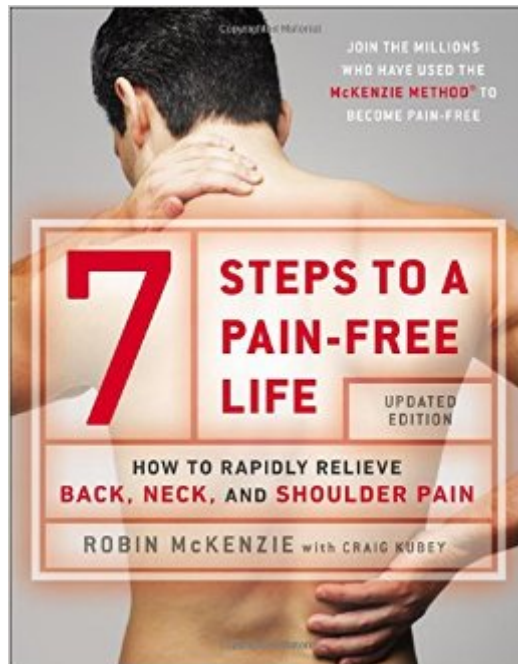


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# 7 Steps To A Pain-Free Life: How To Rapidly Relieve Back, Neck, And Shoulder Pain



## Synopsis

A fully revised and updated edition of the program that's 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'll 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.

## Book Information

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## Customer Reviews

I can only assume if you're reading this review, you're in chronic pain or know someone who is. My heart goes out to you. Chronic pain is a life ruining and addiction promoting nightmare. If you've had little luck with professional treatments or simply cannot afford them, read on. I was in terrible pain for 3 years. It was so bad, it'd wake me up in the middle of the night, made me miss work and generally ruin my life. I tried chiropractic, PT, trigger point injections, dry needling, tennis balls, heat, ice, at least a dozen massages, and so on. Some of it helped but nothing really worked. I was immensely frustrated. I posted to a paid PT forum and explained my issue. The PT that responded recommended I see a PT certified in MDT (the McKenzie approach). However, I couldn't find one

within an hour's drive so I grabbed a copy of this book. Mr. McKenzie and his method is one of the best researched and popular in the world. First off let me explain the pain I felt. It started with some numbness and tingling in my left fingers and an intense, burning pain in my upper left back. My neck itself felt fine though. At times it felt like an intense pressure and if it was bad, the front of my neck would feel tight awkward and painful. I hadn't done anything to injure myself. I went to see a chiropractor with no luck. Then I went to two different physical therapists for months. I had some mild improvement but nothing amazing. I tried the neck exercises in this book and felt a little better slowly but surely. Then I plateaued. I wasn't getting any better, despite religiously following the instructions. I decided to go on with my life and went back to the gym for the first time a year. I did some bench presses and felt fine doing them.

Ok, I found my way to this product via extensive online research, albeit research on the part of someone whose field is not physical therapy but has access to medical periodicals. I am not of the I can learn whatever I want to know, and be an expert because I can Google it ilk. When people do follow that path in my field, they are easily misled and inordinately confident in their expertise. I am not duplicating that error. I bought this book after looking for many hours for practical advice I could follow to heal the massive harm I had done myself by hunching over a computer for insane hours combined with exercising like I was still the kid with good genes who did not stretch beforehand or need much recovery time. I found my way to the author, and the McKenzie method, before I found the book. I also found my way to many other chiropractic devices, pillows, etc. When I went through the neck sections of this book, I figured I could just barrel through them, since they suggested one should keep going through the simple stretching exercises, if comfort allows. The first, most important, two were manageable, so I kept going. Feels good today might not be feels good tomorrow if you have something really serious to treat and don't know it. I'm certain that the beginner neck exercises here helped me a lot, and they mirror what my husband and I had found on not for profit reputable medical sites, and what my new physical therapist ( who is a Dr) recommended. When I mentioned that I had tried it and told her the source, she said she had taken several classes in the McKenzie method. She supported the exercise, but still set individualized parameters for me ( i.e. more stretching, less weight) that I would not have had the background to set on my own.

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