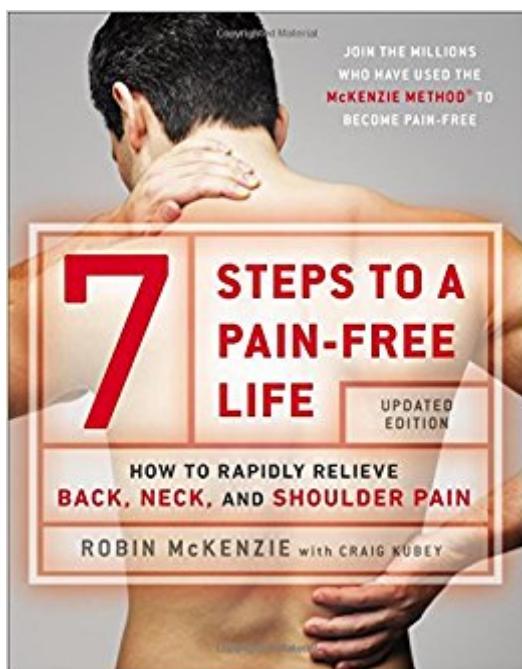


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# 7 Steps To A Pain-Free Life: How To Rapidly Relieve Back, Neck, And Shoulder Pain



## Synopsis

A fully revised and updated edition of the program that's sold more than 5.5 million copies worldwide plus a new chapter addressing shoulder pain. Since the McKenzie Method was first developed in the 1960s, millions of people have successfully used it to free themselves from chronic back and neck pain. Now, Robin McKenzie has updated his innovative program and added a new chapter on relieving shoulder pain. In *7 Steps to a Pain-Free Life*, you'll learn: Common causes of lower back, neck pain and shoulder pain. The vital role discs play in back and neck health. Easy exercises that alleviate pain. Considered the treatment of choice by health care professionals throughout the world, *7 Steps to a Pain-Free Life* will help you find permanent relief from back, neck, and shoulder pain.

## Book Information

Paperback: 272 pages

Publisher: Plume; Updated edition (December 30, 2014)

Language: English

ISBN-10: 0142180696

ISBN-13: 978-0142180693

Product Dimensions: 7.3 x 0.7 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 157 customer reviews

Best Sellers Rank: #7,893 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #4 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #9 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

"Patients who have learned to use McKenzie's exercises assert for the first time that they could effectively manage or banish their own pain." "Dear Abby" "A fantastic guidebook for people with back or neck pain." "Dean Edell, M.D., author of *Healing Back Pain Naturally*" "I think Robin McKenzie's work is wonderful." "Art Brownstein, M.D., author of *Healing Back Pain Naturally*" "The McKenzie Method has become a keystone for back and neck care, and this book is an invaluable tool for better health." [HealthNewsDigest.com](http://HealthNewsDigest.com)

ROBIN MCKENZIEÃ  Â was an internationally acclaimed physical therapist, who spent 40 years perfecting the McKenzie Method, now the keystone for back and neck care around the world. He died in 2013.CRAIG KUBEY is the author of seven previous books. He lives in Davis, California.

