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For those with persistent neck pain, this book 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. Treat Your Own Neck can also be a valuable complement to physical therapy, chiropractic care or other manual therapy as it can relieve pain and prevent symptoms from recurring between visits. Written by Robin McKenzie. Illustrated. Softcover; 80 pages.

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