

BOOK REVIEW

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Title: Treat your own Back 8th ed.

Authors: Robin McKenzie

Reviewer: Krista Carter, BSc PT, BSc HK, RCAMT, CAFCI

This book is intended as a self-management tool for individuals with mechanical low back pain (LBP). Specifically, it is intended to show individuals how to manage acute episodes and prevent recurrence of mechanical LBP. The book exclusively refers to the McKenzie method of diagnosis and treatment of mechanical LBP.

The book is divided into 9 chapters. Chapter 1 primarily discusses myths about back pain. Chapter 2 explains basic anatomy and function of the spine, normal posture, mechanical back pain, and pain location. A checklist is provided for individuals to determine if their back pain can be successfully self-treated with the McKenzie approach. Chapter 3 discusses common causes of LBP in sitting, standing, lifting and lying postures and includes information for individuals to self-correct these often-assumed faulty postures. Chapters 4 and 5 outline the McKenzie method and describe the recommended exercise programs for acute episodes, recurrence, and prevention. Chapter 6 details what to do in the event of acute LBP including exercises to perform and activities to avoid.

Chapters 7-9 comment on LBP in special situations, medicine, bed rest, and acupuncture and again review exercises to do in the event of acute mechanical LBP.

The book is well organized, has been recently revised, and includes recent references. Many pictures are included within the text to aid in an individual's understanding of the material presented. The book does an excellent job at explaining how common everyday faulty postures may contribute to an individual's symptoms. As intended, the book serves to provide individuals with valuable information to become independent in the management of mechanical LBP using the McKenzie method.