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Robin McKenzie Segment on NZTV - June 2010 ~~Book Review: Treat Your Own Back~~

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McKenzie Exercises for Sciatica and Low Back Pain  
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*Robin McKenzie on Close Up Treat Your Own Neck - The McKenzie Method - Danny's Story (long version)* Robin

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Treat Your Own Back with Tomiko Joy

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**Treat Your Own Back by Robin**

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## **McKenzie - Goodreads**

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Jan. 1 2011. by Robin McKenzie

(Author), McKenzie Institute

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## **Treat Your Own Back: McKenzie, Robin, McKenzie Institute ...**

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readable, and worth a try if you've got a bad back. I know physios have been recommending this book for years, so it must be OK.

**Treat Your Own Back eBook:  
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Welcome! This website teaches you how to Treat Your Own Back and Treat Your Own Neck using simple techniques that you can try on your own right now, wherever you are in the world! An accidental discovery by Robin McKenzie, a New Zealand physical therapist, makes most back

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and neck pain easy to treat on your  
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Treat Your Own Back (Paperback)

Published January 1st 1987 by Spinal  
Publications New Zealand Ltd.

Paperback, 74 pages. Author (s):

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Robin McKenzie. ISBN: 0959774629  
(ISBN13: 9780959774627) Edition  
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## **Editions of Treat Your Own Back by Robin McKenzie**

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