



## Treat Your Own Back - Spanish Edition (804SP)

By Robin McKenzie

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### Treat Your Own Back - Spanish Edition (804SP) By Robin McKenzie

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Written by Robin McKenzie. Illustrated. Softcover.

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### **Editorial Review**

#### **About the Author**

Robin McKenzie, CNZM, OBE, FCSP (Hon), FNZSP (Hon), Dip MDT, Dip MT

For over 50 years, The McKenzie Method® has put the power in the patient's hands, utilizing education and self-treatment strategies to provide long-lasting relief from pain.

The late Robin McKenzie was a renowned spinal expert and an authority on the treatment of lower back and neck pain.

His method of Mechanical Diagnosis and Therapy® (MDT) is taught by clinicians around the world. MDT, along with his heralded series of books, DVDs, rolls and supports, has helped hundreds of thousands of people achieve freedom from back, neck, shoulder and knee pain.

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