapter 5 the basic principles of the physical examination are covered while chapter 6 places the field of manual therapy within the context of contemporary pain neurosciences and therapeutic neuroscience education for the remaining sections the textbook alternates between the upper and lower quadrants sections 2 and 3 provide state of the art updates on mechanical neck pain whiplash thoracic outlet syndrome myelopathy radiculopathy peripartum pelvic pain joint mobilizations and manipulations and therapeutic exercises among others sections 4 to 9 review pertinent and updated aspects of the shoulder hip elbow knee the wrist and hand and finally the ankle and foot the last two sections of the book are devoted to muscle referred pain and neurodynamics the only one stop manual detailing examination and treatment of the most commonly seen pain syndromes supported by accurate scientific and clinical data over 800 illustrations demonstrating examination procedures and techniques led by an expert editorial team and contributed by internationally renowned

researchers educators and clinicians covers epidemiology and history taking highly practical with a constant clinical emphasis

the dvd teaches anatomy mechanical pain concepts postural guidelines and a mckenzie method exercise program that consists of extension flexion and modification techniques educates about the benefits of self treatment and provides a fundamental understanding of the sources of low back pain in a visual hands on format includes an interview with robin mckenzie

in clinical orthopaedic rehabilitation an evidence based approach dr s brent brotzman and robert c manske help you apply the most effective evidence based protocols for maximizing return to function following common sports injuries and post surgical conditions a well respected comprehensive source for evaluating treating and rehabilitating orthopaedic patients the 3rd edition guides you on the prevention of running injuries the latest perturbation techniques and the acl rehabilitation procedures and functional tests you need to help get your patients back in the game or the office you ll also find a brand new spine rehabilitation section an extensively revised art program and online access to videos demonstrating rehabilitation procedures of common orthopaedic conditions at expertconsult com get expert guidance on everything you may see on a day to day basis in the rehabilitation of joint replacements and sports injuries apply evidence based rehabilitation protocols to common sports conditions like acl and meniscus injuries and post surgical rehabilitation for the knee hip and shoulder see how to perform perturbation techniques for acl rehabilitation acl functional tests and return to play criteria after reconstruction analysis of running gait to prevent and treat running injury and more with videos online at expertconsult com use the expert practices described in tendinopathy and hip labral injuries part of the expanded special topics section to help patients realize quicker recovery times visualize physical examination and rehabilitation techniques with the extensively revised art program that presents 750 figures and illustrations

the foremost authorities from chiropractics orthopaedics and physical therapy present a practical overview of spinal rehabilitation this clinical resource presents the most current and significant spinal rehab information showing how to apply simple and inexpensive rehabilitation in the office the updated second edition includes clinical regional protocols and chapters on diagnostic triage acute care functional assessment recovery care outcomes and biopsychosocial aspects a bonus dvd offers demonstrations of key therapies and procedures

this book presents multiple aspects of spine care from the perspective of different disciplines it s organized by sections focused on non operative care spine injections and procedures perioperative care operative care pediatric care and special topics each chapter has been written by a clinician whose active practice involves the topic of their chapter practical and clinically relevant this book educates any practitioner who cares for patients with back and neck pain and other spine conditions about implementing a multidisciplinary team to treat the spine

illustrates stretching exercises that can be done at the office to increase flexibility relieve sore muscles combat neck and back pain prevent carpal tunnel syndrome and reduce stress

please note this is a companion version not the original book sample book insights 1 the book shows you how to put your back in if you have been unfortunate enough to have put it out and it also shows you what steps you need to take to avoid a recurrence 2 the majority of people who have back pain will experience recurring or chronic back problems once you learn self management you will be willing to take responsibility for your own care 3 the majority of back pain is mechanical in nature and is caused by problems with the moving parts if you are a typical patient your problem is worse when bending forward for prolonged periods and especially if sitting for prolonged periods while driving 4 the claim that back pain is a short term problem ignores the evidence of research many studies show that far from being short term over 50 percent of patients suffer from recurring attacks or have persistent or chronic pain following their initial period of disablement

since the 1980 s robin mckenzie s techniques have become widely accepted and are now taught in many physical therapy schools this book was originally published in 1983 and is now in its 3rd edition topics include causes of neck pain posture exercises prevention and a panic page this easy to follow illustrated manual helps people manage their own neck pain

no marketing blurb

low back pain is one of the most common complaints of people seeking health care this book is an interdisciplinary resource for the management of all aspects of back pain it sets out to present a full picture of non surgical low back pain therapy from injection techniques exercise mobilization and manipulation to the subtleties of successful psychological management

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