



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

By Robin McKenzie

Orthopedic Physical Therapy Products. Paperback. Book Condition: New. Next Communications (illustrator). Paperback. 65 pages. Dimensions: 8.9in. x 5.9in. x 0.2in. If you have persistent neck pain, this informative step-by-step handbook will help you relieve your pain and prevent symptoms from occurring in the future. Learn the primary causes of neck pain and treatments for neck pain, plus a series of simple exercises designed to help alleviate your neck pain quickly and prevent any reoccurrence. Providing a comprehensive system of awareness, education and exercise prevention for common neck pain and injury, Treat Your Own Neck is your comprehensive resource for neck self-management. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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