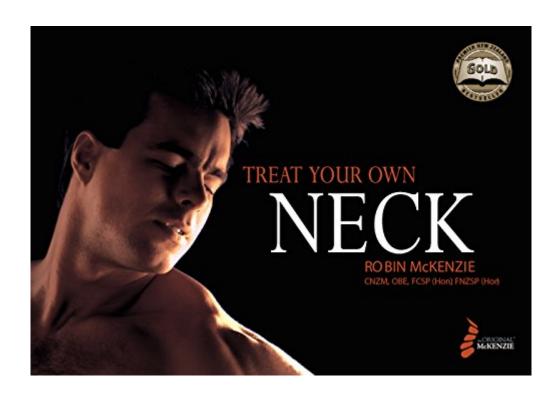
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# **Treat Your Own Neck**





### **Synopsis**

Is your head throbbing? Does your shoulder ache? Or do you have pain at your elbow driving you to distraction? Neck pain and the often associated headache are all too familiar. Don't reach for the pain killers to mask your problem, take responsibility and read on. 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 symptoms. The exercise regime unique to the McKenzie Method will empower you to respond to different types of neck-related pain, including postural stress. This book will enable you to identify and respond to any neck pain reoccurrence in a safe and economical manner.

#### **Book Information**

File Size: 1765 KB

Print Length: 93 pages

Publisher: Spinal Publications New Zealand Limited; 3 edition (March 11, 2015)

Publication Date: March 11, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00UM2O5RU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #331,556 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25 in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Chiropractic #111 in Books > Medical Books > Allied Health Professions > Chiropractic #215 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

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