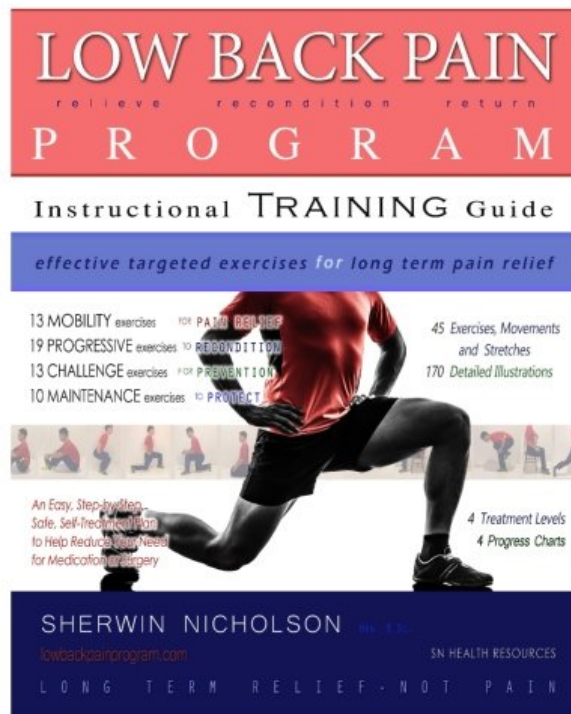


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effective targeted exercises for long term pain relief



13 MOBILITY exercises FOR PAIN RELIEF
19 PROGRESSIVE exercises TO RECONDITION
13 CHALLENGE exercises FOR PREVENTION
10 MAINTENANCE exercises TO PROTECT

45 Exercises, Movements and Stretches
170 Detailed Illustrations

An Easy, Step-by-Step, Safe, Self-Treatment Plan to Help Reduce Your Need for Medication or Surgery

4 Treatment Levels
4 Progress Charts

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LOW BACK PAIN PROGRAM: A COMPREHENSIVE STEP PDF

Learn how to self treat chronic lower back pain easily and safely with this fully illustrated, instructional, low impact, pain-safe, exercise guide long term. The majority of cases of chronic lower back pain are either directly related to, or worsened by specific muscle weaknesses and imbalances. This specifically designed guide carefully teaches the correct methods to move, train and strengthen your body to properly relieve back pain. It uses non-surgical, non-medicinal, and safe methods for all ages and difficulties. It will help with your current pain, to prevent the return of pain, and to reduce your dependency on medication and surgery. **IMPORTANT NOTE:** You will relieve your pain as you learn a series of short and effective exercises. The exercises will teach you how to treat and recondition several misunderstood and neglected areas of the lower back, hips and legs that can lead to lower back pain. The Low Back Pain Program demonstrates effective, very low-risk exercises, stretches and movements to treat and prevent: lower back pain, backache, back spasms and more, long term with a careful, concise, 'at home' guide. This book contains 45 important exercises, over 170 detailed illustrations, 3 treatment and conditioning levels, 1 maintenance level and 4 progress charts. The exercises condition and restore proper mobility and function for your lower back, hips, legs and pelvis, allowing painful areas time to heal and recover. The guide begins with 13 'Limited Mobility Exercises' to improve your flexibility and address your stiffness and tightness that contribute to and worsen lower back pain. 19 'Progressive Exercises' then, stimulate, develop and strengthen the muscles and joints necessary to protect the lower back from pain. 13 'Challenging Exercises' are then taught to reinforce, correct and re-educate the muscles and joints to move and operate functionally and effectively to prevent recurrence of lower back pain. Upon completion of these exercises, 11 simple 'Maintenance Exercises' selected can then be seamlessly used throughout your daily routine as needed to keep your muscles optimally conditioned to protect your lower back from imbalances and pain. These exercises are founded on the methods of exercise therapy, physiotherapy, and lower back pain and injury rehabilitation. They are intended for home use and can be performed at the users convenience and comfort level. A family doctor's consent is advised prior to starting this program. This guide provides those in pain, a much needed alternative to popular exercises and stretches that are recommended but still do not resolve the cause of the pain. This guide will benefit the user throughout their life as their physical needs change with age and lifestyle. If you are suffering from acute or chronic low back pain and are not sure how to resolve it, this exercise plan can help you. Many issues related to back pain are a result of muscular and joint imbalances that can be self-corrected through specific movements and exercises. Learn some of the major causes of lower back pain, book details and how to provide relief at home long term. For more information and some exercise examples, go to www.lowbackpainprogram.com. "A very comprehensive, practical and step by step guide. You've given me hope that relief is possible, and that I can heal. I feel ready to start the program now that I have this helpful guide." - C.N. Aurora "Excellent read!...the ideas here apply to several forms of chronic pain, in my case hip pain. Simple, easy to understand steps that have made a huge difference in pain management and improving quality of life - thank you." - R.S. Newmarket

