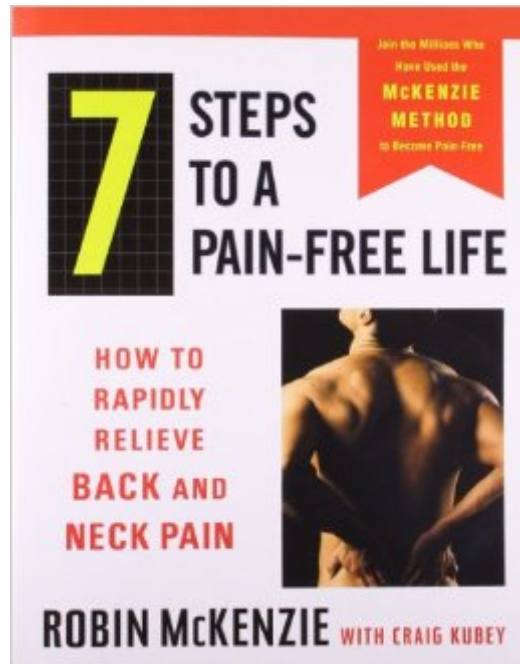


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# 7 Steps To A Pain-Free Life: How To Rapidly Relieve Back And Neck Pain



## 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

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## 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.

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