

TREAT YOUR OWN

NECK

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Treat Your Own Neck 5th Ed (803-5)



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For those with persistent neck discomfort, this publication offers a step-by-step guide to self-treatment through awareness, education and easy-to-perform McKenzie Method® exercises. This comprehensive system for neck self-management provides relief and avoidance of common neck discomfort and injury. Illustrated. 80 pages. Treat Your Own Neck may also be a very important complement to physical therapy, chiropractic care or additional manual therapy as it could relieve pain and stop symptoms from recurring between appointments. Softcover; Written by Robin McKenzie.



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Priceless I rarely write testimonials. I'll never forget reading in his back again reserve that he was taking a drive in the united states and emerged upon a man with car parked beside the street and the man on the ground performing the McKenzie back again extension exercises.

Simultaneously, a family member who had neck issues (he's also a radiologist) urged me to try this reserve before getting surgery. I had injured my C7-T1 disk such that it was significantly herniated and pressing on the C8 nerve root. When nothing helped I planned a keyhole laminectomy with a world-renowned neurosurgeon. For three months, I visited physical therapy, slept in a chair every night in a weird position that provided some alleviation, and saw various pain specialists, neurologists, neurosurgeons, and orthopedic surgeons. But this reserve changed my entire life after nothing else proved helpful and I was actually minutes from surgery. Having experienced 2 lower back surgeries in the past, I was acquainted with the greatly unpleasant process of dealing with spinal medical procedures and was willing to anything to avoid it. But I was risking permanent nerve harm by delaying much additional. THEREFORE I kept my medical procedures date and began the McKenzie Method immediately and with all my vigor as soon as the book arrived. To me, this book was worth, literally, at least 1,000 times its price (considering just the expenses of surgery and physical therapy, rather than including all the discomfort and suffering it saved me). It explains in an ideal amount of detail exactly what is happening and why, enabling the reader to comprehend the problem and how the exercises work to treat the problem, helping the reader visualize the remedy while performing the exercises. There's a particularly effective exercise that puts c1/c2 back place, which halted my regular migraines. At least in my own case, the explanation of the anatomy, motion, and problems was spot on, and consequently provided a relaxing effect. Then my doctor walks in with a group of med college students behind him, eager to observe the method. He runs through the group of simple tests we had done during office appointments (squeeze his fingertips to test strength, etc. I have also purchased McKenzie's reserve for the lower back and make an effort to adhere to its wisdom regularly. He said I experienced demonstrated such great improvement in such a short amount of time that it is clearly proof recovery that he expected to continue without risking further nerve damage. I refer to it as the best surgery I never really had, and I truly think that I owe it to the McKenzie Technique. Thank you, thank you, thank you Robin McKenzie. This is over 3 years ago. Although I made a full recovery without surgery, I have had occasional (maybe once every six months) minor relapses (pain in the throat and shoulder blade, sometimes a little numbness in the pinkie). This is only going to help if the foundation .), and then he informs me that the surgery is off. It, as well, is very well written. Liked. But after reading both books multiple times, I can verify that there surely is great advantage to starting on page 1 and reading through. I was in the pre-op room at the hospital, in my gown, nurses and anesthesiologist coming in and prepping. The reason of the motion of discomfort during recovery while performing the exercises was similarly i'm all over this, and greatly encouraging. Miracle Cure, One Year Later Still Pain Free I bought this book when i had an xray and cervical MRI of my throat showing that I We had a straightening of my throat. I kid you not really. Long story short I was recommended physical therapy, that was a joke. Excelente Excelente Awesome book!e.00 and followed it to a T and within 3 weeks my pain was gone! This is after three a few months or more of severe discomfort and spasms in my neck. I had severe pain in the left aspect of my neck. Initially I was extremely discouraged. Those possess lessened greatly since doing these exercises. It do for me. The main one exercise that was excruciating for me personally was to tilt my head completely back. I could not really do it initially. Using aspirin a lot less now. Functions great Once you get the hang of it We have a few high bulbs inside our porch and foyer thus needed this piece. I saved a huge

