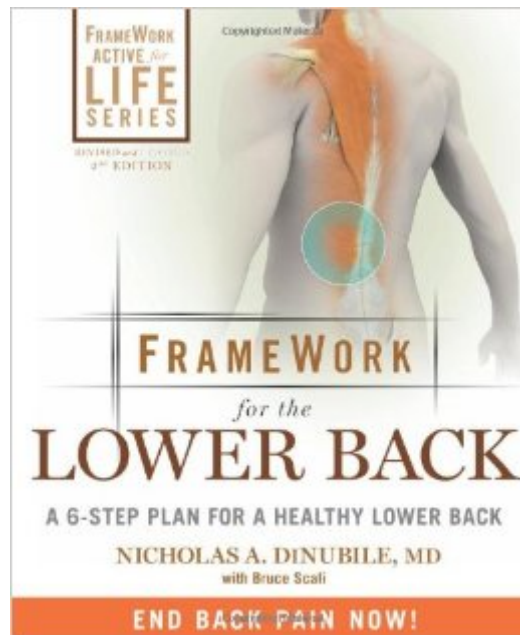


The book was found

Framework For The Lower Back: A 6-Step Plan For A Healthy Lower Back (FrameWork Active For Life)



Synopsis

Manage and prevent lower back pain with the proven FrameWork philosophy! Muscle and joint conditions have surpassed the common cold as the #1 reason for physician visits in the United States with lower back pain leading the charge. If you suffer from lower back pain, you know the frustration of having to miss out on activities you enjoy and having trouble finding an exercise program that does not exacerbate your pain or symptoms. In his book, FrameWork, renowned sports medicine physician Dr. Nicholas DiNubile provided readers with cutting-edge strategies for safely starting, maintaining, and building an exercise program designed to promote optimum muscle, bone, and joint function and health. Now in the first installment of his Active for Life series, Framework for the Lower Back, DiNubile provides lower back pain sufferers with a specific plan for treating and preventing sprains, strains, disc problems, arthritis, sciatica issues, and other injuries. Beginning with an explanation of the causes, preventative strategies, and treatment of common lower back problems, Framework for the Lower Back includes:Â A comprehensive pre-exercise screening questionnaire to assess the extent of injury or painÂ A tailor-made exercise plan that incorporates innovative exercises that can be done at home or in the gymÂ Nutritional advice designed to strengthen the muscles, joints, and bones of the lower back Lower back pain and injury doesn't mean the end of an active lifestyle. All it takes is a balanced, customizable plan that acknowledges the fact that our bodies are all a little different and often need special attention. Framework for the Lower Back provides that plan and gives you all the tools you need to stay active for life.

Book Information

Series: FrameWork Active for Life

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Diseases & Physical Ailments > Pain Management #1129 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

The information in this book is excellent. It is a must read for anyone with back pain or who wants to prevent back pain. It is easy to read but well written. The book takes you through simple steps that make a lot of sense. I love the exercises and nutritional advice. The wide variety of specialists that are used is also fantastic. Neil Liebman

This book is a really good summary of what to do for lumbago. There are lots of other books, but the information is scattered and difficult to synthesize. After all, a normal person can't spend the entire day doing back exercises. This book presents a couple of routines that can be done to help your lower back pain. It won't be eliminated once and for all, but it will certainly help. The author has a very engaging style and the book is fun to read. I would also recommend his basic book "Framework" as a useful guide to health for the normal stressed out adult.

Very straight forward and informative. Easy to follow exercises and guidelines. Loved it so much I am got another book in the Framework series.

I like this book and the way the author discusses the structure of the lower back. There's a self-test to help you decide which exercise program in the book is best for you. I haven't started that program yet, so am not sure if I'll see positive results.

Written by a knee surgeon, it covers a full range of back problems. Expert advice on causes, treatments, diet and exercise. Many exercises are the same as those found in the Knee edition but there are specific exercises for your back which are helpful. If you're considering surgery, read this book first.

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