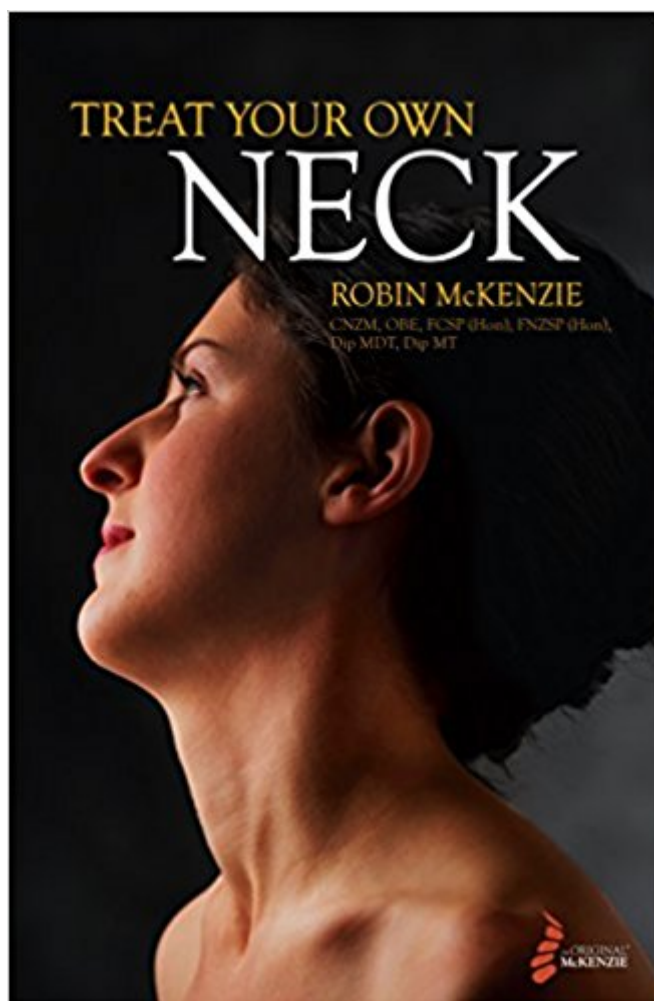


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# Treat Your Own Neck 5th Ed (803-5)



## Synopsis

For those with persistent neck pain, this book offers a step-by-step guide to self-treatment through awareness, education and easy-to-perform McKenzie Method<sup>®</sup> exercises. This comprehensive system for neck self-management provides relief and prevention of common neck pain and injury. Treat Your Own Neck can also be a valuable complement to physical therapy, chiropractic care or other manual therapy as it can relieve pain and prevent symptoms from recurring between visits. Written by Robin McKenzie. Illustrated. Softcover; 80 pages.

## Book Information

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## Customer Reviews

McKenzie's widely-applied patient handbook for common neck pain offers a step-by-step system of education, awareness, exercise and prevention. --This text refers to an out of print or unavailable edition of this title.

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 rarely write reviews. I should, just don't have/make the time. But this book changed my life after nothing else worked and I was literally minutes from surgery. I had injured my C7-T1 disk such that it was significantly herniated and pressing on the C8 nerve root. For 3 months, I went to physical therapy, slept in a chair every night in a weird position that provided some relief, and saw various pain specialists, neurologists, neurosurgeons, and orthopedic surgeons. When nothing helped I scheduled a keyhole laminectomy with a world-renowned neurosurgeon. At the same time, a family member who had neck issues (he is also a radiologist) urged me to try this book before getting surgery. Having had 2 lower back surgeries in the past, I was familiar with the greatly unpleasant process of recovering from spinal surgery and was willing to anything to avoid it. But I was risking permanent nerve damage by delaying much further. So I kept my surgery date and started 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 costs of surgery and physical therapy, and not including all the pain and suffering it saved me). It explains in the perfect amount of detail exactly what is happening and why, allowing the reader to understand the problem and how the exercises work to treat the problem, helping the reader visualize the cure while doing the exercises. After 2 weeks of doing the exercises, my pain had subsided considerably, but I still showed up for surgery because it was not entirely gone, and I felt that the dexterity and strength I lost in my left hand due to the nerve compression had not returned. I was in the pre-op room at the hospital, in my gown, nurses and anesthesiologist coming in and prepping. Then my surgeon walks in with a team of med students behind him, eager to observe the procedure. He runs through the series of simple tests we had done during office visits (squeeze his fingers to test strength, etc.), and then he tells me that the surgery is off. He said I had shown such great improvement in such a short amount of time that it is clearly evidence of recovery that he expected to continue without risking further nerve damage. I refer to it as the best surgery I never had, and I truly believe that I owe it to the McKenzie Method. Thank you, thank you, thank you Robin McKenzie. This was over 3 years ago. Although I made a full recovery without surgery, I have had occasional (maybe once every 6 months) minor relapses (pain in the neck and shoulder blade, sometimes a little numbness in the pinkie). Immediately upon onset of the pain, I use the exercises in the book and the pain goes away (usually within the day, but sometimes a couple of days). I have also purchased McKenzie's book for the lower back and try to follow its wisdom regularly. It, too, is very well written. I tend to be one of those readers who wants to flip to the exercises, which are in the middle-back of both books. But after reading both books multiple times, I can verify that there is great benefit to starting on page

