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Back Mechanic: The Step-by-Step McGill Method to Fix Back Pain, by Stuart McGill, Ph.D., is an evidence-based, illustrated guide to self-treatment for low back pain, written for lay readers (about \$35; there's also a video-enhanced version). Dr.

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Professor Stuart McGill and his book Back Mechanic got me back to functioning at 100%, his method is truly a miracle. After meeting with Dr. McGill and starting my rehab following his method, I quickly felt an improvement with my pain symptoms as my core became stronger and my spine more protected.

About Professor Stuart McGill - Back Pain Rehabilitation ...

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While exercise for back pain is important, it is just as important to remove the cause of tissue strain that is creating pain in the first place. More details about the “Big Three” and strategies to decrease back pain can be found in Dr. McGill’s new book, Back Mechanic, available at www.backfitpro.com.

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