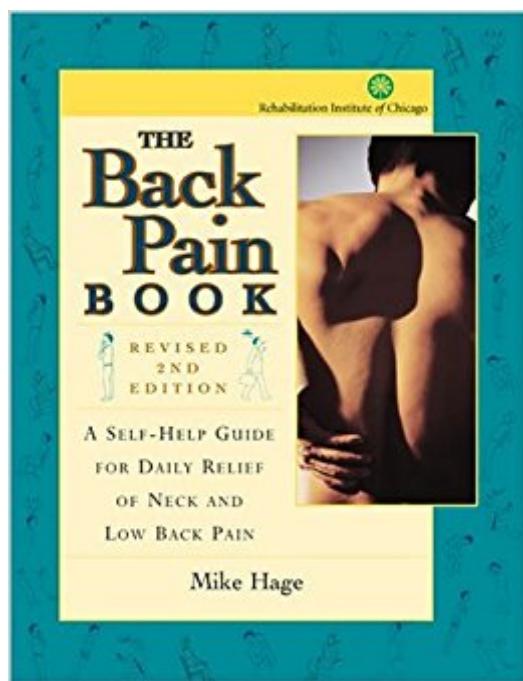


The book was found

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

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Customer Reviews

MIKE HAGE, MS, PT, was the physical therapy supervisor for the Pain Program at the Rehabilitation Institute of Chicago. He died in 2000. THE REHABILITATION INSTITUTE OF CHICAGO has been ranked the best rehabilitation hospital in America by U.S. News and World Report for fourteen consecutive years. It was founded in 1954 and is the nation's first freestanding rehabilitation hospital.

Nearly the same as the 1992 version with a few edits. By far the best back book I've found after reviewing many and by far the easiest to follow but still a challenge to understand how to do the exercises and which ones are important. I'm seeing a Physical Therapist now and the combination of the book and advice from the PT are much better. But lots of experimenting. I had some back issues over 15 years ago and as far as I can tell there have not been any real advances in the last 15 or 20 years. It is discouraging with all the money that has been spent over this time how little progress has been made.

This book offers numerous practical, day-to-day tips that make a big difference in managing back pain. It is organized in a way that permits the reader to go immediately to sections that focus on particular areas of back pain. This is a well though out publication.

A+

I highly recommend this book for the lay person as well as for all those in the bodywork field. Easy to read, the drawings are easy to follow, actually better than photographs. Highly informative, a great homework book for clients! I have my original copy and I keep some on hand to share or give -- well worth the investment.

Not finished reading yet. but it had some good suggestions. I'd recommend it to other people having back pain. I'd give it 5 stars if all my back pain goes away.

informative with useful and good information to use daily.

This book was recommended by my husband's Physical Therapist, to help him learn proper body mechanics to protect the spine. The illustrations are a big help in learning how to do everyday moves in a safer way, and so far, every time we've had a question, we've found an illustration addressing our concern.

did not help

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