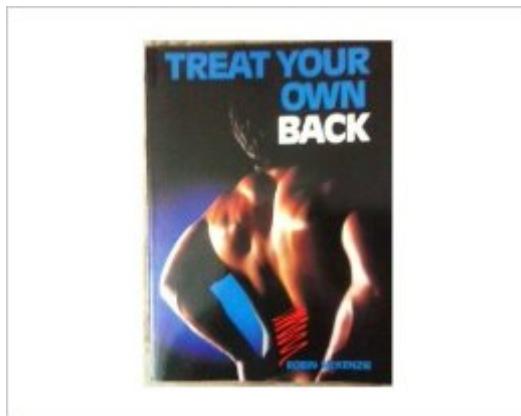


The book was found

Treat Your Own Back



Synopsis

like new, barely used

Book Information

Paperback

Publisher: Spinal Publications; Reprint edition (1990)

Language: English

ISBN-10: 0959774661

ISBN-13: 978-0959774665

ASIN: B0032T69YW

Product Dimensions: 9.2 x 6.6 x 0.1 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #1,083,634 in Books (See Top 100 in Books) #142 inÂ 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 of 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.

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

Treat Your Own Back Homesteading for Beginners: Self-sufficiency guide, Grow your own food, Repair your own home, Raising Livestock and Generating your own Energy (Homesteading, ... The Homesteading Handbook: A Back to Basics Guide to Growing Your Own Food, Canning, Keeping Chickens, Generating Your Own Energy, Crafting, Herbal Medicine, and More (The Handbook Series) Treat Your Dog Right: Best Ever Homemade Dog Treat Recipes The Complete Guide to Growing Your Own Hops, Malts, and Brewing Herbs: Everything You Need to Know Explained Simply (Back-To-Basics) (Back to Basics Growing) Start Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works for Them (Rich Dad Advisors) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Treat Your Own Hand and Thumb Osteoarthritis Treat Your Own Iliotibial Band Syndrome Treat Your Own Spinal Stenosis Treat Your Own Knees: Simple Exercises to Build Strength, Flexibility, Responsiveness and Endurance Treat Your Own Neck 5th Ed (803-5) Treat Your Own Rotator Cuff Treat Your Own Neck Step By Step To Your Own Domain And Webhosting: Tips and tricks for registering your own domain name and connecting it with your webhosting provider (Step By Step Booklets Book 1) Homesteading for Beginners: How to Grow Your Own Food, Raise Livestock, Repair Your Home Yourself and Generate Your Own Power Backache, Stress, and Tension: Understanding Why You Have Back Pain and Simple Exercises to Prevent and Treat It Treat Back Pain Distally: Get Instant Pain Relief with Distal Acupuncture Heal Your Aching Back: What a Harvard Doctor Wants You to Know About Finding Relief and Keeping Your Back Strong (Harvard Medical School Guides) The 5 Phases to Get Your Ex Back: Where You Are Now and Where You Need to Go to Get Your Ex Back

[Dmca](#)