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Back Mechanic: The Step-by-step McGill Method to fix back pain. \$34.95 CAD. Back Mechanic guides you through a self-assessment of your pain triggers, then shows you how to avoid these roadblocks to recovery. This approach guarantees the most personally specific plan for you. Then effective exercises are coached in a step by step progressive guide.

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Back Mechanic by Stuart McGill - A Comprehensive Review

If you suffer from back pain, you owe it to yourself to read Back Mechanic by Stuart McGill . I was recently introduced to this book, and it is a fantastic read. In this book, Dr. McGill discusses the secrets to a healthy spine that your doctor isn't telling you (his words, not mine). Now, this is not because your doctor is trying to keep something from you, but rather, a lot of doctors don't know how to get to the source of your back pain.

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I STRONGLY recommend you look up the works of Dr. Stuart McGill. There are laid out, simple easy steps to getting yourself out of pain and back to performing stronger than ever. I went from being unable to put my socks on or washing my legs to squatting 617lbs without wraps and deadlifting 630lbs conventional.

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Spine expert, Prof. McGill used his 30 years of research findings and clinical investigations to create this evidence-based guide that has helped thousands reclaim their lives. This knowledge is now available to you in this richly illustrated book. You will become your own best Back Mechanic and advocate.

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