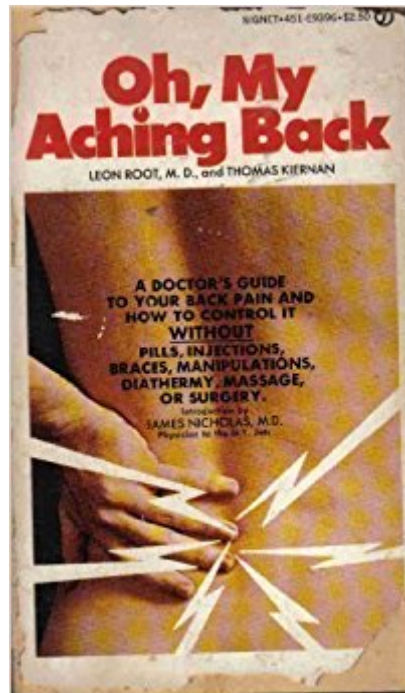




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Oh My Aching Back



Synopsis

A doctor's guide to your back pain and how to control it without pills, injections, braces, manipulations, diathermy, massage, or surgery.

Book Information

Mass Market Paperback: 224 pages

Publisher: Signet; 7th edition (June 1, 1975)

Language: English

ISBN-10: 0451093968

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Product Dimensions: 7 x 1 x 5 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.6 out of 5 stars 34 customer reviews

Best Sellers Rank: #802,911 in Books (See Top 100 in Books) #96 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache

Customer Reviews

A doctor's guide to your back pain and how to control it without pills, injections, braces, manipulations, diathermy, massage, or surgery.

skip the lead in chapters and simply read the instructions to each exercise. These have kept me sciatica-free since 1989. Easy to do and don't take long as well. They strengthen the torso/core so that sciatica does not occur again. They work.

I HAD THIS BOOK FOR YEARS AND IT REALLY HELPS. DUE TO A LOSS I NO LONGER HAD THE BOOK. I LOOKED FOR IT ON AND THERE IT WAS. I AM SO GLAD TO HAVE IT BACK IN MY HOME. IT IS GREAT. MY HUSBAND HAS HAD BACK PROBLEMS FOR YEARS AND NOW AS I GET OLDER I SOMETIMES HAVE THEM ALSO. I AM AMAZED HOW A FEW EXCERCISES CAN MAKE A DIFFERENCE. I HAVE RECOMMENDED THIS BOOK TO ANYONE WHO SAYS THEY HAVE A BACK PROBLEM.

I have had a copy of this book for years, bought this copy because lost it. It includes illustrated exercises for the back that I have found work very well. They have eliminated any lower back pain I was feeling. I recommend the book, if only for those exercises.

I wish I had found this book 20 years ago - I could have saved myself a lot of pain, not to mention all the time and money I spent on doctor appointments! Just before I got this book I was planning to see a neurosurgeon for a consult. Now four weeks later I have cancelled all my appointments. It makes me really angry that all the doctors and chiropractors and physical therapists didn't tell me about this. IT WAS SO EASY!!! It's not magic. I know I will have to continue doing my part every day, but WOW, what a HUGE DIFFERENCE!

I have two herniated discs in my lumbar and one bulging. I had been going to physical therapy for several months, twice a week. Within a week's time of reading "Oh, My Aching Back" and implementing the recommended exercises, I felt relief and stopped going to physical therapy all together. It made me feel better than physical therapy ever did and, actually, Dr. Root advises against the modified cobra position that most physical therapists include as part of their protocol. Oh My Aching Back (Signet) It really worked for me. Very useful. Am considering purchasing "No More Aching Back: Dr. Root's New Fifteen-Minute-A-Day Program for a Healthy Back" (Signet) by Leon Root.

Excellent for basic understanding of the back--it's structure, components. This is helpful. Addresses reasons for back pain, then what to do about it--EXERCISE. Exercises included. However, this was written before the MRI was a diagnostic tool, so problems like degenerated discs and stenosis were not extensively addressed.

I originally purchased this book in the '70s when I had severe back problems. After I knew the exercises I first loaned it out and then gave it to a friend. Now my grandson is suffering with back pain and I remembered how this book helped me. I ordered it and had it sent directly to him in another state. He just replied that he has had less pain since concentrating on the exercises.

Dr. Root's book is actually the "how-to Manual" for everyone to use regarding their back. Reading, then following his recommendations can (and should) make everyone backpain free for life.

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