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Treat Your Own Back



Synopsis

like new, barely used

Book Information

Paperback

Publisher: Spinal Publications; Reprint edition (1990)

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Product Dimensions: 9.2 x 6.6 x 0.1 inches

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #1,083,634 in Books (See Top 100 in Books) #142 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#)

Customer Reviews

The author, a professional manipulative therapist, makes the point that 'take it easy' is not the cure to back problems. While rest is necessary, it is a combination of rest and proper, gentle exercise is what will help back problems. She states that in the 'primitive' Third World, chronic back and leg back problems related to lumbar discs are not common at all. It is in the 'modern' societies with comforts that back problems are so common and costly in terms economics and missed work days. The book provides all the basic information for the patient including anatomy of spine with good illustrations, common causes of back pain, gentle exercises, and when to apply the exercises. There is also a section on special situations and the common remedies and solutions. All important questions a back pain sufferer may have are answered. The exercises are explained well, and the photos clarify any questions one may have. By doing the exercises regularly, one can keep the pain under control and be functional. There are also professionals available almost everywhere for further help if needed.

A few years ago I had an excruciating back injury, which the most extensive therapy and treatments didn't help at all. After nearly three months of constant pain and disability, I found this book, and within five minutes of doing the first (easy) exercise, felt significant relief from the pain. Just doing a few simple postures and stretches throughout the day had me back to normal in a short time, and I

still do the stretches occasionally to keep my back in good shape.

I found Robin McKenzie's booklet to be very helpful with my back issues, it was a good buy at a very good price.

Arrived and everything I expected.

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