

Join the Millions Who
Have Used This
All-Natural Method to
Become Pain-Free

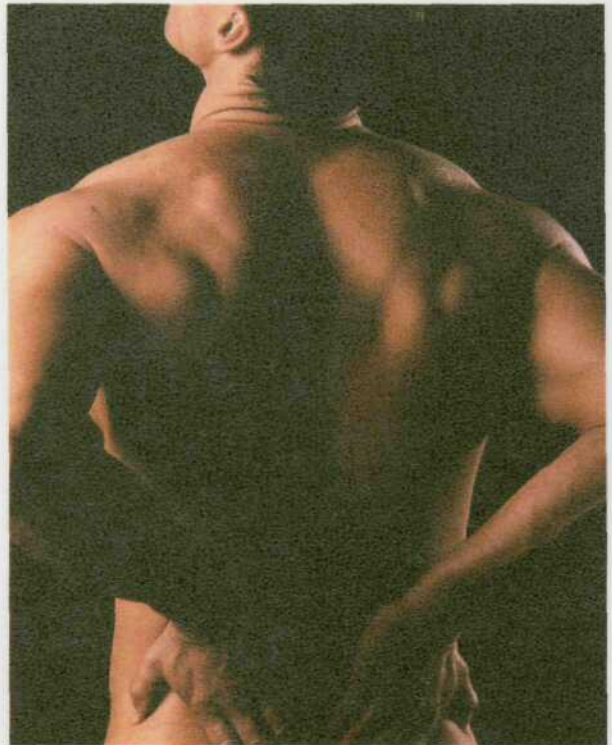
7

STEPS TO A PAIN-FREE LIFE

HOW TO *RAPIDLY*

**RELIEVE
BACK AND
NECK PAIN**

**USING THE
McKENZIE METHOD**



ROBIN MCKENZIE WITH CRAIG KUBEY

Contents

<i>Acknowledgments</i>	ix
<i>Introduction</i> by Craig Kubey	xi
<i>Preface: The Chance Discovery</i>	3
1. You Can Stop Back and Neck Pain	7
2. How Your Back and Neck Work and Why They Hurt	15
3. Back Problems	25
4. Common Causes of Lower Back Pain	33
5. The McKenzie Method Exercises for the Back	65
6. When to Do the Back Exercises	87
7. Instructions for People with Acute Lower Back Pain	101
8. Special Back Situations	107
9. Common Back Remedies and Solutions	119
10. Neck Problems	125
11. Common Causes of Neck Pain	139
12. The McKenzie Method Exercises for the Neck	155
13. When to Do the Neck Exercises	175

14.	Instructions for People with Acute Neck Pain	181
15.	Panic Pages for the Back	185
16.	Panic Pages for the Neck	189
	<i>Appendix A: How to Find a McKenzie-Trained Health Care Practitioner</i>	193
	<i>Appendix B: Products for the Back and Neck</i>	195
	<i>About the Author and the Collaborator</i>	197
	<i>Index</i>	201