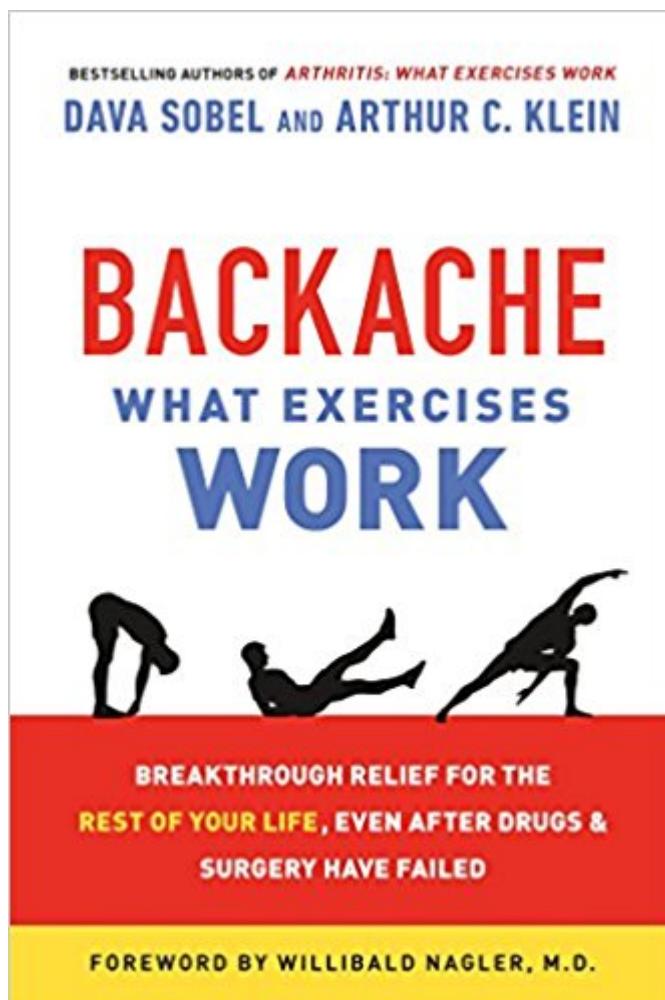


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# Backache: What Exercises Work: Breakthrough Relief For The Rest Of Your Life, Even After Drugs & Surgery Have Failed



## Synopsis

What is the most powerful backache treatment ever developed to help prevent recurring back pain and restore you to a healthy, pain-free life? The answer is exercise. Exercise has: Helped more backache sufferers than drugs, surgery, or any other treatment--without dangerous side effects. Been widely prescribed by medical doctors and other health practitioners. Been rated the best source of relief by backache sufferers themselves. Been uniformly supported by current medical research. Each exercise is explained in words and diagrams so that even a beginner can put together an individualized exercise program that works. Included are: Exercises to relieve acute and chronic pain, plus preventative measures. Self evaluation checklists. Instructions for increasing activity levels. Tips on performing everyday activities without pain. Let Dava Sobel and Arthur C. Klein's *Backache: What Exercises Work* wonders in ending your back pain. Only this book has the techniques you need.

## Book Information

Paperback: 208 pages

Publisher: St. Martin's Griffin; 2 edition (June 16, 2015)

Language: English

ISBN-10: 125006869X

ISBN-13: 978-1250068699

Product Dimensions: 5.5 x 14.2 x 8.3 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 78 customer reviews

Best Sellers Rank: #814,778 in Books (See Top 100 in Books) #97 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #277 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #787 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

It is estimated that 80 million Americans endure periodic bouts with back pain. Sobel and Klein, coauthors of *Backache Relief*, based this book on results of a nationwide survey of back-pain sufferers that looked at relative effectiveness of treatments. Clinical trials have confirmed the usefulness of low-back exercise programs, and among the 500 back sufferers interviewed, it was a therapeutic exercise program that offered the most help. This volume exposes the secret to remaining pain-free: learning--and sticking to--a well-designed exercise program. The authors have

created a program that is neither too rigorous nor too difficult, addressing such topics as bed rest, chiropractors and muscle relaxers. They describe three types of exercises necessary to successfully combat back pain: (aerobic, to increase stamina and improve cardiovascular fitness); stretching (for limberness and to help prevent muscle spasms); and strengthening (to firm up muscles needed for good posture). The authors discuss how to assess exercise readiness and assemble a tailor-made program. Their guide is informative and well-written. The most effective medicine available to treat a back problem is exercise, and they present clear guidelines on how to implement therapeutic exercise to best advantage. Copyright 1994 Reed Business Information, Inc.  
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Dava Sobel is an award-winning former science reporter for The New York Times and author of the national bestseller *Longitude*. Arthur C. Klein is a survey designer and market research specialist. They are the best-selling authors of *Backache Relief*, *Arthritis: What Works*, and *Arthritis: What Exercises Work*. Both live in East Hampton, New York.

I suffered for 8 months with inflammatory arthritis in my knees. I saw doctor after doctor, had test after test. The only solution was Celebrex which gave me chest pain. I got this book at our library out of desperation; I felt too young to lose my mobility. I'm thrilled to say these exercises were outstanding and really DO help. Best of all, the are at least half a dozen helpful exercises for every joint area in the body starting at the top and going down - even the jaw is covered. My husband started the exercises for back & jaw (he's got TMJ) and they helped him as well. I can't thank the authors enough for compiling such an honestly helpful book. How refreshing to actually find something that does what it says it does. THANK YOU. I have some relief in life finally.

This is worth the investment. The exercises are most helpful and designed to target all the joints. Of particular interest is the Forward, which is written by Professor John H. Bland, MD. You can view it by clicking on the Kindle version. That, alone, offers a lot of hope and encouragement for arthritis sufferers. Good luck and good health!

Very helpful. Simple exercises that keep me mobile and reduce discomfort. Good illustrations and simple descriptions

The authors provide very good instruction with easy to follow steps and illustrations. As a Pilates &

fitness instructor, I bought this book in order to better understand and help my clients who suffer from arthritis. I now have an even better understanding of the importance of mobility for the arthritic person and the best movements for them.

**GREAT AND SIMPLE EXPLANATIONS COVERING ALL THE IMPORTANT STRETCHING AND EXERCISES TO HELP THOSE WHO SUFFER WITH ARTHRITIS. A GREAT BUY!**

Good purchase!

Wonderful book full of exercises!

I am a retired RN and have been having recurring aggravations from old orthopedic injuries and this book gave me exactly what I needed to know...without the expense of a medical office visit. You might have some of this info in other books if you have some of the better books for athletes, but it is a single most useful condensation of the best of the best and includes some new 'moves' as well. This book will be on my shelf until my kids inherit it! I am no longer limping around in pain, but am moving freely and doing my exercises and stretches several times a day.

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