1 and reading through. At least in my case, the explanation of the anatomy, movement, and problems was spot on, and therefore provided a calming effect. The explanation of the movement of pain during recovery while doing the exercises was equally spot on, and greatly encouraging.

Great exercise and explanation of back and neck issues. It really clears up all the question that my doctor never told me or wasn't thorough explaining to me. I think sometimes that doctors tell you just enough so that you keep coming back to them. They're not there to help you but to make money off you... same thing with the PT sessions. Charge you arm and a leg for things that you can do at home. This books has drastically improved my neck motion and help with my posture at work as do a lot of computer work.

suggested this book to a friend who was being scheduled for surgery to fuse part of his upper spine to relieve the neck and head pains.He postponed then cancelled the surgery. Now several years later he still does the recommended exercises. Indeed his medical doctor has bought the book and recommends it to his patients with similar neck problems to my friend

The simple instructions in this book helped me self-treat my excruciating neck pain that was due to some injury and then prolonged bad posture. This will only help if the source of your pain is musculoskeletal (i.e. soft tissue damage). I experienced improvement within 1 week, and was practically pain-free within 2 months. I'm now able to resume my previous exercise routine without problems, I don't wake up with a stiff neck anymore, and my instances of headaches have gone down as well.

Brief but concise booklet that is well written and very well illustrated (with photos). I have benefited a good deal from reading this book and have a much better idea of how to best rehabilitate my neck.Highly recommend getting a pillow or other support that will minimize any neck strain while sleeping. This aspect has improved the condition of my neck and reduced the pain the most.

I learned of these exercises years ago but could or did not understand how this could help me. It seems most medical doctors regarded this type of therapy as voodoo years ago and would much rather pump you full of pills and/or mutilate your body with a knife. I realize some injuries will require surgery. My issues developed over 30 years as an auto mechanic. I am able to do things I thought I would never do again because of this and other alternative therapies. The great thing here is this

therapy costs \$8.95 and strong self determination to break on through your pain and live again; versus \$80-\$100 per hour for PT and other alternatives.

I'm suffering from recently developed, sudden onset neck arthritis. When I suddenly started noticing pain and stiffness in my neck, I saw my doctor, who recommended physical therapy, and I also looked for relief on the Internet. Through the Internet, I discovered this favorably reviewed book by Robin Mckenzie. Through my physical therapist, I discovered that my problem was neck arthritis, which is not uncommon in men of my age. Both my physical therapist and Mckenzie emphasize the importance of maintaining good posture for relieving pain and preventing further damage. When I showed my physical therapist Mckenzie's book, he told me he had read it, that he is a great fan of Mckenzie's, but that the exercises in the book are appropriate for people with herniated cervical discs, not with neck arthritis. Indeed, before I had shown the book to my therapist, I had found that Mckenzie's exercise #2 (or the related exercise while lying on a bed) was very painful. In contrast, exercise #1, which is similar to an exercise my therapist had recommended, brought relief. The bottom line is that I now recommend this brief, well-written book to everyone for its encouragement of good posture. I suspect that people suffering from herniated cervical discs will obtain great relief from the recommended exercises, but I warn people suffering from neck arthritis to use the exercises only with extreme caution. For neck arthritis, the recommendations of a good physical therapist are more appropriate.

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