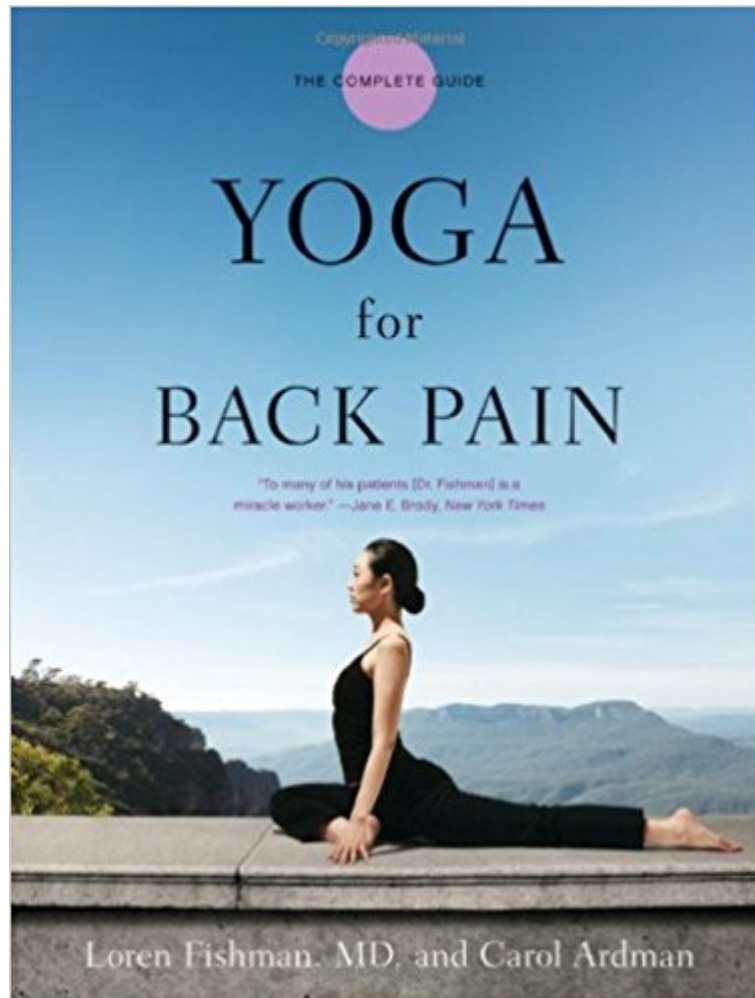




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Yoga For Back Pain



Synopsis

• To many of his patients [Dr. Fishman] is a miracle worker. • Jane E. Brody, New York Times • Stunningly innovative. . . . This is the first book in which the different causes of back pain are identified and assigned appropriate yoga poses. Individuals of any age, even those unfamiliar with yoga, will be able to follow Dr. Fishman's simple instructions. • Joan White, Iyengar Yoga National Association of the United States Let internationally renowned rehabilitation specialist Loren Fishman, MD, be your personal instructor for a healthier back! With down-to-earth techniques and instruction for all levels, *Cure Back Pain with Yoga* helps you: • distinguish between the nine major causes of backache; • target your source of pain through diagnosis-specific yoga poses; • manage, reduce, and ultimately end your pain. Depending on the severity and chronicity of your pain, the postures in this guide, described in detail and illustrated by photographs, will help you determine how to start your own yoga practice or alter your existing practice in order to achieve lasting comfort and strength.

Book Information

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Customer Reviews

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.

So far great read. Gives a great deal of explanation as to where the pain is coming from and how EXACTLY Yoga WILL help and possibly alleviate that pain altogether. This is great for those of us

with RA or anyone with chronic back pain!!

Very informative and written in easy tounderstand language.

If you have back pain or really any pain I HIGHLY recommend this book. It has helped so much! I even had my father start using it who has had serious back and joint pain most of his life but after started using this book he said he felt MUCH better. Give it shot! Yoga will work miracles.

This book has good information. It is fairly easy to understand, however the pictures are in black and white so can be hard to follow. Sometimes a picture and the description do not obviously belong together.

Clearly written, with reasons for which yoga to use when dealing with back pain.

easy to follow

I love it. From first practices to long term practices this is wonderful. I have found some poses to produce pain and stopped... And the others have made a definite positive benefit

I've suffered from back pain for almost 30 years and am fed up. I read Fishman's NY Times pieces and so decided to give the book a try. I enjoyed reading the book and love the fact that he gives different exercises for different types of back pain. However, for me it is very, very difficult to know what sort of injury I have. Indeed, my back pain seems to be a mixture of different types of injuries, as I have different symptoms at different times. The descriptions of the exercises in the book are fairly clear, but after supplementing them with some youtube videos, they were much clearer (perhaps the book should come with some youtube videos for readers which demonstrate exactly what the author is describing). This is the only reason for my giving four, rather than five, stars. I did the exercises twice a day for about 10 days and felt much better, but I think that I went a bit too fast and strained my back a bit. I'm resting now and anxious to start anew.

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