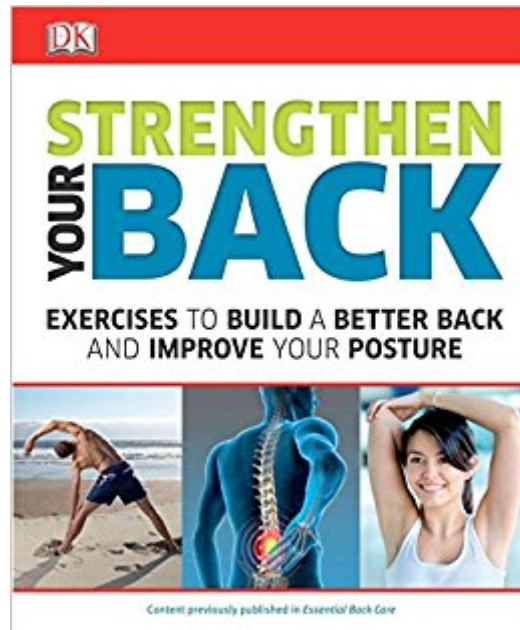




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# Strengthen Your Back



## Synopsis

DK's Strengthen Your Back provides easy-to-follow exercises that improve mobility, flexibility, core stability, and strength to help treat an existing condition or reduce chances of future injury. This handy guide is perfect for anyone who wants to take an active role in his or her health care and alleviate back pain.

## Book Information

Paperback: 128 pages

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Product Dimensions: 7.7 x 0.3 x 9.2 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 6 customer reviews

Best Sellers Rank: #709,587 in Books (See Top 100 in Books) #85 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #161 in [Books > Medical Books > Allied Health Professions > Chiropractic](#) #690 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## Customer Reviews

"[P]rovides a comprehensive overview that includes a basic anatomy of the spine, diagnosis, and treatment of spinal problems, ideas for preventing and coping with pain, as well as maintenance and rehabilitation exercises." [Radish Magazine](#)

This is a well written book that has detailed exercises for neck, shoulder, back problems plus explanations of the different types of problems with anatomical descriptions that are very helpful. My physical therapist has given me some of the exercises to do that are covered in the book. It is a good reference source.

A person with a healthy back and common sense, seeking a book to aid in development of a strong and limber back suitable to moderate or more intensive physical activity should look elsewhere. This is a book for those who have been injured or are sedentary, who don't know the first thing about the back, and who are unwilling or unable to use the Internet for research. In my own case, I suffer from

chronic, moderate back pain, as a result of an accident or two many years ago; but I have found nothing new and helpful here. The subtitle ("Exercises to Build a Better Back and Improve Your Posture") notwithstanding, only about 40% is given to presenting exercises. Frankly, I doubt that any but a very few people would maintain the routine offered here for very long; its bang (health benefits) per buck (time consumed) is very poor. Most people should instead just avoid slouching, sit-up "straight" when they sit, and work their ways up to brisk (4 mph / 6.4 kph) walks for 20 to 30 minutes every day or every other day, making a conscious effort to stand-up "straight" as they walk. In Chapter 2, there's a really infuriating set of flow charts. No matter what the source of pain, the conclusion is invariably that one should see a doctor; the only variation is of whether the matter should be regarded as an emergency, urgent, or can wait on an ordinary appointment. The reader would be better served by a bald claim up-front that a doctor should always be consulted,\* and lists -- rather than visual spaghetti -- of which cases are emergencies, urgent, &c. In future, I will look with increased skepticism at every book of the DK (Dorling Kindersley) imprint. \_\_\_\_\_ \*Even if one does not agree with this claim, given that it is to be made, it would be better to make it baldly at the beginning.

Great exercises with excellent photos that clearly demonstrate how to keep your back strong and flexible!

This book covers everything "back". I bought it for someone with back troubles and they love it!

Got it for my boyfriend, Great information on strengthening your back.

Just got this from the library and I'm very impressed by the quality of the exercises. More comprehensive than the ones given by my physical therapist and at a much lower cost!!!

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