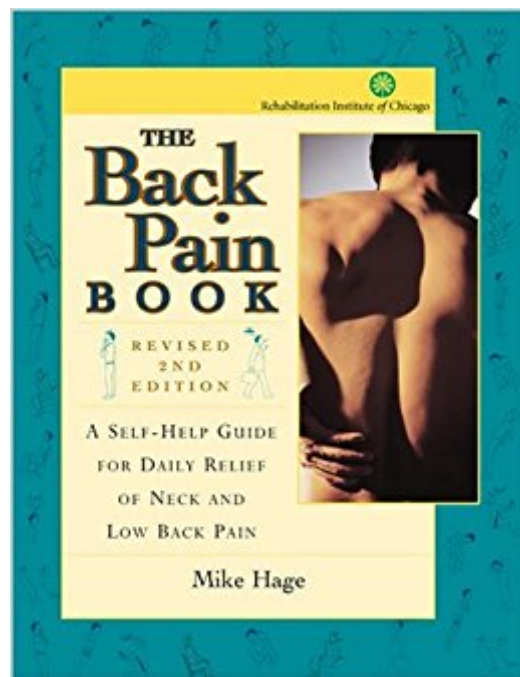




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# **The Back Pain Book: A Self-Help Guide For The Daily Relief Of Neck And Low Back Pain**



## 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

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (7 customer reviews)

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

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