



The Lumbar Spine: Mechanical Diagnosis & Therapy, 2 Vol Set (801-2)

By Robin A. McKenzie, Stephen May

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- * New patho-biomechanics data
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Also includes the full compendium of study that has been published since 1981 pertaining to the lumbar intervertebral disc and the McKenzie system.

Written by Robin McKenzie and Dr. Stephen May. Illustrated. Softcover; 728 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.

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