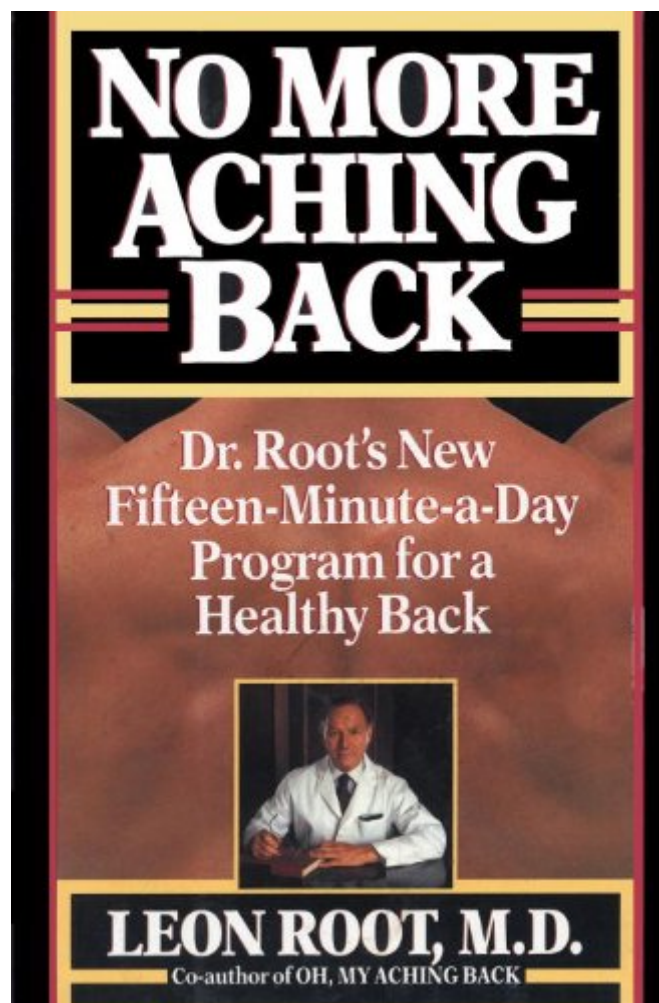




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# No More Aching Back: Dr. Root's New Fifteen-Minutes-A-Day Program For Back



## Synopsis

These state-of-the-art strategies 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, and short- and long-term solutions for pain.

## Book Information

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## Customer Reviews

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.

I read this book (written in 1991) and one written just recently by Dr. Patrick Roth: "The End of Back Pain" (he is a neurosurgeon in Hackensack, NJ). Both provided great background material for me to decide what to do. Both also suggest very specific stretching and several exercises for my back and whole "core." I found "No More Aching Back" as a used copy, but in very good shape, and the information it contained very relevant for my situation.

A great insight into back problems, their causes and possible courses of treatment..A selection of illustrated exercises to be undertaken daily for cases not resulting from serious accidental damage. These exercises tone and strengthen supporting muscles and ligaments. If undertaken daily in the vast majority of cases they eliminate the back pain and improve posture. The book warns of those who stop the exercises when the pain disappears only to have it return. In other words once relief is obtained continue the exercises for the rest of your life.

Very very useful book. Relieved my pain and increased my flexibility.

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.

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!

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.

This book has helped both me and my husband. If you follow the recommendations in this book you will improve so much! No more back pain!

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