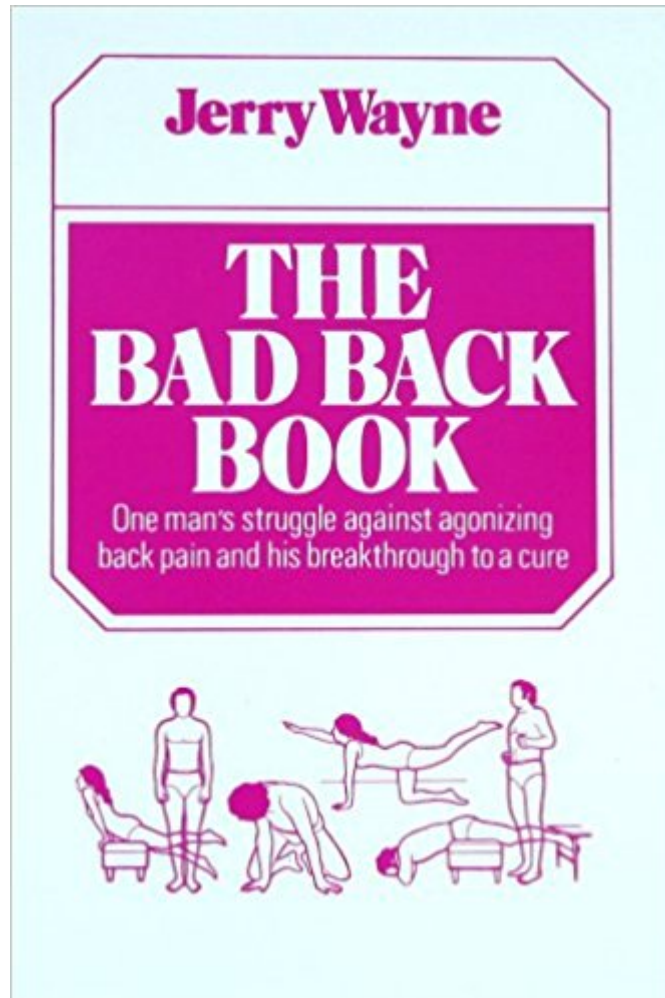




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# Bad Back Book



## Synopsis

Bad Back Book

## Book Information

Paperback

Publisher: Ox Bow Pr (June 1983)

Language: English

ISBN-10: 0918024250

ISBN-13: 978-0918024251

Product Dimensions: 0.5 x 5.5 x 8.5 inches

Shipping Weight: 5.3 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 40 customer reviews

Best Sellers Rank: #219,639 in Books (See Top 100 in Books) #38 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #59072 in Books > Textbooks

## Customer Reviews

Bad Back Book

I have been in pain for the last 31 years, after I made the mistake of having a spondilolisthesis operation. For those in Rio Lindo, back surgery. Since then, my life changed for the worst. I tried every possible imaginable solution, from the best "so called" specialist to some witch doctors. Nothing worked, exactly as in the case of the author of the book, and, exactly as in the case of the author of the book, this book was the solution for me. If your case is similar to mine, just buy the book AND DO WHAT IT SAYS. BE AWARE, IF YOU WANT MICROWAVE SPEED SOLUTION TO YOUR PROBLEM, YOU DON'T DESERVE THIS BOOK. THIS BOOK IS FOR PEOPLE THAT IS READY TO MAKE "WHATEVER EFFORT" IT TAKES TO SOLVE THEIR PROBLEM. IT WILL NOT BE AN EASY TRIP, BUT THERE IS A LIGHT AT THE END OF THE TUNNEL, YOU HAVE TO PUT REAL WILL POWER TO REACH IT. IF YOU DON'T PUT WILL POWER YOU JUST DO NOT DESERVE THIS BOOK. IF YOU DO I WISH YOU THE SAME RESULT AS MINE.

Bad Back BookÂ One day, when my younger son was three years old, I was lying on my back on the floor, holding his hands, and he was using my stomach as a trampoline. I had done the same thing with my older son with no problem, but on this day I felt something pop, and over the course of the next few hours I developed excruciating back pain. For years after that I had back spasms,

sometimes as often as once a month. Various doctors told me that the underlying problem was weak back muscles, or disks that had lost their elasticity, or stenosis of the spinal canal. Physical therapy helped somewhat with the acute pain, but it usually took me two days or so before I could even make it the car to drive to the physical therapy office. And moderate pain could persist for weeks. Several years after the initial episode I came across *The Bad Back Book* in a used book shop. On impulse I bought it, read it, and began using the exercises. I was very skeptical at first, but the exercises were simple and did not take up much time or energy, so for some reason I kept doing them. After two months without a back spasm I was convinced. Gradually I began to test my new-found freedom with sports and other activities that had been banned from my life. For more than ten years I've been doing these exercises almost without fail in the morning, and then I do whatever I want or need to do for the rest of the day. I can't remember the last time I had a back spasm. If you have a "bad back," this is the book for you.

This book is wonderful. I've had back pain most of my life. Now at 72 I don't want to slow down because of back pain. Some believe it is inevitable that these things will happen. This book has outlined a proper way of correctly getting the back into shape and to keep it in shape. We know the back is very complex and just exercising without doing the correct exercises is of little value. I've been given several papers from my Dr. but none have shown a more complete step by step but effective approach to proper back stretching and strengthening routines as this book. It's been a life saver.

Bought this to replace my old copy, which I gave to a friend in pain. Do not even consider having back surgery until you have read this book and tried the (relatively) simple exercises for yourself.

Jerry Wayne was a stage actor many years before my time. This book chronicles the start of his back problems, and his journey through the maze of treatments, a hilariously written saga of what he did to undo what was done. You get the idea. What makes the book such a must read is that it isn't written by a physician, or any other specialty that has a stake in what the reader thinks. It's just the story of a average man with back pain, and what finally relieved it. My godmother recommended this book to me; she and her husband have been doing these recommended exercises daily for 30 years, after he was told he needed to have a spinal fusion. To this day he has not had surgery, nor does his back hurt anymore. This book is a fast read, and is written in everyman language, easy to understand and the exercises are easy to do.

A friend gave me a copy of this book about 10 years ago and he swore by it. He told me at that time that, were it not for this book, he would have been bed-ridden and only able to move around by "crawling" on the floor! He used a cane to get around, but was far from being bed-ridden. I read through it and tried the exercises. I quickly discovered the phenomenal improvement the exercises can provide. I suffer from occasional low-back pain, and whenever I start to feel it I perform only the first 3 exercises to get back into shape. It is remarkable and I have given the book to several my friends and family members that also suffer from back pain. One friend was not helped by the book - he had serious problems that had developed over an extended period of time and required corrective surgery, but I am convinced that if I had given him a copy two or three years earlier, he would not have needed surgery.

This is not so much a book as a short story about the authors back problems and then diagrams of exercises that he learned and that helped him. That said, I think the exercises are pretty good. They are similar to ones I was taught by a therapist - and I think that for many people - if done every day - will find them helpful in strengthening the back and thus reducing problems. I am glad I got the book.

The book is logically structured in progressive stretching and power enhancing back exercises. It's application is global in that it can easily be adapted to the veteran athlete or novice beginner. In short, the program is superb for individuals coming off of back surgery, major back injuries, and, those who want a good back maintenance program. I would highly recommend the book for anyone who is plagued by back pain.

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