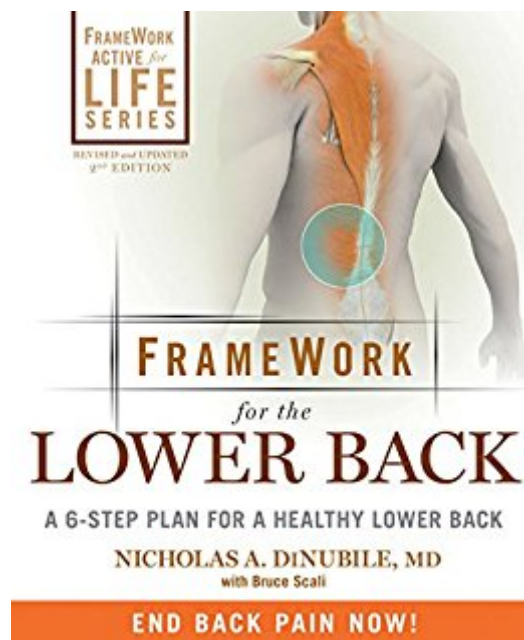




The book was found

# FrameWork For The Lower Back:Â A 6-Step Plan For A Healthy Lower Back (FrameWork Active For Life)



## Synopsis

Manage and prevent lower back pain with the proven FrameWork philosophy! Muscle and joint conditions have surpassed the common cold as the #1 reason for physician visits in the United States with lower back pain leading the charge. If you suffer from lower back pain, you know the frustration of having to miss out on activities you enjoy and having trouble finding an exercise program that does not exacerbate your pain or symptoms. In his book, FrameWork, renowned sports medicine physician Dr. Nicholas DiNubile provided readers with cutting-edge strategies for safely starting, maintaining, and building an exercise program designed to promote optimum muscle, bone, and joint function and health. Now in the first installment of his Active for Life series, FrameWork for the Lower Back, DiNubile provides lower back pain sufferers with a specific plan for treating and preventing sprains, strains, disc problems, arthritis, sciatica issues, and other injuries. Beginning with an explanation of the causes, preventative strategies, and treatment of common lower back problems, FrameWork for the Lower Back includes: A comprehensive pre-exercise screening questionnaire to assess the extent of injury or pain A tailor-made exercise plan that incorporates innovative exercises that can be done at home or in the gym Nutritional advice designed to strengthen the muscles, joints, and bones of the lower back Lower back pain and injury doesn't mean the end of an active lifestyle. All it takes is a balanced, customizable plan that acknowledges the fact that our bodies are all a little different and often need special attention. Framework for the Lower Back provides that plan and gives you all the tools you need to stay active for life.

## Book Information

File Size: 1379 KB

Print Length: 192 pages

Publisher: Rodale; Revised and Updated, 2nd Edition edition (April 13, 2010)

Publication Date: April 13, 2010

Sold by:Â Digital Services LLC

Language: English

ASIN: B004DNWM38

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #431,363 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #87

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #290

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #697 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

My daughter is a librarian, so I have had access to a lot of books and DVDs on the subject, but most of them assume that the reader is young flexible, and just wants something to help out for a few weeks until he learns to warm up for sports and lift with his legs. This one lays out a progressive rehab program that can be followed even by someone with a totally dysfunctional back. The author, an orthopedic surgeon, details where problems originate, and what specific stretches and exercises will strengthen them over time and in a progressive program which begins with first aid recovery immediately after injury and extends to maintenance after recovery. He also details why most back problems do not require surgery and describes those which do.

I like this book and the way the author discusses the structure of the lower back. There's a self-test to help you decide which exercise program in the book is best for you. I haven't started that program yet, so am not sure if I'll see positive results.

This book met and exceeded my expectations. This book gave me more information than my Primary Care Provider. I would recommend this book to anyone with any type of back pain.

This book is a really good summary of what to do for lumbago. There are lots of other books, but the information is scattered and difficult to synthesize. After all, a normal person can't spend the entire day doing back exercises. This book presents a couple of routines that can be done to help your lower back pain. It won't be eliminated once and for all, but it will certainly help. The author has a very engaging style and the book is fun to read. I would also recommend his basic book "Framework" as a useful guide to health for the normal stressed out adult.

A Step by step guide, complete with detailed pictures to explain the recommended exercises, for strengthening your back and it works! .

Written by a knee surgeon, it covers a full range of back problems. Expert advice on causes, treatments, diet and exercise. Many exercises are the same as those found in the Knee edition but there are specific exercises for your back which are helpful. If you're considering surgery, read this book first.

Great book, recommended for anyone with lower back issues

I had prior knowledge so this would be a good book for a novice and people interested in back health and well being.

[Download to continue reading...](#)

FrameWork for the Lower Back: A 6-Step Plan for a Healthy Lower Back (FrameWork Active for Life) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Get Your Ex BACK in 30 Days or Less! The Complete Step By Step Plan to Get Your Ex Back for Good Ketogenic Diet: The Complete Step-by-Step Guide for Beginners to Lose Weight and Get Healthy (Ketogenic Recipes, Weight Loss, Low Carbs, Step by Step Guide, Ketogenic Cookbook, Keto For Beginners) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life! (Everything®) Get Active!: Active Teaching Ideas for Lifetime Learning Edgar Allan Poe: Complete Works (JKL Classics - Active TOC, Active Footnotes ,Illustrated) Ict Framework Solutions: Year 8 (Ict Framework Solutions S.) Programming Entity Framework: DbContext: Querying, Changing, and Validating Your Data with Entity Framework Savannah,GA in 3 Days Travel Guide 2017: A 72 Hours Perfect Plan with the Best Things to Do in Savannah: A Step-by-Step Plan on How to Enjoy 3 Amazing ... Savannah.Save Time&Money-20 Local Secrets DASH Diet: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) Drawing: Beginning Still Life: Learn to draw realistic still lifes step by step - 40 page step-by-step drawing book (How to Draw & Paint) The Asthma and Allergy Action Plan for Kids: A

Complete Program to Help Your Child Live a Full and Active Life DASH Diet Detox: 14-day  
Quick-Start Plan to Lower Blood Pressure and Lose Weight the Healthy Way Blood Pressure Down:  
The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs The Sugar  
Blockers Diet:Â The Doctor-Designed 3-Step Plan to Lose Weight, Lower Blood Sugar, and Beat  
Diabetes--While Eating the Carbs You Love The Everything Guide to Managing Type 2 Diabetes:  
From Diagnosis to Diet, All You Need to Live a Healthy, Active Life with Type 2 Diabetes - Find Out  
... Your Diet and Discover the Latest Treatments A Step-By-Step Learning Guide for Older Retarded  
Children (Step-By-Step Learning Guide Series; 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)