



Backache: What Exercises Work

By Dava Sobel, Arthur C. Klein

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A complete guide for backache sufferers shares the latest information on the benefits of exercise for preventing and relieving backaches, with self-evaluation checklists, complete instructions, and advice on pain-relieving lifestyle changes.

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Editorial Review

From Publishers Weekly

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.

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About the Author

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.

Users Review

From reader reviews:

Ray Nicolas:

This book untitled *Backache: What Exercises Work* to be one of several books which best seller in this year, here is because when you read this e-book you can get a lot of benefit on it. You will easily to buy this specific book in the book retail outlet or you can order it via online. The publisher with this book sells the e-book too. It makes you easier to read this book, since you can read this book in your Touch screen phone. So there is no reason to you personally to past this reserve from your list.

Michelle Shaw:

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the ability about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors on earth always try to improve their ability in writing, they also doing some research before they write to their book. One of them is this Backache: What Exercises Work.

Judy Martinez:

Why? Because this Backache: What Exercises Work is an unordinary book that the inside of the book waiting for you to snap it but latter it will shock you with the secret that inside. Reading this book adjacent to it was fantastic author who else write the book in such wonderful way makes the content inside easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of gains than the other book have got such as help improving your talent and your critical thinking method. So , still want to hold up having that book? If I were you I will go to the guide store hurriedly.

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