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- 68 pages

Most helpful customer reviews

8 of 8 people found the following review helpful.

Essential Lumbar/Pelvic Exercises for Lower Back Pain

By Catamaran'78

The book is 95% exercises, over 40. Unlike many other books it is all about the lower back, not everything from the fingers to the feet. It points out that the lower back and the pelvis and the leg, particularly the upper leg, are connected by a whole array of muscles extending from and across the pelvis/lumbar vertebrae. The book does not have 'cat backs' which you have probably already done, finding they do help flex and relax the spine. But catbacks do not do what the leg/pelvis exercises in this book do. I found even the first 10-12 exercises in this program were a great help in relieving pain and spasm in muscles of the lower back, and helping to wake to a more mobile back in the morning. If you have disc problems diagnosed by MRI and have had serious pain episodes from doing 'stuff you used to do with no problem', start slowly and don't overdo it. The more advanced exercises can wait, start with the basic ones that are at the beginning of the book. You should find they help your posture and loosen up muscles that need it. Exercise won't make the discs young again, but improved posture and muscle tone can help to give pain free function.

3 of 3 people found the following review helpful.

I exercise regularly and have pretty strong core muscles

By Que71

I bought this book along with "Back Pain Cure" after another episode of lower back spasms. My lower back issues started after the birth of my 2nd child-9 years ago. Since then I have suffered lower back pain and spasms off and on. I am not over weight. I exercise regularly and have pretty strong core muscles. I know how to "lift" from your legs and not your back yet I still suffer from spasm attacks. I have learned if I get lazy and don't stretch, my muscles get really tight and it starts to effect my hips and lower back.

I have incorporated the techniques from both books and it has helped me recover much quicker then ever before. What I love about this particular book is that it has some techniques for stretches and excises I have never seen before. In addition it explains why you are doing them. It is not a overnight cure and some positions are down right uncomfortable but I have found doing the exercises along with the tennis ball massage has helped me greatly.

**As a side note, "Back Pain Cure" is about using a tennis ball for pressure (deep tissue) massage. It actually states stretching muscles can be counter effective for back pain but I personally found it is important for me to do to keep my muscles from becoming too tight.

2 of 2 people found the following review helpful.

First few days...

By Amy Smick

I just started the book and will update this review as I progress through the program:

Background:

I am a 33 yo ex-athlete (American football and baseball at the collegiate level). 6'2 & 215lbs. Decent overall physical health, but have had lower back spasms of the multifidus muscles for nearly 15 years. On and off, as long as 3 years between episodes and as short as 6 months. I have always been able to "make it go away"

temporarily through physical therapy, rest, and anti-inflammatories (Advil), but have never been able to make it completely subside. I think I need to start from "step 1" which is why this book appeals to me.

Most recently (2 weeks ago), my spasms started up again due to a total lack of physical exercise for about 2 years and then over exerting myself while carrying boxes and moving into our new apartment. I was completely immobile for 2 days with initial spasm (this is typical for me when episodes have occurred in the past), and now I have been mobile for about 2 weeks with small spasms here and there.

Starting the program today!

11/27/16

My third day in the program. I really like how the book starts: a nice run through of what lower back pain is and how it often is developed (through years!). I'm starting to think that my superficial muscles are overdeveloped and my smaller stabilizers are under developed. Also my flexibility in general is very poor and my tendons and joints need to be realigned. I definitely need to start from square 1.

Book continues with a walk through of the program. Very nice start. The first few exercises are much more challenging than I would have expected, but I guess that's just proving how out of alignment I really am!

Every day the first few exercises get a little easier. Will report back in a week or two.

See all 32 customer reviews...

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