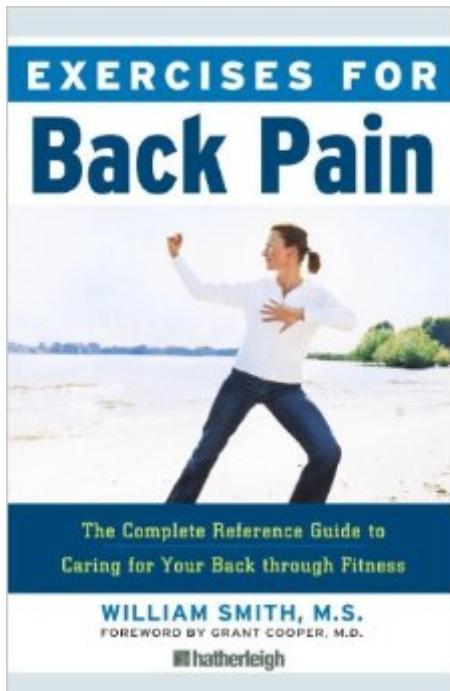


The book was found

Exercises For Back Pain: The Complete Reference Guide To Caring For Your Back Through Fitness



Synopsis

A convenient, cost-effective opportunity to alleviating the stiffness, lack of mobility, and decreased daily function that result from chronic back pain. Back pain is no small issue. In the US, acute lower back pain is the fifth leading cause for doctor visits. About 9 out of 10 adults experience back pain at some point in their lives, and 5 out of 10 working adults suffer from back pain at some point every year. Exercises for Back Pain helps you to understand the root cause of your discomfort, how back pain affects on your overall health and well being, and practical exercises you can use to treat the pain. It includes rehabilitative exercise regimes for both men and women who suffer from back pain or those who have undergone back surgery. Exercises for Back Pain features:^{*} Up-to-date clinical treatments on back pain^{*} Specific exercises that strengthen the back^{*} A training log to track your progressEasy-to-follow photograph sequences with clear instructions make the healing process a simpler one. Written by William Smith, MS, NSCA, CSCS, MEPD, Exercises for Back Pain will help you to achieve a healthier, happier, more productive life.

Book Information

Series: Exercises for

Paperback: 160 pages

Publisher: Hatherleigh Press; 1 Original edition (August 25, 2009)

Language: English

ISBN-10: 1578263042

ISBN-13: 978-1578263042

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #537,956 in Books (See Top 100 in Books) #81 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #593 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #922 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

I have suffered from back pain for over 30 years. It gets particularly bad when I do heavy work, like lifting, etc. Believe it or not, within two days of doing these exercises, my back pain is almost completely gone. I can't believe it. I will continue to go to the chiropractor for "maintenance" visits, but yesterday I walked three miles with no pain whatsoever. Thank you, Mr. Smith!

I use this book whenever I experience back pain from lifting or bending. It especially helped me after I had a fall and pinched a nerve in my thoracic and lumbar spine. I would recommend this book to anyone who needs to relieve chronic back pain or anyone who needs to strengthen the back muscles.

[Download to continue reading...](#)

Exercises for Back Pain: The Complete Reference Guide to Caring for Your Back through Fitness
Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates
Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body,
Total Fitness) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To
Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory
exercises, memory, brain training) Back Pain: Alleviate Back Pain and Start Healing Today (Simple
Exercises, Remedies, and Therapy for Immediate Relief) Wrist Pain, Neck Pain - Lower Back Pain -
Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep
Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Natural Back Pain Solutions:
Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Joint Pain No More: How
to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury)
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors,
hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The 7-Minute Back Pain
Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day
Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental
Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) How To Get Out Of Back, Pain
Insider Secrets To Back Pain Relief, Engage Your M STOP Back Pain: Kiss Your Back, Neck And
Sciatic Nerve Pain Goodbye! Life Without Pain: Free Yourself from Chronic Back Pain, Headache,
Arthritis Pain, and More, Without Surgery or Narcotic Drugs The Back Pain Book: A Self-Help Guide
for the Daily Relief of Neck and Low Back Pain 8 Steps to a Pain-Free Back: Natural Posture
Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Mind Over Back Pain: A
Radically New Approach to the Diagnosis and Treatment of Back Pain The Truth About Back Pain:
A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain Foot Pain: Ingrown
Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The
Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ
Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your
Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Trauma Stewardship: An

Everyday Guide to Caring for Self While Caring for Others

[Dmca](#)