First my background: I am 59 years old, and suffered recurring back pain since I was 20 years old... when I stupidly (youthfully?) carried a GM automatic transmission up a flight of stairs, from a basement, and loaded it in a van. When I got back to my destination, I could not get out of the van. Well eventually I did, but needed to lie on my side for a couple of days until the pain subsided.Ever sine then... almost 40 years... I would eventually "go stupid" and not take precautions when lifting or moving something, or maybe, simply bending over to brush my teeth or shave, and my back would "go out". And each time I would rest, maybe lay on the floor on my side, then "get better" and go on.Flash forward to two weeks ago: I was in a rush to get the outdrive of my motorboat off... it weighs 97 pounds, and was stuck. I could have gone in the house and put on my Mueller spined lumbar support... but didn't. Well of course we know what happened... but it was different this time. The damage was far more severe than ever before, gradually causing me the most pain I had ever endured in my life. When I had to get out of bed, I barely could... it was literally torture. I was in awe of it.I thought I got better after a couple of days, but then the it got worse again. I went to the ER, where they prescribed 800 MG Ibuprophen every 8 hours, and percocet "as needed" for pain. The pain was so intense that the percocet barely cut the edge off. Getting in and out of the car was probably the most difficult physical and painful task of my life. I tried sleeping on the floor, I tried sleeping on the couch, with my back brace on. I got worse and worse, and went to Urgent Care just last Friday (It is Tuesday). I spent 12 hours on the floor Saturday, using a "bottle" so I didn't have to get up. They now prescribed a new antinflammatory, Nabumatone, and a muscle relaxant. I thought that Saturday this was the answer, because even though I was on the floor, I could "actually" get up two times and walk for 5 minutes... until the pain and wobbly feeling had me crawling back on the floor. Sunday was the same. I knew I would have to go see a specialist, and could not imagine there was any other hope than surgery... and worried that this was going to be my life now: Constant, daily, unrelenting pain.I point all this out so that readers can understand "where I'm coming from", when I talk about this book. And also, to add, I watched every professional and amateur youtube video on solving back pain, and exercises, and so on... and all the advice about sleeping, sitting and standing. Nothing worked.Then, yesterday, Monday, a friend and co-worker of my wife's told her of her 20 years plus of back problems, and three surgeries, and meds, and said the only thing

that helped her was "7 Steps to a Pain-Free Life". She said that if you follow the exercises religiously, it will eliminate or remove most or all of the pain, as it did for her. Now I am a skeptic, and a pragmatist... but that sounded good, so I came here and read the reviews. What did I have to lose by trying this book? I ordered it, and rather than wait, I also bought the ebook. For a total of both of \$38, that would be nothing if it worked, and a tiny risk if it did not. So I took three hours Monday afternoon and carefully read the background, anatomy lessons, care and cause sections, and of course, the exercise routine. I have to say the background explanations by McKenzie really appealed to me: I want to know the "why" of anything suggested, rather than just being told "what do do", and his explanations made practical, logical sense to me. And with the insistent suggestion that one follow the instructions to the letter, I did just that when I started the routine. Well as I did the routine the first time, my pain.... which was spread from the center lower back to my upper right buttock, seemed to move to my center bottom back: Just as was predicted COULD happen, and why this was good. And then, for the first time over a week, I was able to stand! My lower back muscles were sore... but totally tolerable, and probably about 1/20 of what they had been. More importantly, I could stay standing, and walk around. Remember just before the exercises, I could only stand for maybe 5 minutes until the pain was unbearable. Now I found myself walking around for over an hour and a half. I did wear my Mueller back brace, to help support my lower spine... I didn't want to accidentally re-injure what was apparently getting to fix. Sure I had soreness... I had beat the hell out of everything down there, and the exercises probably add a bit of new soreness at first. But by the second set... two hours later... they were easier, I could move further during them, and felt even better afterwards. I was able to sleep in my own bed last night, and more importantly, get out of it relatively pain-free. So I'm going to stick with this routine, and when and if the benefits continue, move on to the other exercises, and follow all the advice for life-habits that will help avoid this ever happening again. And I'll post an update when and if this is all over for me, or if it turns out it does not help at some point, or something else arises needing comment. Sorry for the long and overly-wordy review. But I know from personal experience, if you are in the agony so many of us are, you both have the time and desire to know what might work to fix the problem, and maybe why, and this book and method, I think, will do both.

