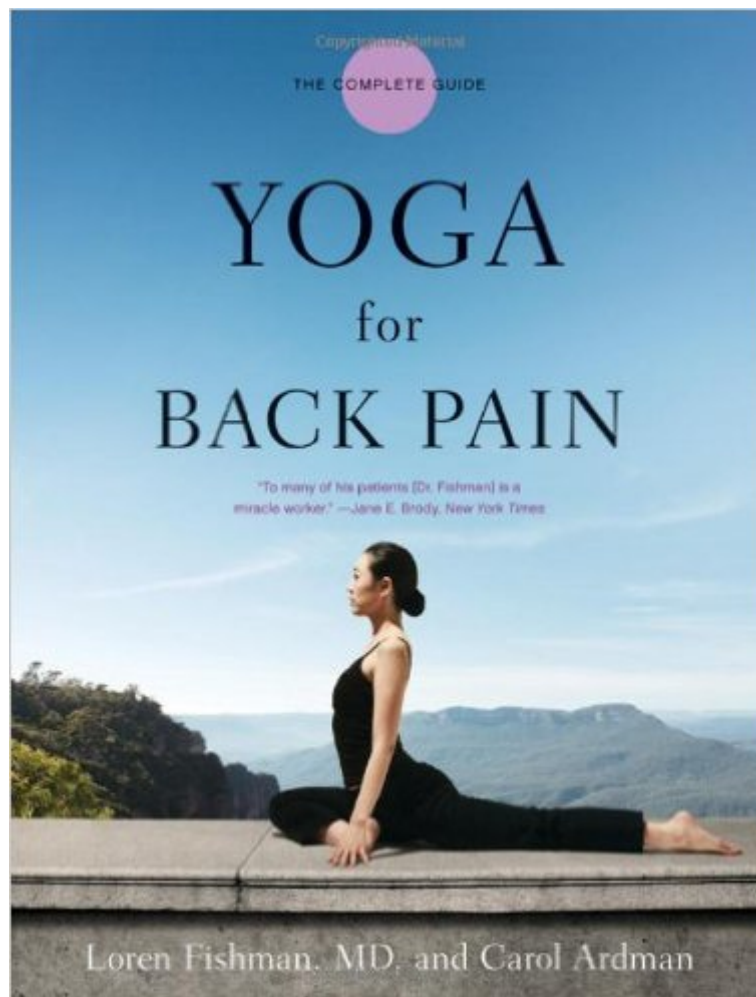


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# Yoga For Back Pain



## Synopsis

• To many of his patients [Dr. Fishman] is a miracle worker. • Jane E. Brody, New York Times • Stunningly innovative. . . . This is the first book in which the different causes of back pain are identified and assigned appropriate yoga poses. Individuals of any age, even those unfamiliar with yoga, will be able to follow Dr. Fishman's simple instructions. • Joan White, Iyengar Yoga National Association of the United States Let internationally renowned rehabilitation specialist Loren Fishman, MD, be your personal instructor for a healthier back! With down-to-earth techniques and instruction for all levels, *Cure Back Pain with Yoga* helps you: • distinguish between the nine major causes of backache; • target your source of pain through diagnosis-specific yoga poses; • manage, reduce, and ultimately end your pain. Depending on the severity and chronicity of your pain, the postures in this guide, described in detail and illustrated by photographs, will help you determine how to start your own yoga practice or alter your existing practice in order to achieve lasting comfort and strength.

## Book Information

Paperback: 208 pages

Publisher: W. W. Norton & Company; 1 edition (May 14, 2012)

Language: English

ISBN-10: 039334312X

ISBN-13: 978-0393343120

Product Dimensions: 7 x 0.6 x 9.3 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars • See all reviews • (24 customer reviews)

Best Sellers Rank: #213,173 in Books (See Top 100 in Books) #42 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #295 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #432 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## Customer Reviews

This book far exceeded my expectations. The author being an MD explains exactly what causes various back problems and why. You can diagnose your own back problems by reading his easy to understand explanations and descriptions of back pain. But more than this, he gives a prescription, a yoga prescription for the different kinds of back problem, what to do if you are in pain, then what to do once the pain stops and how to then maintain a healthy back. I experienced immediate relief after

doing some of the asanas. A must read for anyone who has back pain.

I have had one (very bad) episode of sciatica and occasional lower back pain. What medical science offers for this is 1) physical therapy. I find PT to be a real scam; very expensive and time consuming, with little instruction in what to do at home - after all, they don't get paid by your insurance company unless you go to their clinic. Or 2) corticosteroid shots which are not always effective, and are painful and risky. I learned yoga stretches from this book and my lower back pains went away. This amazed me! Please understand I am a scientist by profession and not given to exaggeration or a generalized belief in New Age theories. But this worked, and quickly. It seems to me that the difference between severe cervical pain and relative comfort is probably quite subtle realignment of the vertebrae or modest strengthening of the core muscles, which then hold the nerve fibers in a slightly different position. It seems these yoga stretches have that effect; drugs do not.

This is an excellent book with a wealth of helpful information and relevant advice BUT the print on demand version that I received had apparently lost its links to the pictures and they are all printed at very low resolution. As a print professional, I know that this is a serious issue with the printer, and I hope this is resolved for other readers.

This book has good information. It is fairly easy to understand, however the pictures are in black and white so can be hard to follow. Sometimes a picture and the description do not obviously belong together.

Finally a book from a MD, who suggests poses based on the specific root causes of back pain. I have been troubled with it for many years and tried pretty much everything. This book helped me understand why some yoga classes made me feel better while others worse.

This is an outstanding guide from an M.D. with a strong background in Yoga. The text and instructions are clear and easy to understand. Designed to take the place of surgery. The author practices medicine in New York City.

I've suffered from back pain for almost 30 years and am fed up. I read Fishman's NY Times pieces and so decided to give the book a try. I enjoyed reading the book and love the fact that he gives different exercises for different types of back pain. However, for me it is very, very difficult to know

what sort of injury I have. Indeed, my back pain seems to be a mixture of different types of injuries, as I have different symptoms at different times. The descriptions of the exercises in the book are fairly clear, but after supplementing them with some youtube videos, they were much clearer (perhaps the book should come with some youtube videos for readers which demonstrate exactly what the author is describing). This is the only reason for my giving four, rather than five, stars. I did the exercises twice a day for about 10 days and felt much better, but I think that I went a bit too fast and strained my back a bit. I'm resting now and anxious to start anew.

If you have back pain or really any pain I HIGHLY recommend this book. It has helped so much! I even had my father start using it who has had serious back and joint pain most of his life but after started using this book he said he felt MUCH better. Give it shot! Yoga will work miracles.

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