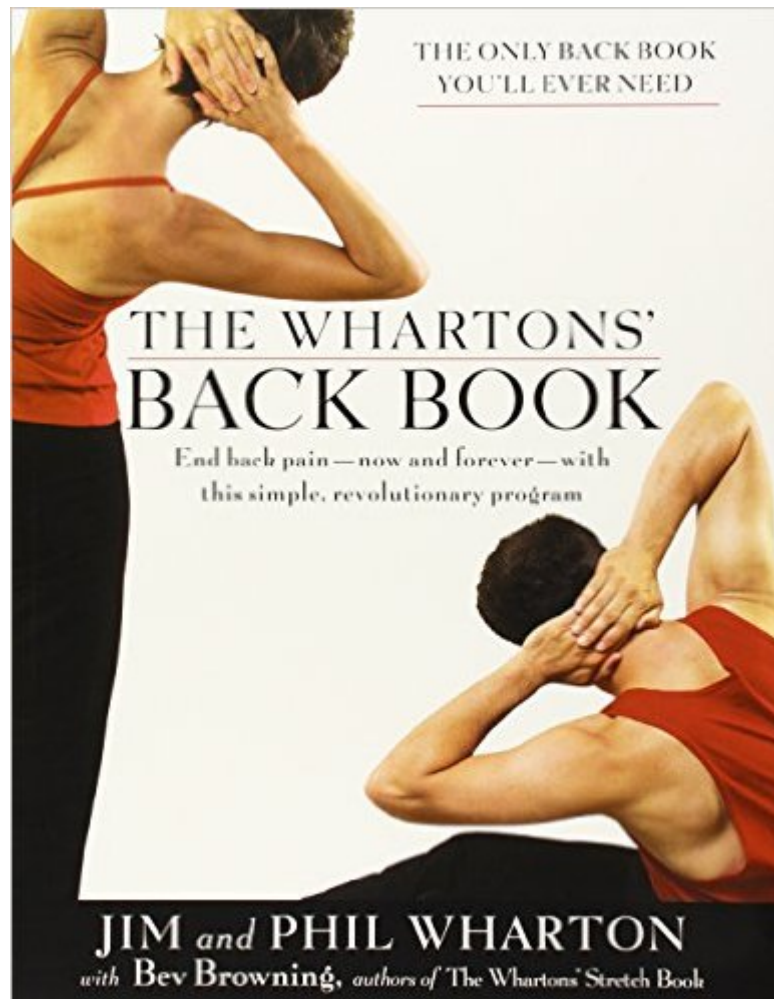


The book was found

The Wharton's Back Book: End Back Pain--Now And Forever--With This Simple, Revolutionary Program



Synopsis

Don't just rehab your back--PREhab it! Father-and-son training team Jim and Phil Wharton have served as physical therapists to everyone from Olympic medalists to Broadway and Hollywood stars. Now - with *The Wharton's Back Book* - they're here to relieve your back pain quickly, easily, and permanently. Their methods not only target and resolve current conditions, they also can help you PREhab your back, to prevent any future pain or disability. With this book, you will:

- Understand how the back works and why back problems can often be traced to injuries in other parts of the body
- Ease pain and keep your back strong with a simple 20-minute routine that meets your lifestyle
- Identify the source of current hurt and follow a short-term program to relieve pain and restore flexibility
- Understand the latest diagnostic tools with an overview of cutting-edge treatment options
- Reverse or completely cure back problems stemming from more than 50 conditions, activities, and sports-related injuries
- Relieve back-related troubles caused by anything from extra pounds to osteoporosis, work, tension, or the way you sleep

Book Information

Paperback: 389 pages

Publisher: Rodale Books (August 23, 2003)

Language: English

ISBN-10: 1579547036

ISBN-13: 978-1579547035

Product Dimensions: 8.4 x 1.1 x 10.8 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (22 customer reviews)

Best Sellers Rank: #299,748 in Books (See Top 100 in Books) #54 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #141 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #384 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

Customer Reviews

If a person with back problems reads and follows the advice in this book, their situation will improve. There is no magic fix for back pain, but the vast majority, regardless of the diagnoses, will be reduced or even eliminated by correcting the imbalances in the hips. This book tells how to do this. The imbalances were developed over many years, so it will take some time to overcome them. If you want a healthier back, this is the answer, provided you are willing to put in the time and effort.