I'm VERY surprised to see the above 1-star rating on this book for the McKenzie Method self-physical therapy because my experiences were incredibly positive:---realigning my pelvis after injuring my left foot's plantar fasciitis stepping on a carpet threshold screw---unknotting my right side neck muscles that caused scalp pain/headaches when trying to sleep But, of course: 1--I followed

Robin McKenzie's disclaimer, repeated before every exercise set, to consult a professional MD or physical therapist/chiropractor if the pains are either first time issues OR if exercises don't produce results within a few days.2--Also, I followed his exercise directions EXACTLY, as he constantly stresses. My imbalance and pains literally MELTED AWAY BY DAY 3! I had used my library's older book edition so was thrilled to buy this updated 2014 edition with added shoulder pain exercises. Don't just listen to me. Any Google search for Robin McKenzie's legacy will do a far better promotion than I ever could. Anybody who thinks this exercise method is only 1 star is sorely (pun intended) misdirected or skewed. Meanwhile, I'm thrilled to be pain-free, well-rested, and richer from all the co-pays I have saved by ending my ineffective chiro/podiatrist therapy sessions. Eternally grateful, Robin McKenzie! And thanks to for making his updated book available!

I can only assume if you're reading this review, you're in chronic pain or know someone who is. My heart goes out to you. Chronic pain is a life ruining and addiction promoting nightmare. If you've had little luck with professional treatments or simply cannot afford them, read on. I was in terrible pain for 3 years. It was so bad, it'd wake me up in the middle of the night, made me miss work and generally ruin my life. I tried chiropractic, PT, trigger point injections, dry needling, tennis balls, heat, ice, at least a dozen massages, and so on. Some of it helped but nothing really worked. I was immensely frustrated. I posted to a paid PT forum and explained my issue. The PT that responded recommended I see a PT certified in MDT (the McKenzie approach). However, I couldn't find one within an hour's drive so I grabbed a copy of this book. Mr. McKenzie and his method is one of the best researched and popular in the world. First off let me explain the pain I felt. It started with some numbness and tingling in my left fingers and an intense, burning pain in my upper left back. My neck itself felt fine though. At times it felt like an intense pressure and if it was bad, the front of my neck would feel tight, awkward and painful. I hadn't done anything to injure myself. I went to see a chiropractor with no luck. Then I went to two different physical therapists for months. I had some mild improvement but nothing amazing. I tried the neck exercises in this book and felt a little better slowly but surely. Then I plateaued. I wasn't getting any better, despite religiously following the instructions. I decided to go on with my life and went back to the gym for the first time a year. I did some bench presses and felt fine doing them. In fact I could do any exercise and it didn't seem to aggravate the pain, at least not at first. The next day though, my left arm, specifically the front of my shoulder felt like it had a rubber band attached to it pulling it down. My neck felt the same as usual. I had never had pain in the front of my shoulder before and my good arm felt fine. I started to stretch my shoulder/pecs with a corner stretch and my neck started feeling a little better. I decided to go to

the chapter in this book on shoulder pain and did the exercises. Suddenly my neck pain went down from a 7 to a 2. After about 30 minutes, it was back. I reached my shoulder back and low-and-behold, my shoulder was extremely tight again. I did the corner stretch and then the exercises again and pain was back to a 2. This was two days ago and this morning, I woke up in no pain. It's still tightening up through out the day but not as often and it's not as painful. Am I cured? No. But it's only been two days and I've made more progress than I did doing the aforementioned treatments for months. I wanted to share my story because I had no pain in the front of my shoulder. All of my pain was in my upper left back. Pain is weird and sometimes the source isn't where you feel the pain. Please buy this book if you were in the same situation as me. I can't say for certain it will work for you but it's less than \$15 dollars. Follow the instructions in the book precisely. Neck pain can refer into your shoulder and shoulder pain can refer into your neck. If your shoulder hurts and you get no relief from the shoulder exercises, try the neck ones and vise versa. Most of all, I wish you the best of luck. Don't let pain ruin you. Don't give up and keep fighting.

This book was recommended by my husband's doctor for neck and shoulder relief. He has only glanced through the pages, but if all goes as the doctor predicts, this should help relieve his pain without any further major complications.

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