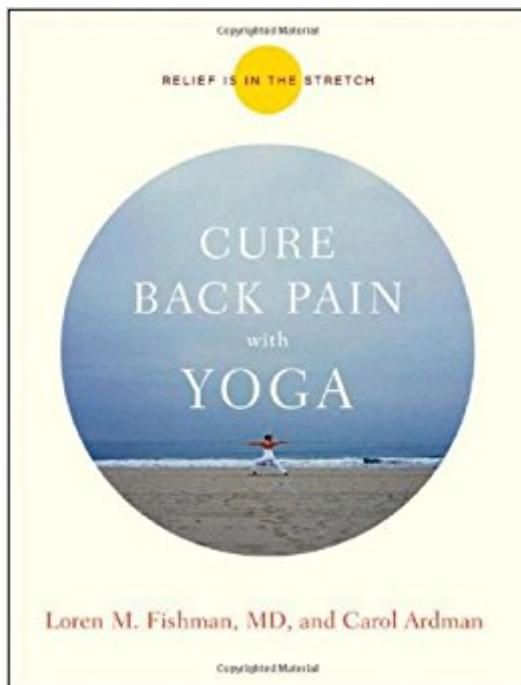


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# Cure Back Pain With Yoga



## Synopsis

From the authors of Back Pain, an easy-to-use book offering yoga techniques to control back pain and sciatica. This book distinguishes the nine common causes of low back pain, teaches you how to identify them, and describes appropriate yoga poses to relieve each one of them. Loren M. Fishman, MD, is an internationally recognized expert in yoga and the clinical treatment of sciatica and low back pain. Here he helps you determine how to start your own yoga practice or alter your existing practice, depending on your physical condition and the cause of your particular pain. The postures, each one illustrated by a photograph, target specific sources of painâ •from arthritis to sacroiliac joint derangementâ •and demonstrate how you can manage and ultimately end your pain.

## Book Information

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## Customer Reviews

â œCombines the best of yoga theory and practice without becoming the least bit vague or obscure. . . . It is the best book I have ever read on the application of yoga to back pain.â • - James N. Dillard, MD, author of Alternative Medicine for Dummies

Loren Fishman, MD, is a physiatrist and a professor at Columbia College of Physicians and Surgeons. He lives in New York City. Carol Ardman is a writer. She lives in New York City.

I bought this and two other books by Dr Fishman. Unfortunately two of the books were exactly the same. I think this book was also published with another name. Five stars for the material. I like how

each separate back issue had its own recommended poses. Far better than having a doctor tell me "Do yoga" in a vague, undefined manner. Why only four stars? I agree with some of the other reviewers that the lady pictured in the book is often doing a pretty advanced version of the pose. When I googled Dr Fishman I found a paper he published regarding side plank for curvatures in the spine. In that paper numerous modifications were offered. Really helpful. If he ever republishes this book it would be great if he did the same, add in all the modifications he knows. This is the sort of book that can help an advanced beginner craft a personal physical therapy using yoga. For the beginner, beginner? I suggest taking the book with you to a yoga teacher. Pay for a couple private lessons. Have them teach you modifications and prep poses that will get you up to snuff. Then do what's in the book once you can.

I was looking for a clear book with yoga positions recommended for back problems. This one seems to be very clear and with various back problems described and the positions recommended for every kind of back problem. (there are also the positions for back pain during the pregnancy and after back surgery. I have a herniated disc (L5-L4) and over the years I was suffering from periodic sciatica. Now with my daily routine of exercises (yoga and stretching) I manage to have a normal life without pain and without pills any more. And I managed also to improve my calm, reduce the stress and have some rest doing the daily exercises. Every time the pain appears I do also the mckenzie recommended positions (not in the book but from my rehabilitation) and in 2 days, the pain just disappears. (sorry for my english :-))

This is a good book! It has sound Yoga postures for back pain. I have practiced Yoga for 46 years and taught Yoga 21 years. Not much difference between the 2005 edition and the more recent one. The former is less expensive. Dr. Lorna Idol, RYT

I found this book extremely helpful in identifying common back ailments and providing exercises for healing. My own back issue was clearly described allowing me to identify it and completely reverse it. I've recommended this book to many of my yoga students suffering from back problems and they've all found it useful. Every yoga teacher should have this book.

The book is structured with a description of the conditions the yoga pose is intended to help. I had been unsuccessful in finding information about piriformis syndrome and found the book informative with helpful exercises. I found Yoga being used in some therapeutic programs for my son. I also

bought Richard Hittleman's 28 day program of yoga some time ago when I had decided to try to get back into shape and found it a great way to begin an exercise program.

Met my needs and that's what i was looking for. Very clear explanation of the Back Pain issues.

That's all

Interesting and useful for teachers

I think the poses recommended in this book would be difficult for some beginners to perform if not possibly damaging to already sore backs. There are not enough cautions or alternative options for easing into poses. If you are pain free and in great shape then you could keep your back health and strong using this book. I would not recommend it to anyone who actually is currently dealing with a sore back. At the time I ordered this book I also ordered Mary Pullig Schatz's book, Back Care Basics, and I much prefer Dr.Schatz's book.

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