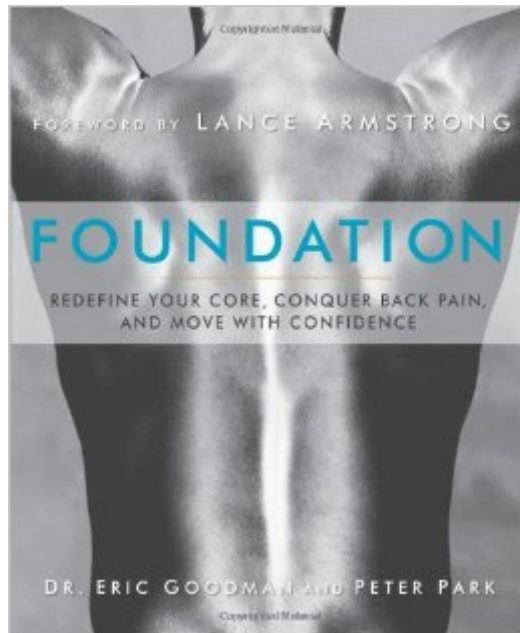


The book was found

Foundation: Redefine Your Core, Conquer Back Pain, And Move With Confidence



Synopsis

RADICALLY REDEFINE YOUR CORE Foundation by Dr. Eric Goodman and Peter Park shifts the training focus from the front of your body to the back. By strengthening the full posterior chain and correcting poor movement patterns, you will maximize power, flexibility, and endurance and say goodbye to back pain.

Book Information

Paperback: 288 pages

Publisher: Rodale Books; 1 edition (May 10, 2011)

Language: English

ISBN-10: 1609611004

ISBN-13: 978-1609611002

Product Dimensions: 7.4 x 0.7 x 9.1 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (444 customer reviews)

Best Sellers Rank: #7,436 in Books (See Top 100 in Books) #5 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #6 in [Books > Health, Fitness & Dieting > Alternative Medicine > Massage](#) #7 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#)

Customer Reviews

Up until Memorial Day this year, I was playing soccer and refereeing at age 60. But then I torqued my back doing yardwork. I didn't have sciatica, but I could no longer run, bend over, get out of bed, and I could barely use the toilet in the morning. I tried celebrex, mobic, PT, chiro, yoga, massage, and personal training to change how I walked/ran. My pain level remained at around a 7. I finally got an MRI, which indicated advanced disk degeneration and a small disk bulge. Then I read that San Jose Earthquakes player Ramiro Corrales had spinal cortisone shots and followed the Foundation exercises throughout the season. So 6 weeks ago, I started the exercises. My back was so weak, and I had to go so slowly, that one set of the basic 5 exercises took me 45 minutes. I could only hold the poses for a few seconds each. I had some immediate pain relief that first day, so I kept at it, building up to 20" poses. Each day my back improved. After 2 weeks, I realized I was supposed to do 3 sets of the basic exercises, so I increased my workout. Then I moved to the intermediate exercises, and now I am doing the advanced workout. My back is now strong enough, that if I trip, or if someone bumps into me or vice versa, I no longer get stabbing pain running up my spine. My pain

dropped to a 3-4. I am pretty sure that the Foundation exercises opened my spinal joints and allowed blood into the area to help reduce the inflammation. I have also found that I need to do them almost every day. Do you need to be an athlete to do these exercises? No, but you need to develop an athlete's resolve to keep at them. Remember, I was so weak I could barely do them in the beginning, so I had fallen out of an athletic state and had even become pre-diabetic. Am I cured? No.

I've had lower back pain for the last ten years, since I was 23 or so and left the student life to join the corporate world... it seems like I was always either dealing with a pulled back or recovering from a pulled back. Sometimes it was manageable, and sometimes I could barely get up in the morning. I'm not an old guy, and with two young kids this was becoming a serious impediment to me just being able to live and enjoy my life. Every time I'd start a fitness routine, it'd end in me injuring my back several weeks later. I tried everything, and spent thousands of dollars. I saw my doctor, received massage therapy for years, chiropractor, acupuncture, and even did yoga and pilates. They all seemed to offer some degree of pain relief and maybe I'd go a couple months without pulling my back. But it'd always get injured again. Recently, after yet another pulled back, out of desperation I went searching for a book and came across this one. I waited 6 months before writing this review, so I could give a good testimonial. And what a great 6 months it has been! I started doing the exercises in this book while in the midst of back pain, and it slowly went away, so far never to return. All the other "treatments" I received addressed a variety of things... posture, flexibility, stiffness, alignment, whatever. But the root cause remained: my back muscles, (or posterior chain as the book refers to it as) were simply weak. No amount of other treatments would help, as my weak back was just so easy to injure. It took about three weeks of following the program in the book before I started noticing improvement. After 6 weeks, the improvement was very substantial. Now, it's an amazing and enjoyable improvement...

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

Foundation: Redefine Your Core, Conquer Back Pain, and Move with Confidence
Foundation (Enhanced Edition): Redefine Your Core, Conquer Back Pain, and Move with Confidence
Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety, Confidence, Charisma, Introvert)
Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence)
Logical Chess: Move By Move: Every Move Explained New Algebraic Edition
Natural Back Pain Solutions: Relieve Back

Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Wrist Pain, Neck Pain - Lower Back Pain
- Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep
Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Back to Health by Choice:
How to Relieve Pain, Conquer Stress and Supercharge Your Health the Chiropractic Way STOP
Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! How To Get Out Of Back, Pain
Insider Secrets To Back Pain Relief, Engage Your M Joint Pain No More: How to Effectively
Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Back Pain:
Alleviate Back Pain and Start Healing Today (Simple Exercises, Remedies, and Therapy for
Immediate Relief) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back,
Neck, Shoulder, Hip, Knee, and Foot Mind Over Back Pain: A Radically New Approach to the
Diagnosis and Treatment of Back Pain The Back Pain Book: A Self-Help Guide for the Daily Relief
of Neck and Low Back Pain The Truth About Back Pain: A Revolutionary, Individualized Approach
to Diagnosing and Healing Back Pain Move Like An Animal: Feel Comfortable, Be Flexible, Move
Well for Life in 3 Simple Steps. Life Without Pain: Free Yourself from Chronic Back Pain, Headache,
Arthritis Pain, and More, Without Surgery or Narcotic Drugs Hip Flexor Pain: The Ultimate Guide to
Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor,
hip pain relief, hip joint pain, hips) Superhero Killer Confidence: Easy Actions to Boost Your
Self-Confidence through the Roof, Overcome Your Fears and Break through Any Barrier: (Become
Unstoppable and Live Life to the Fullest)

[Dmca](#)