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Title Treat Your Own Neck

Treat Your Own Neck" reveals the author's diagnosis and treatment system using his special neck care techniques, which have become widely accepted and are now taught in many physical therapy schools. This easy-to-follow illustrated manual helps people manage their own neck pain.

Treat your own neck (Book, 1997) [WorldCat.org]

COVID-19 Resources. Reliable information about the coronavirus (COVID-19) is available from the World Health Organization (current situation, international travel). Numerous and frequently-updated resource results are available from this WorldCat.org search. OCLC's WebJunction has pulled together information and resources to assist library staff as they consider how to handle coronavirus ...

Treat your own neck (Book, 1983) [WorldCat.org]

Treat your own neck. [Robin McKenzie] -- "This easy to read patient handbook provides the reader with an active self-treatment plan to quickly and effectively treat and prevent the return of your neck pain and other related pains, such as ...

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ISBN: 9780958269247 0958269246: OCLC Number: 85841441: Notes: Previous ed.: 1997. American version based on 2nd NZ ed. Description: vi, 46 p. : ill. ; 24 cm.

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Self-treat your own chronic neck pain with this best-selling self-help guide from Robin McKenzie. For those with persistent neck pain, Treat Your Own Neck™, 5th edition, offers a step-by-step guide to self-treatment through awareness, education and easy-to-perform McKenzie Method® exercises. This comprehensive system for neck self-management provides relief and prevention of common neck pain and injury.

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Although a single neck adjustment can sometimes completely relieve your neck issue, more than likely it will take a few treatments to notice significant results. Chiropractors and osteopaths may also use other therapies for your neck issue, such as traction or massage techniques. Make sure to see a reputable chiropractor or osteopath.

How to Stop Neck Cracking: 10 Steps (with Pictures) - wikiHow

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Busy lifestyles take a toll on your body. Whether it is sitting at a work station, doing precision work or driving a vehicle for prolonged periods, your neck region is particularly vulnerable. Treat Your Own Neck will give you a practical approach to managing your neck pain