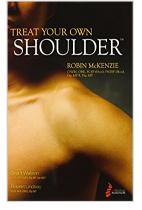
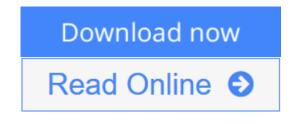
Treat Your Own Shoulder (805)



By Robin McKenzie



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Robin McKenzie's Treat Your Own Shoulder teaches the importance of stretching and how regular practice of proper positioning helps treat and prevent shoulder area pain.

Many treatments dispensed by doctors, physical therapists and chiropractors are prescribed for your present symptoms and are not directed at preventing future problems. This book demonstrates techniques on how to apply treatment to yourself whenever pain arises and offers tips that help prevent or reduce the onset of pain.

Written by Robin McKenzie. Illustrated. Softcover; 96 pages.

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Editorial Review

About the Author Robin McKenzie, CNZM, OBE, FCSP (Hon), FNZSP (Hon), Dip MDT, Dip MT

For over 50 years, The McKenzie Method® has put the power in the patient s hands, utilizing education and self-treatment strategies to provide long-lasting relief from pain.

The late Robin McKenzie was a renowned spinal expert and an authority on the treatment of lower back and neck pain.

His method of Mechanical Diagnosis and Therapy® (MDT) is taught by clinicians around the world. MDT, along with his heralded series of books, DVDs, rolls and supports, has helped hundreds of thousands of people achieve freedom from back, neck, shoulder and knee pain.

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