

Biography for Jonathan Kuttner

MBBCh, Dip O&G, FRNZCGP, Dip Sports Med, Dip MSM, FAFMM.



Dr Jonathan Kuttner grew up in South Africa and moved to NZ in 1978. For many years he worked as a family physician in a small country village doing everything from minor surgery to delivering babies.

Dr Kuttner's interest in treating chronic pain came after a serious hang gliding accident. He was lucky to survive, but lived with back pain for more than seven years.

This was a difficult learning experience, and prompted Jonathan to specialise as a Musculoskeletal and Pain Specialist. Using the information shared in his book *'You, Pain Free'* he was finally able to become fully pain free.

In his private clinic these days Dr Kuttner does everything from manual treatments to high tech interventions like radiofrequency neurotomies. He also works in two Pain Clinics with multidisciplinary teams.

Dr Kuttner started the website LifeAfterPain.com with his daughter Naomi a few years ago. The site focuses on the education and empowerment of people in chronic pain to learn and use self treatment techniques.

Dr Kuttner is happily married with two grown children and two grandchildren. He lives in the country on a 10 plot of land with a native forest and stream. His passions are the cello, guitar, kitesurfing, paddle boarding, tennis and aikido.