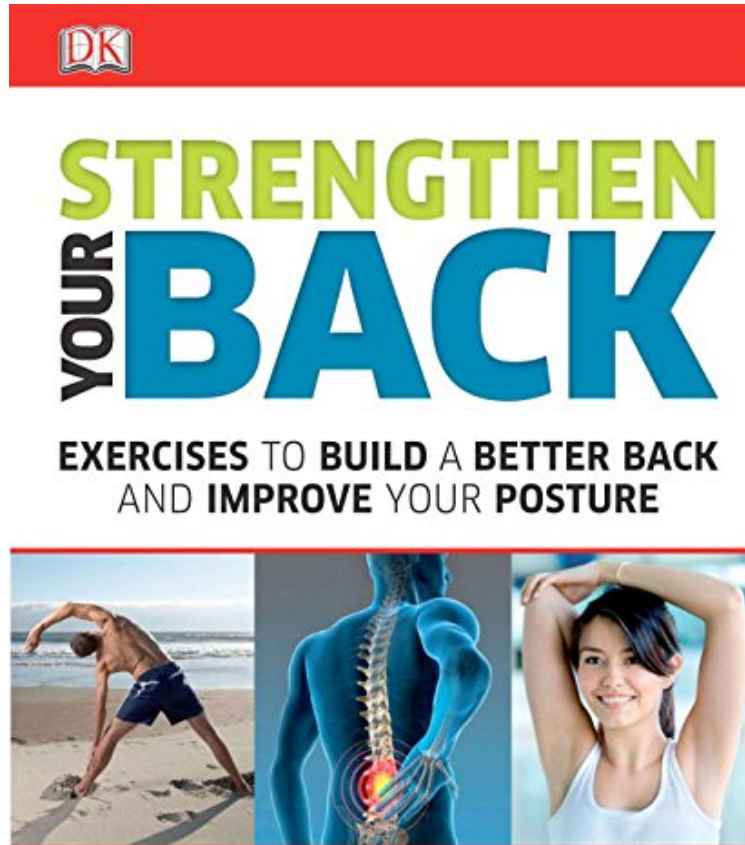


(Library ebook) Strengthen Your Back

Strengthen Your Back

DK Publishing

DOC | *audiobook | ebooks | Download PDF | ePub



Content previously published in *Essential Back Care*

DOWNLOAD



READ ONLINE

#910595 in Books DK ADULT 2013-10-21 2013-10-21Original language:EnglishPDF # 1 9.18 x .34 x 7.68l, .88 #File Name: 146541455X128 pages | File size: 68.Mb

DK Publishing : Strengthen Your Back before purchasing it in order to gage whether or not it would be worth my time, and all praised Strengthen Your Back:

6 of 6 people found the following review helpful. Well worthwhile.By MHOHioThis is a well written book that has detailed exercises for neck, shoulder, back problems plus explanations of the different types of problems with anatomical descriptions that are very helpful. My physical therapist has given me some of the exercises to do that are covered in the book. It is a good reference source.3 of 4 people found the following review helpful. The guy and the gal on the cover? Yeah, this book was never actually for them.By Daniel Kian Mc KiernanA person with a healthy back and common sense, seeking a book to aid in development of a strong and limber back suitable to moderate or more intensive physical activity should look elsewhere. This is a book for those who have been injured or are sedentary, who don't know the first thing about the back, and who are unwilling or unable to use the Internet for research.In my own case, I suffer from chronic, moderate back pain, as a result of an accident or two many years ago; but I have found nothing new and helpful here.The subtitle ("Exercises to Build a Better Back and Improve Your Posture") notwithstanding, only about 40% is given to presenting exercises. Frankly, I doubt that any but a very few

people would maintain the routine offered here for very long; its bang (health benefits) per buck (time consumed) is very poor. Most people should instead just avoid slouching, sit-up "straight" when they sit, and work their ways up to brisk (4 mph / 6.4 kph) walks for 20 to 30 minutes every day or every other day, making a conscious effort to stand-up "straight" as they walk. In Chapter 2, there's a really infuriating set of flow charts. No matter what the source of pain, the conclusion is invariably that one should see a doctor; the only variation is of whether the matter should be regarded as an emergency, urgent, or can wait on an ordinary appointment. The reader would be better served by a bald claim up-front that a doctor should always be consulted,* and lists -- rather than visual spaghetti -- of which cases are emergencies, urgent, c. In future, I will look with increased skepticism at every book of the DK (Dorling Kindersley) imprint. _____*Even if one does not agree with this claim, given that it is to be made, it would be better to make it baldly at the beginning. 1 of 1 people found the following review helpful. Healthy Backs Start Here By Sheila K. Great exercises with excellent photos that clearly demonstrate how to keep your back strong and flexible!

DK's *Strengthen Your Back* provides easy-to-follow exercises that improve mobility, flexibility, core stability, and strength to help treat an existing condition or reduce chances of future injury. This handy guide is perfect for anyone who wants to take an active role in his or her health care and alleviate back pain.

"[P]rovides a comprehensive overview that includes a basic anatomy of the spine, diagnosis, and treatment of spinal problems, ideas for preventing and coping with pain, as well as maintenance and rehabilitation exercises." Radish Magazine