

The Cervical Roll

as described on page 33-34 of this book is available in North America only from OPTP. **The Original McKenzie® Cervical Roll** supports the neck while sleeping. Designed to slip between your pillow and pillowcase, the cervical roll reduces strain on the cervical discs while providing greater comfort.

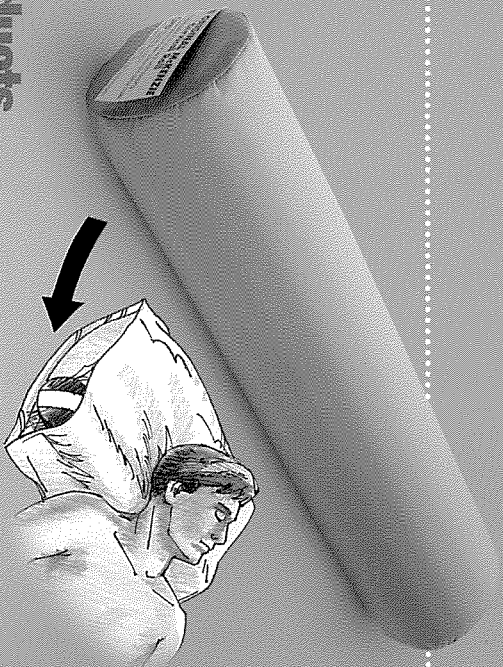
Other Helpful Products

Treat Your Own Back

This companion volume by the same author describes how back pain sufferers can successfully treat and manage pain themselves.

The Original McKenzie® Lumbar Roll

described on page 26 of this book is available in two densities: Regular and Firm. Constructed of high quality foam with a durable, grey cotton/polyester cover. Also available, **The Original McKenzie® SuperRoll™** (not pictured), a deluxe support, features a detachable elastic strap and an enhanced shape to attach firmly in position to seats and chairs with backrests.



To order, call toll-free (800) 367-7393

(U.S. and Canada)

Visa and MasterCard orders accepted.

For pricing or more information contact us via

mail: OPTP, P.O. Box 47009, Minneapolis, MN 55447-0009, USA

Treat Your Own Neck

Robin McKenzie

TREAT YOUR OWN NECK



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