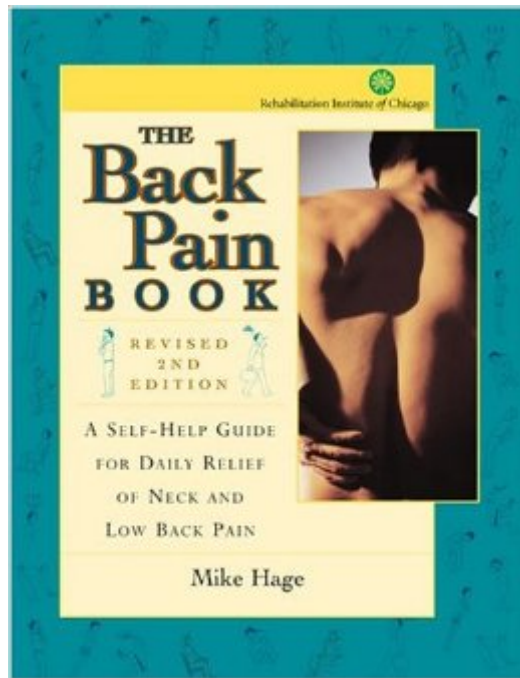


The book was found

# The Back Pain Book: A Self-Help Guide For The Daily Relief Of Neck And Low Back Pain



## Synopsis

85 percent of Americans suffer from some type of back pain. Now there's hope-and help-for the sufferer. In THE BACK PAIN BOOK, physical therapist Mike Hage shows you how to take control of your back problems through self-treatment. Instead of addressing specific medical diagnoses, medications, surgery, or nutritional adjustments, Hage gives guidance on how to use posture and movement to ease, relieve, and prevent your pain. With the help of The BACK PAIN BOOK, you can participate in your own rehabilitation. THE BACK PAIN BOOK includes thorough guidance on how to:

- ? Achieve quick pain relief
- ? Heal and prevent pain during all of your daily activities
- ? Perform all types of exercise, from gentle stretching to vigorous movement

THE BACK PAIN BOOK offers user-friendly features such as:

- ? Hundreds of helpful line drawings
- ? Clear, easy-to-follow instructions
- ? Complete cross references to help you locate all treatment procedures for your particular problem

## Book Information

Paperback: 250 pages

Publisher: Peachtree Publishers; 2nd REV ed. edition (January 1, 2005)

Language: English

ISBN-10: 1561453420

ISBN-13: 978-1561453429

Product Dimensions: 7 x 0.8 x 9.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (7 customer reviews)

Best Sellers Rank: #617,558 in Books (See Top 100 in Books) #93 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #289 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #672 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

This revised review is written in August 2010 about the original 1992 edition. The Back Pain Book is clearly written and contains wise advice about exercises and daily activities. That the illustrations are so simple yet so precise makes them both memorable and a reliable guide. Just before describing and illustrating how to do an exercise, the Back Pain Book describes and illustrates how not to do it. It's almost like having a physical therapist in the room with you. The recommended exercises strengthen both the back muscles and the other supportive muscles of the torso and

upper thighs. When my back hurt doing curl ups, the isometric exercise for the abdominals did the trick. When my pelvis and lower back needed more stability, the sideways hip strengthening exercise was a strain free way to do it. I like this book so much I would like to update it. Where Hage encourages us to walk tall and provides a very memorable illustration, I would like to refer to Esther Gokhale's superb description of just how to activate the muscles that enable walking tall (See the excellent, 8 Steps to a Pain Free Back). Where Hage recommends a straight leg raise, I'd like to substitute a more back sparing exercise from Stuart McGill to accomplish the same goal (See McGill's, Ultimate Back Fitness and Performance and his more research oriented, Low Back Disorders). Where Hage has a whole section of stretches, I'd like to be more selective as Gokhale is. Why? Because as McGill points out, stretching has limited usefulness for the back. Once you stop hurting the back and develop the right muscles and postures much of your mobility returns without any stretching. A sample of some of the information an update could provide is taken from McGill's, Low Back Disorders.1.

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

Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain 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) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for

dummies, low carb high fat diet,) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye!

[Dmca](#)