

Treat Your Own Knee (838)

By Robin McKenzie

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Treat Your Own Knee (838) By Robin McKenzie

Reduce knee pain, stiffness and soreness using easy self-treatment techniques that anyone can perform at home. The most recent addition to Robin McKenzie's bestselling series of self-help books.

Treat Your Own Knee™ presents a mechanical background of knee pain, together with self-management guidelines and an exercise program for pain sufferers. Featuring the same easy-to-use, understandable format as other McKenzie handbooks, this practical text enables patients to engage in beneficial postures, activities and exercises to improve present symptoms of patellofemoral syndrome and anterior knee pain and limit future problems.

Written by Robin McKenzie. Illustrated. Softcover; 96 pages.

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Treat Your Own Knee (838) By Robin McKenzie Bibliography

- Sales Rank: #17507 in Books
- Published on: 2012-09-01
- Number of items: 1
- Binding: Paperback
- 86 pages

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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.

Users Review

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