Don't listen to the guy who says he is a martial artist. He was being negative, and didn't even include a measure of credibility such as his name, or martial arts of practice to back up his negative claim. If you want to look at a sample of this book, go to Google books, and you can read the first 20 or 30 pages. When you do that you'll understand why this book can help you prevent back pain. Everyone from construction workers to those who sit in an office every day need to use this book. This book is a tool, that I use instead of going to the chiropractor, which I have now learned is useless, and perpetual. I bought this book after reading some of the pages on Google books. I really liked the fresh approach to back pain, which chiropractors had not been able to help. The chiropractor I had attended would help my pain go away, and as if I was leaving a barber, or a gas station tell me to come back soon. The visit cost \$75 each time I visited. I visited every other week, and sometimes once a week depending on weather I was working as a computer technician, or helping my father with some manual labor as part of his construction, and renovation company. As I read this book I learned that your back and neck are not supposed to go out all the time, and this book taught me how to stretch properly so that my back wouldn't go out as much. The thing that I didn't understand was that the stretches not only stretch your muscle, but they align your back while you are doing them, which is the same thing my chiropractor did, only he used an electrical stimulator to loosen my muscles, which did not strengthen them. This book has helped me more than I thought possible. I didn't buy from , I wanted to tell others what this book has done for me. I haven't been to the chiropractor in 3 months.

I and my wife are physicians. She suffers from lower back problems. This book contains easy to follow pictures and directions for the exercises. I was very pleased to see their balanced (and truthful) comments regarding drugs and alternative therapies. I agree with their advice to seek professional opinions as other diseases can mimic lower back problems. A well written and illustrated book.

I have been using this for nearly three weeks. My lower back pain has improved but it is not gone. I do not know how important the stretches are for this. The exercises are not difficult so I do not have to brace myself to do them like I do for many exercises. For the first three weeks one is to do the lower body and upper body stretches. I have a bad shoulder and I do think the stretches help the shoulder. Many of the reviews talk about how it takes twice as long as the book says to do the stretches. I find that after the first week or so of learning the exercises I finish the stretches in less

than 19 minutes. The book says 20 minutes. Many of the reviews say the stretches take much longer. Later they add strengthening exercises and I do not know how long that will take. My assumption about the stretches is that if you are taking much more than 20 minutes you are not efficient in going from one stretch to the next, or you do not really understand how to do the stretch. Maybe both. I do the full ten repetitions on all stretches. I believe that the principle of balancing muscles is probably very important to back pain. Whether doing this general program will help without specific diagnosis I do not know. I have not read the book past how to do the exercises. That is the first 100 pages. Some people suggested that it was not clear how to do the exercises. I may be doing them wrong but the explanations seem clear to me. I have no complaints. I have just not had time to properly evaluate the long term results of using the program. I gave it four stars rather than five because I have not had time to evaluate the long term result and that is what really matters. I tend to get down in the back and it gets better. Then it happens again. Because of this cycle this gradual improvement may not be from the exercises.

I bought the Wharton's Stretching book and liked it, finding it very useful as a martial artist. This book, however, merely rehashes everything in the Stretching book, but in an inferior manner. Although it has photos instead of drawings, the Wharton's Stretch book clearly shows acceptable ranges of motion for each stretch. In addition, the Back Book has a section on training with weights that bordered on ridiculous. The author's clearly know little about neither weight training as therapy nor weight training for strength and flexibility. This book was a real disappointment. Buy their first book, avoid this one.

I gave it to my friend that has chronic back issues and he loved it. He said everything made sense and it really relieved a lot of pressure. More importantly, the knowledge of how back injuries and pain occurs really helped him.

[Download to continue reading...](#)

The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program
The Truth About Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain
Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow,
(Children health care Book 1)
Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain
Pain Free for Women: The Revolutionary Program for Ending Chronic Pain
Back Pain: Alleviate Back Pain and Start Healing Today (Simple Exercises, Remedies, and Therapy

for Immediate Relief) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain The Pain Cure: The Proven Medical Program That Helps End Your Chronic Pain Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Living in "The Now" in Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot

[Dmca](#)