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About Dr. Stuart McGill - Back Pain Rehabilitation, Injury ...

Dr. Stuart McGill believes that the key to successful treatment of back pain is to first understand the cause — which is often a cumulative effect of poor movement patterns. And while most interventions include exercises that focus on strengthening the core muscles , it's core muscle endurance that is most important, according to Dr. McGill .

Stuart McGill's Big Three Back Exercises | Livestrong.com

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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).

3 Exercises from a 'Back Mechanic' | Berkeley Wellness

McGill is the world No 1 expert on back pain for people with injuries, athletes or every day desk jockeys. So it's great to know that you are reading the advice of the guy who knows this stuff for certain. This book takes the stress out of recovery from back problems - just do what the book says, don't over think it.

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