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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. Dont 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 theyre 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 bodyEase pain and keep your back strong with a simple 20-minute routine that meets your lifestyleIdentify the source of current hurt and follow a short-term program to relieve pain and restore flexibilityUnderstand the latest diagnostic tools with an overview of cutting-edge treatment optionsReverse or completely cure back problems stemming from more than 50 conditions, activities, and sports-related injuriesRelieve 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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-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

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