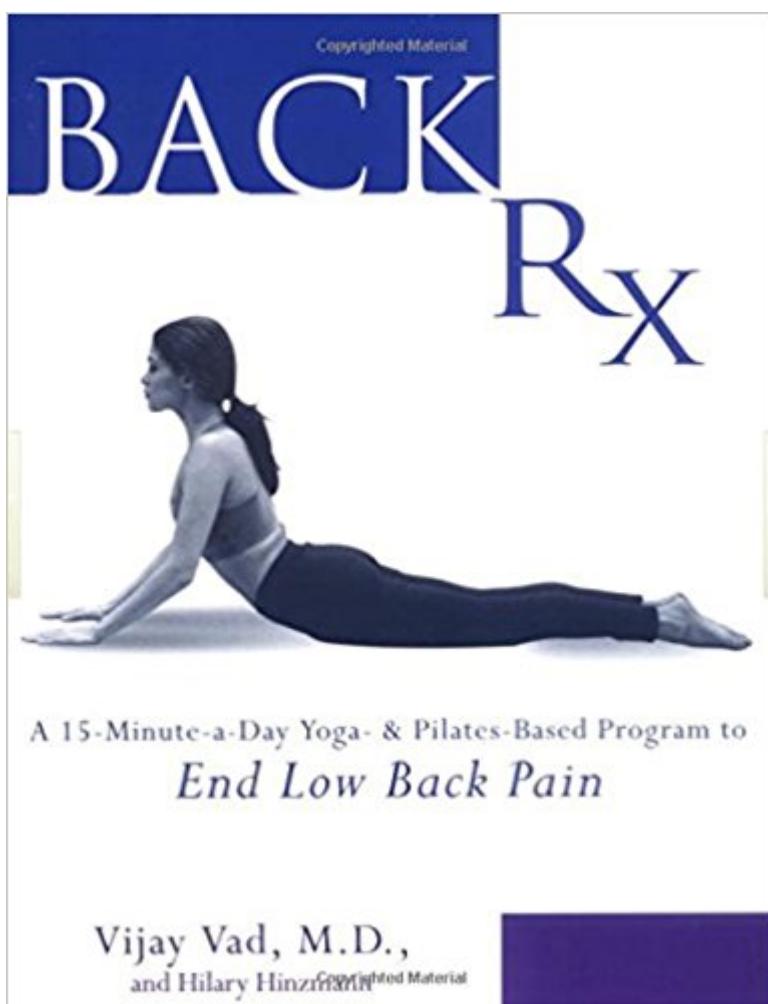


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# Back RX: A 15-Minute-a-Day Yoga-And Pilates-Based Program To End Low Back Pain



## Synopsis

As a physician specializing in treating athletes, Dr. Vijay Vad has spent years researching how to cure back pain using medical yoga and Pilates. Profiled in The Wall Street Journal, his program requires just fifteen minutes a day for eight weeks to restore flexibility and prevent future injuries. Offering a proven alternative to invasive surgery, Dr. Vadâ's Back Rx provides the best of mind/body medicine by giving readers three step-by-step exercise series, demonstrated in 130 precise photographs, for implementing his popular program at home. Even readers with severely limited mobility will rejoice in Dr. Vadâ's gentle introductory workout. Progressing through his self-paced program, they will discover a new range of exercises, breathing techniques, and tips for self-massage. For those who want to go even further and use this program for more than the treatment of a single injury, an advanced workout is included that puts readers on the road to peak performance. The perfect combination of modern medicine, Pilates innovations, and ancient yoga postures, Back Rx builds important new fundamentals for lifelong freedom from pain.

## Book Information

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## Customer Reviews

â"“After three months, the results have been striking: 80%â"“ reported that their pain was reduced by at least half.â"“The Wall Street Journalâ"“[Dr. Vadâ's] holistic approach can work for anyone willing to put in just a little time and positive thought.â"“ Ellen Barkinâ"“[His] innovative research on the professional tennis and golf tours and the practicality of Back Rx make it suitable for professional athletes and weekend warriors, as well

as couch potatoes.â• ª;Bill Norris, athletic trainer, Association of Tennis Professionals Circuitâ• ª;Back Rx has been medically proven to have significant positive effect on low back pain caused by disc pathology.â• ª;Don Aspergen, Sports Medicine Division, the PGA Tour and Senior PGA Tour

Vijay Vad, M.D. is a sports medicine physician and researcher specializing in minimally invasive arthritis therapies at the prestigious Hospital for Special Surgery in Manhattan and a professor at Weill Medical College of Cornell University. He is also the physician for the PGA golf tour and the ATP tennis tour.

Great informational and practical book. My mom loves this book! My mom suffers from arthritis and a slipped disc in her back which causes back, neck and leg pain. She keeps this book at her bedside and does the stretches every morning. The information in this book has helped her to have less pain and stiffness and also provided ways for her to avoid causing more pain. Great read for anyone suffering from back pain!

I bought this for my Dad who recently had major back surgery. He tried what he could do and he did say it helped his pain some prior to surgery. I am hoping he will use it some afterwards to aide in his recovery. It is a pretty good size book. It's not real thick, but it has large pages. I can't really give it 5 stars because I didn't buy it for myself.

Fair book but I just look up back pain and yoga on YouTube and you'll have all you need and for free.

Great book, and one that gets results. My husband and I are both doing the "Series A" set of exercises 3 times a week and they are really making a difference. We have tried all sorts of other exercise routines but they were either too hard to do or did not get the job done. These, however, are do-able and just enough challenge to make a difference. We liked the beginning of the book where Dr. Vad explains things so clearly. Then we use the book (on our kindles) each day we do the exercise. Very well done and the photos help us remember what exercise we are doing and proper stance, etc. I don't like to "exercise" but this is one program I have been able to stick with.

This book is not well proofed (lots of spelling/typing errors). I thought that was unacceptable for

something at this price. I also thought the graphics were lacking. I have tried through the second phase of this book with no relief. In fact, my physical therapist told me that some of the stretches could be worsening my back issues. I think it is very hard to try and come up with a "one size fits all" solution for back pain. I bought the electronic version, and this is definitely an e-book where I wish I could have tried at a lower cost before buying the entire book. Definitely not worth the money.

Really good program. My sciatica is so much better I almost can't believe it. Didn't require daily workouts either, just enough to keep the stretch working.

My chiropractor referred me to this. Simply the best and simplest advice ever

I have a bad back and I have tried many things to try and get relief. There's days were I can't bend down so some of the exercises I can't really do unless I want to regret it. But the days I can manage this I helps a little bit

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