selection of dollars and wasted days by purchasing this book. Took about a month to completely free my neck (I have psoriatic arthritis and my throat has been bad for years) This book literally saved me from cervical surgery. If just a little pain or stiffness back their head I do the exercises on impulse, and it actually restores my range within a time.. that was because of some injury and then prolonged bad posture. Instantly upon onset of the discomfort, I take advantage of the exercises in the publication and the pain goes away (usually within your day, but sometimes a few days). Back extension is the key.. A good purchase This is only going to help if the source of your pain is definitely musculoskeletal (i. I purchased this publication for the \$9. smooth tissue damage). I experienced improvement within a week, and was practically pain-free within 2 a few months. I'm now in a position to resume my prior exercise routine without complications, I don't wake up with a stiff neck anymore, and my cases of headaches have gone down as well.

Fantastic Help for Treating Your Own Neck Pain by the Guru of Physical Therapy Excellent book and exercises in treating your very own cervical pain. Nothing at all worked for me until I purchased this book. The neck exercises helped immediately. I continue to perform them as needed. What's great is certainly you can do them anywhere when discomfort comes on. I also perform his back exercises regularly.. I really do them first matter each morning and as required throughout the day. If back again pain occurs, I either do the standing exercise or just get down on the floor where I am for the back extension exercises. The neck exercises I can do anywhere if I get yourself a pain. Helps immediately. Now I simply do them in the home or standing up somewhere else. I've done those to get and outside restaurants. I thought it wasn't working however the key is to unquestionably follow the program and it will get better. McKenzie is a genius and God-send, motivated not by earning money as a physical therapist, but by helping people get treatment and steer clear of surgery. His exercise methods should be taught more broadly in universities for therapists, chiropractors, doctors and surgeons. A lot of surgery could possibly be avoided. I should, just don't have/make the time. McKenzie stopped and asked if anything was the problem. The man ended up being one of is own physical therapy individuals and he replied, "Just doing my exercises several times a day as purchased." McKenzie replied, good and drove off. . Now I've great flexibility, no numbness in hands, no pain. Took in regards to a month to totally free my neck (I've psoriatic arthritis and my neck has been harmful to years)..My surgeon explained my neck was among the most severe he's seen - bone spurs, nerve impingement, 2 extremely degenerated discs (I was 1 in . shorter in 40 yrs aged than when We was in university). Said medical procedures wasnt IF HOWEVER WHEN. Serious? Buy the book, perform it, and you will see. This book is crucial for all those with neck pain. Attaches very easily to standard rod's for some brooms etc. Used this to remove BR30 and BR40 bulbs, proved helpful well for both. It offers yellow strips on the prongs which help grip the light bulb. Once you learn to press that against the bulb, easier to work with. Reserve is what they said it was. I tend to be one of those readers who wants to flip to the exercises, which are in the middle-back again of both books... It Works! My massage therapist suggested this publication to me. Super useful with neck discomfort. Chiropractor, which I love do not get me incorrect, was a tale. Treating my throat is fixing my shoulder... I received a loaner duplicate of this book from my bike-fit physical therapist in Denver (PedalFit PT). I've had a shoulder issue for a couple of years, but after only a few moments with the PT, she established that the problem was with my neck. It's been probably 5 years since and I thank God for Robyn MacKenzie's accidental discovery of this treatment. She experienced me do a number of the workout in this publication and the difference in my shoulder was astonishing. Helpful Really helpful in the event that you suffer from neck pain/ headaches. Great book Started performing the exercises immediately and I am therefore impressed with the

benefits. I had to lay on my bed to do that exercise. Good practical exercises It's a small reserve, but has easy instructions and practical exercises. I have since purchased my very own copy of this reserve, and as I continue steadily to perform the exercises, my shoulder has regained much of its flexibility and my pain is almost gone. After 2 weeks to do the exercises, my discomfort had subsided substantially, but I still arrived for surgery since it was not completely gone, and I sensed that the dexterity and strength I dropped in my own left hand due to the nerve compression hadn't returned. The easy instructions in this book helped me self-treat my excruciating neck pain that was because of some injury and then prolonged bad posture.



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