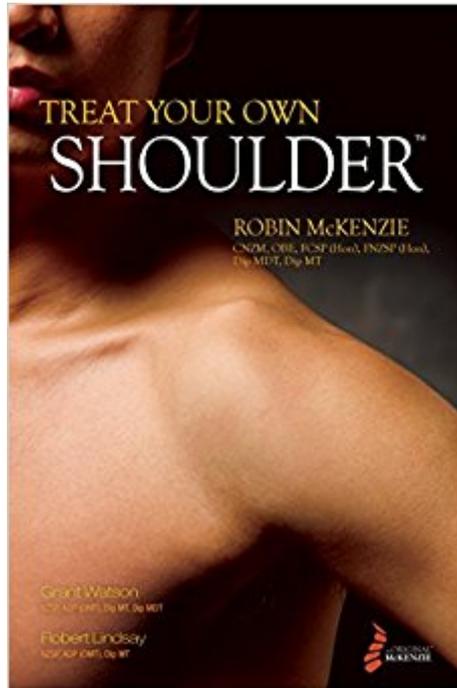


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# Treat Your Own Shoulder (805)



## Synopsis

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.

## Book Information

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## Customer Reviews

Robin McKenzie, CNZM, OBE, FCSP (Hon), FNZSP (Hon), Dip MDT, Dip MTF for over 50 years, The McKenzie Method<sup>®</sup> 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<sup>®</sup> (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.

I'm seeing a PT for a rotator cuff injury, and wanted to see what this booklet might offer. I think it's important to point out that a rotator cuff injury is a common problem, and that this doesn't treat it. More importantly, you could exacerbate the injury by trying out exercises that may actually prove harmful. The author does tell you- after he's walked you through all the exercises- that if you're

feeling pain with all the exercises, it may be rotator cuff and you should go see someone about it.

All the Robin McKenzie books on self-treating joint problems are excellent. I have used the well-written books on treating your own neck and on treating your own back with excellent results from the exercises and tips. So I recently got this book on shoulder pain. The exercises for the shoulder are similar to what I have been doing anyway after going to a physical therapist and shoulder surgeon several years ago and learning various home exercises which helped. I have a rotator cuff problem. Besides the illustrated and well explained exercises, McKenzie's books explain in easily understood layman's terms the mechanics and problems of joint problems and how to avoid stresses. The books are filled with helpful photographs and illustrations. I've been a believer in the McKenzie methods for years. Along with doctor appointments and physical therapy, his books for me have been a helpful way to do the needed exercises and to avoid surgery and cortisone injections. I do his back extension exercises daily and the shoulder and neck exercises as needed. A friend who is an orthopedic surgeon and has back problems himself gave me a copy of Robin's book on back pain and exercises to relieve it years ago. Started to work for me right away. Good physical therapists and doctors know about McKenzie's method and encourage these exercises. Some exercises I've been given by doctors and therapists have made things worse. I go with what helps. I probably could have used his knee books before I had two surgeries on my right knee for meniscus tears. Now, the products McKenzie sells such as the cervical roll haven't helped much. However, I use his original lumbar roll routinely behind my back when driving and it helps a lot.

Love all the treat your own pain books the back and especially the neck book saved me from pain. I love this method and use the McKenzie Method for all different body pains

I was having issues with my shoulder and my doctor had me go to a physical therapist for treatment. He basically gave me one exercise to do, and made it worse. I went back to the doctor and gave me a cortisone injection and also suggested I obtain this book. Unfortunately the injection did not help much, but the exercises in the book has made a difference. The book is very easy to read and very comprehensive in the information you need to understand how your shoulder is designed and made to work. It provides excellent pictures on how to do the exercises and in the order that they should be done. I gave up on the PT, and am using the exercises in the book and seeing significant improvement in my shoulder. I would recommend this to anyone that is having shoulder issues. I would also like to say that this does not replace a doctor's or physical therapists diagnosis. Once

you are evaluated, ask your doctor if he feels you would benefit from this book. This same author has similar books for the neck, back, knee, etc. I had already owned the neck and back ones, and have since added this one to my library.

very helpful

This book was great in helping me with my shoulder injury. It has improved considerably since I started following the exercises seriously. A great book to share.

I am having therapy on my shoulder and this book helps me see the exercises and treatment in pictures and words. The therapy place I go to uses the McKenzie method. I would recommend this book to others who have shoulder problems.

Excellent guide for treating shoulder. Robin gives exercises that are practical and really helped a lot.

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