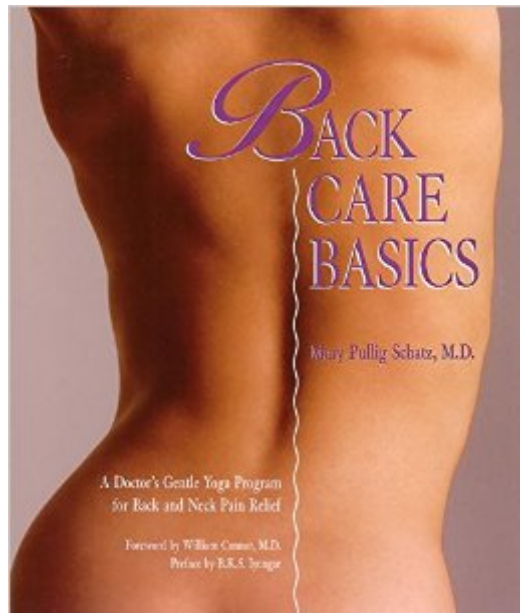


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# Back Care Basics: A Doctor's Gentle Yoga Program For Back And Neck Pain Relief



## Synopsis

Back Care Basics offers the low-cost solution for back care in the new millennium: therapeutic yoga. Dr. Schatz's approach to back rehabilitation is gentle, effective, and doesn't resort to drugs or surgery. Her program encourages both positive health practices and a positive outlook; the important tools needed for prevention and healing. Dr. Schatz has designed this program to help those with pain from chronic musculoskeletal back and neck strain, spinal arthritis, osteoporosis, premenstrual syndrome, pregnancy, and scoliosis. Simple and practical ways to heal the back, restructure the body, and cope with stress are taught so that one becomes more sensitive to early warning signs of an impending "back attack" and what to do to ward it off.

## Book Information

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## Customer Reviews

Suza Francina, author, The New Yoga for People Over 50, Mayor Pro-Tem from Ojai, California, writes: "I have been teaching yoga to people of all ages for over 25 years. One of the most common reasons people begin a yoga class is to get rid of their aches and pains. I can say with complete confidence that of all the books I've read on therapeutic exercise for back and neck pain relief, Dr. Schatz book offers by far the most effective, individualized approach to a healthy back. Back Care Basics goes beyond generic exercises and takes into account each person's special circumstances. It is a lifesaver for people caught in the vicious cycle of pain and fear. I have referred to it countless times creating yoga based exercise programs for people in chronic pain. In fact, almost my entire copy is highlighted or underlined! If you or someone you love is suffering from back or neck pain, I

encourage you to educate yourself by reading this book. I also hope that other health professionals working with people with back problems--chiropractors, massage and physical therapists, acupuncturists, etc., will read this book and leave it in their waiting room. Chiropractors tell me that patients who are practicing yoga rarely have acute back pain and their adjustments hold longer. People with back and neck problems benefit more from other therapies if they practice the gentle yoga program taught in Back Care Basics.

I had heard lots of wonderful things about this book for the last few years. Then I bought a copy. The results have been nothing short of amazing. Dr. Schatz has compiled a book which is a must for anyone with back pain or neck pain. Her diagnostic tests allow you to immediately identify your problem areas. The recommended exercises are clearly illustrated. You get exercises that are custom-made for your body. Of course, the magic happens when you actually do the exercises. I saw remarkable results in my posture the very first day I started doing the exercises. The neck and shoulder tightness has also improved. Dr. Schatz is an expert in this area, and this is not designed as "quick fix." This is a sound program to be followed over time. However, I must admit I was astounded at the speed at which I saw improvement. If you have any back or neck pain, or poor posture, you absolutely must get this book. It will improve your health dramatically. Thank you, Dr. Schatz for this magnificent book.

This is my favorite book for addressing back pain issues. It presents a great foundation in the basic anatomy of the back and then uses this information to develop the concepts that help people understand why back and neck pain occur and how to correct it. The book contains progressive exercises and workouts of various lengths that use Iyengar yoga to address back pain. Each exercise is carefully explained and includes good tips on how to perform each correctly. I also like that it provides the rationale for each exercise and important points to focus on while performing each movement. There are also chapters on specific problems. This is definitely a comprehensive reference and it has helped me a lot with my own back problems. In addition, it is an excellent overall introduction to yoga. The author is a physician who had back problems herself. She is highly credible and treated her own back problems with the methods described. I recommend this book to anyone interested in an introduction to yoga or wanting to learn more about rehabilitating back and neck problems using yoga. Finally, if you are looking for another book on this topic "The Pilates Back Book" by Tia Stanmore is also very good. It also starts out more gently and is somewhat more accessible. However, it's not nearly as comprehensive or as detailed in describing the exercises. I

own and use both and recommend owning both to people who are serious about understanding and working with back issues. (Personally, I also found Tai Chi helpful before I was ready to do yoga. However, I don't have a book I would recommend that would be a good standalone resource. If you go this route, it's probably best to find a good teacher who is also a physical therapist or at least has some knowledge of dealing with back and neck related issues.

This book helped has helped me to recover from a debilitating disc rupture. It taught me exercises to do even when I was stuck in bed. The book gently teaches stretches and strengthening exercises and has cautions and warnings for all kinds of back problems. It also had helpful information for dealing with the reality of life with an injured back, including relapses and how to cope physically and emotionally. Highly recommended. I have better posture and the essential body awareness needed by us back pained people.

Recently having x-rays and an mri because of lower back problems the diagnosis were several ruptured discs. Doctor Schatz's book was everything I needed to know to start my rehabilitation. She leaves nothing to the imagination literally answering all of my questions in the first three chapters alone. Not knowing creates a lot of fear for us back sufferers and fear brings on even more pain. Since gently entering into a stretching routine I found incredible results after the first week. I could move about freely without pain. Her straight forward approach was an 'easy read' for me. Highly recommended!

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