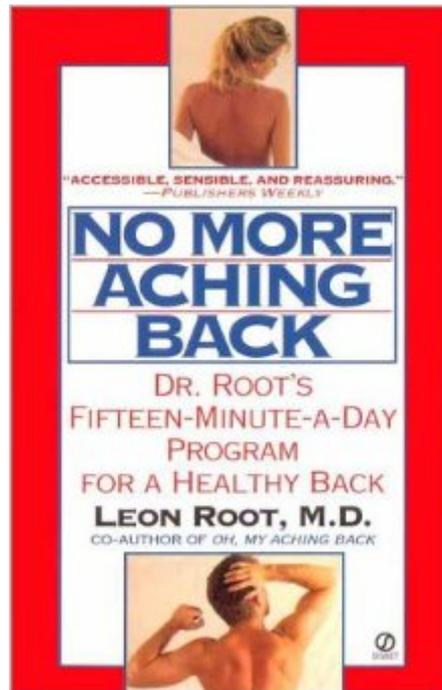


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# No More Aching Back: Dr. Root's Fifteen-Minute-A-Day Program For A Healthy Back



## Synopsis

These state-of-the-art strategies from the co-author of the bestseller *Oh, My Aching Back* are designed to heal, strengthen and protect your back from stress and injury. Dr. Root's clinically proven program includes • a 15-minute daily exercise routine • self-administered first aid • what to ask and what to expect from your doctor • short- and long-term solutions for pain, etc. "Accessible, Sensible, Reassuring... The best ways to sit, bend, lift, drive a car, play sports, have sex, and carry on everyday activities." -Publishers Weekly

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (36 customer reviews)

Best Sellers Rank: #172,898 in Books (See Top 100 in Books) #69 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#) #250 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#) #765 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

## Customer Reviews

I suffer from 2 herniated disks one at S1L5 (extremely blown) and one at L4 (moderate), I also suffer from spinal stenosis. I have been following Dr. Root's exercise program now for a month, and have had tremendous results with the pain from the disks and the sciatica down my leg. I never thought I could be pain free or off of pain medication! This is a wonderful book and program for anyone who suffers with herniated disks!

Almost 30 years ago, my back was on a downward spiral. I progressed from annual episodes of "throwing my back out" to almost daily pain that varied from mildly annoying to activity stopping. I consulted doctors and chiropractors. As I was not bad enough for surgery, the doctors had little to offer. One chiropractor gave me an excellent treatment that seemed to cure me for a couple of years. He retired, and I was not helped by other chiropractors. Then I found Dr. Root's book. The

latest version is "No More Aching Back", Signet(November 1991), ISBN 0-451-17091-1. I started doing his easy exercises, and my back pain went away gradually over the course of a few months. I've continued doing some of his exercises pretty consistently for almost 20 years, and I have not had a significant episode of back pain in that time. Recently, I went to an orthopedic surgeon for a knee injury. Most of the other patients in his waiting room were being treated for back pain. Some needed weekly physical therapy and drugs to help them through the day. If I did not find Dr. Root's book, I think I would have suffered like them. I've recommended the book to more people than Dr. Root's mother. My back feels great. Good luck.

I had a bulging disk problem many years ago but had recovered. Recently I had my first serious flair up, and for two weeks none of my standard exercises worked. I got Dr. Root's book, and his exercises immediately started helping. One particular cross-legged exercise helped realign my back so that the other exercises could be more productive. Without this book, I would have had to go back to the doctor and get his help because I was getting desperate. Now I'm on my way to recovery, and I'll be sure to keep doing Dr. Root's exercises so they'll keep my back in shape.

I know many people who've been helped by this book. I first used the earlier version about 40 years ago. I learned about it then from a woman who seemed to be considering back surgery or suicide. Then she discovered this book and she was greatly helped. I just saw my cardiologist today. I mentioned this book to him and found out Dr. Root is his patient. My cardiologist also had sciatica and was helped by the exercises in this book, too. I've just begun doing these exercises again and am happy with them. Until two weeks ago I'd been going to a physical therapist. One of the exercises she gave me caused a groin pull. Another exercise she gave me a few days later caused my back to hurt. Until then I'd only had leg pain--sciatica. So, I've decided to use this book. I know this book has exercises which makes sense, these exercises in it are unlikely to damage me. There are guidelines for each exercise, warning what not to do and such. One of the five main exercises even come with a statement that some people can't do it and to just skip it if it causes irritation or pain.

This book is an excellent source for practical information concerning the health and care of your back, plus it really is a fifteen minute workout of exercises that really work. I have been doing the exercises and no more back stress.

Nine months ago, I was diagnosed with a herniated disc. The orthopedist I was seeing told me I needed surgery. I had terrible back pain as well as sciatica and had a lot of trouble walking and standing -- being in the grocery line was torture! I tried chiropractic and acupuncture to avoid surgery but was on the point of giving up and calling the spine surgeon when my husband recommended I try this book. I followed Dr. Root's advice and gave my back a complete rest for 48 hours and then began doing his exercises for fifteen minutes morning and night. It's been a month and a half since I began his exercise program and I have been pain free for the entire time! I can't recommend this book enough -- it really is a gem.4/12/13 an update - still doing the exercises and still pain free!

I bought this when my husband was diagnosed with a herniated disk. Dr. Root offers concise explanations of the anatomy of the back and spine, the different types of back injury, and the range of available treatments. Also, the exercises are easy to follow, and now I do them (they are meant for people who don't have a serious injury, but who just have stiffness and minor pain)---and he makes a point of emphasizing care in self-treating and using "alternative" treatments without being dismissive. His views reflect the most up-to-date thinking on back pain--that surgery is rarely needed and exercise can fix most disk problems (like it did with my husband), and he helps you navigate the options (along with your orthopedist).

I have given away many, many copies of this excellent series of exercises and description of why they work. I did the exercises every single night for over ten years and no longer have a back that goes out with the slightest provocation. In fact my back remains strong because I take care of it, and the supporting muscles are strong.

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