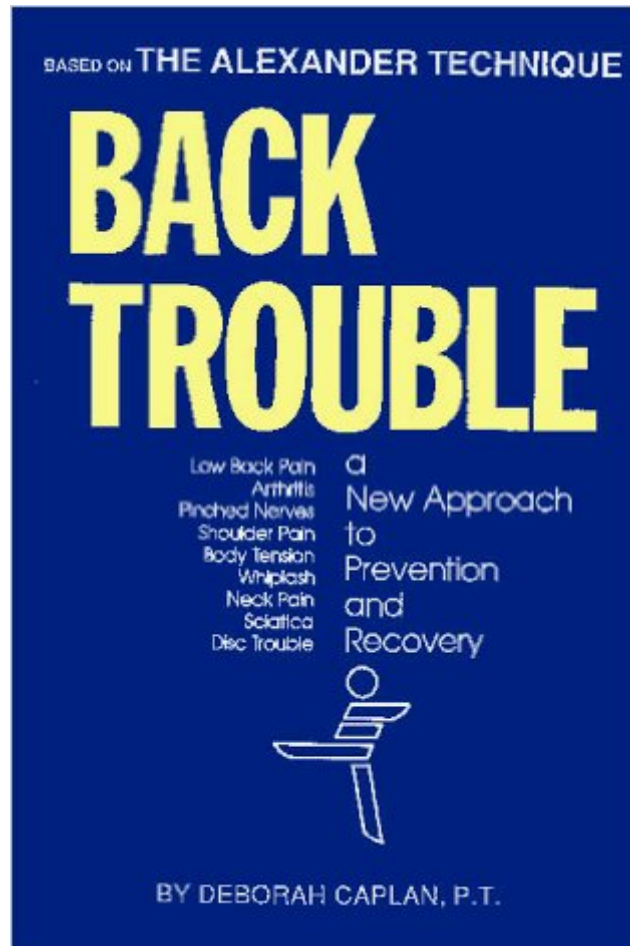


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# Back Trouble: A New Approach To Prevention And Recovery



## Synopsis

Easy-to-follow guide can help you overcome back, neck and shoulder pain by turning everyday movements into practical therapy. Based on the Alexander Technique, a medically recognized alternative to ice packs, heat, ultrasound, traction, bed rest, medication, and surgery. Can also help whiplash, sciatica and disc trouble. 200 photos and drawings.

## Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #321,871 in Books (See Top 100 in Books) #57 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #108 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments](#) #405 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## Customer Reviews

This book does a great job to educate about how the body functions, with emphasis on helping those with back pain. It is an excellent integration of the Alexander approach with physical therapy to aide in recovery, and better lifetime function. The illustrations are very helpful. As a physical therapist, I recommend this book to all of my patients with Back Trouble.

I've spent hundreds of dollars on my back pain and if I'd known the simple principles in this excellent book I could have done alot to help myself sooner. This is not a full-blown explanation of the Alexander Technique; it's more like an quick-start guide on how to use it to immediately relieve some of your back pain. I have scoliosis and you would have to go to an Alexander teacher to improve beyond a certain point with that diagnosis. However, applying the principles in this book gave me a new confidence that I could improve my range of movement and reduce my pain. Overall, an excellent investment in back health.

Well written, clear, concise. Covers all types of situations in which this method of using your body is helpful. Interesting approach for those who already have a problem and for those who wish to prevent poor posture and all its consequences. The story of Alexander's discovery of this approach is very interesting. Includes many good illustrations.

I've had back problems for some years which have recently been diagnosed as sciatica. Stretching, strength training and physical therapy has been of some help so I started Alexander Technique lessons with a local certified instructor. I like the approach and feel that the first few lessons I've taken have been beneficial. Specifics of the Technique are difficult to explain, but this book puts them in the context of practical exercises for the back with examples in special cases such as if one is a musician or pregnant. Would recommend as a reference to those of us who experience back pain and look for means to avoid or mitigate the effects.

This is a great book about the technique, which can help chronic back pain. You must have an instructor for this to make sense, however. There are exercises that are recommended that have helped me. Read the book several times, while taking lessons, and the ideas make more sense each time you read them.

Caplan's book is a user-friendly guide to good body use, including many illustrations and exercises which will help anyone who wishes to avoid back trouble. She covers all sorts of situations, including bone and joint ailments and post-surgery. Do yourself a favor and buy this book.

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