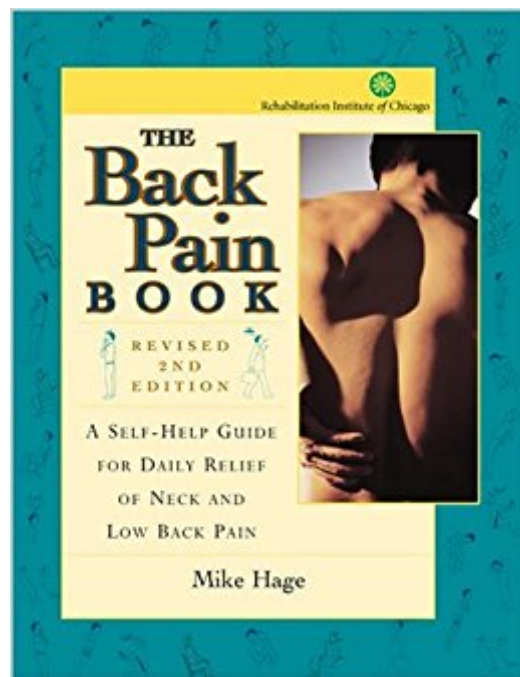




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# **The Back Pain Book: A Self-Help Guide For The Daily Relief Of Neck And Low Back Pain**



## 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 9 customer reviews

Best Sellers Rank: #616,828 in Books (See Top 100 in Books) #75 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #238 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #605 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## 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 thought 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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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 Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) 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 Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses. Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook) Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook (New Harbinger Self-Help Workbook) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1)

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