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By Robin McKenzie

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Robin McKenzie's landmark patient book is more informative and easier to read than ever. Your conservative treatment protocol, individualized with Treat Your Own Back™ in Spanish, helps eliminate guesswork and provides effective long-term back self-management. A must-have reference for both patient and clinician.

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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