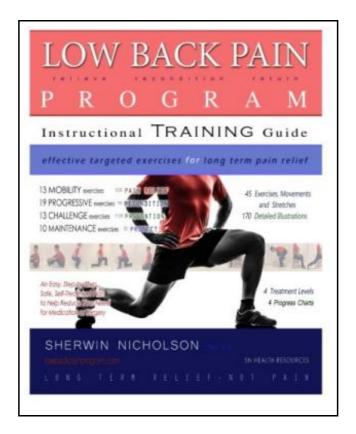
Low Back Pain Program: A Comprehensive Step by Step Exercise Treatment Plan for Long Term Pain Relief. (Paperback)



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LOW BACK PAIN PROGRAM: A COMPREHENSIVE STEP BY STEP EXERCISE TREATMENT PLAN FOR LONG TERM PAIN RELIEF. (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.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...

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