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The Whartons Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program

By Jim Wharton

Rodale Press. Paperback. Book Condition: New. Paperback. 389 pages. Dimensions: 10.8in. x 8.4in. x 1.1in. Don't just rehab your back--PREhab it! Father-and-son training team Jim and Phil Wharton have served as physical therapists to everyone from Olympic medalists to Broadway and Hollywood stars. Now they're here to relieve your back pain quickly, easily, and permanently. Their methods not only target and resolve current conditions, they also can help you PREhab your back, to prevent any future pain or disability. With this book, you will: Understand how the back works and why back problems can often be traced to injuries in other parts of the body Ease pain and keep your back strong with a simple 20-minute routine that meets your lifestyle Identify the source of current hurt and follow a short-term program to relieve pain and restore flexibility Understand the latest diagnostic tools with an overview of cutting-edge treatment options Reverse or completely cure back problems stemming from more than 50 conditions, activities, and sports-related injuries Relieve back-related troubles caused by anything from extra pounds to osteoporosis, work, tension, or the way you sleep This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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Reviews

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