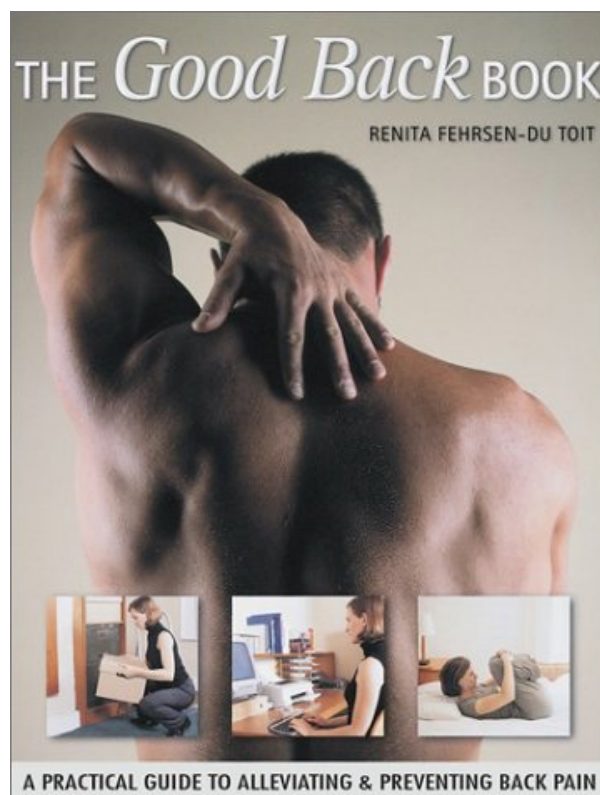


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THE GOOD BACK BOOK: A PRACTICAL GUIDE TO ALLEVIATING AND PREVENTING BACK PAIN BY RENITA FEHRSEN-DU TOIT PDF

The essential guide to maintaining a healthy back.

Back pain is the second most common health complaint. The Good Back Book is the essential handbook on clinically proven therapies for preventing back problems, improving everyday posture and embracing a healthier lifestyle.

The book is a balanced approach to back health that accounts for stress, gravity, workplace conditions, age, and weight. With jargon-free text and clear illustrations, the book provides an understanding of spinal anatomy. Spinal and muscular stability and flexibility are critically important for relieving and avoiding back problems. Featured here are equipment-free exercises for improving back stability and flexibility.

Common posture faults are described and illustrated along with specific exercises for correcting them. The book offers advice for achieving good posture in a wide variety of situations: working at a desk, cooking in the kitchen, standing in a bus, ironing and sweeping, lifting, walking, and carrying a backpack to school.

Alternate remedies and therapies are explored -- including what results are reasonable to expect.

The Good Back Book discusses:

- Physiotherapy
- Osteopathy
- Chiropractic
- Yoga
- Pilates
- Massage therapies and deep tissue manipulation

In a detailed Q and A section, the author answers commonly-asked questions. The Good Back Book is a practical guide of proven techniques anyone can use to relieve and avoid back pain.

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Common back problems receive clear coverage

By Midwest Book Review

Any who have suffered from back pain - and that is much of the population - will find this a simple and fine book which covers the basics of spinal health, from improving posture to strengthening the back with exercises and preventing pain with improved alignment. Common back problems receive clear coverage as to causes and prevention using this illustrated manual as a guide.

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