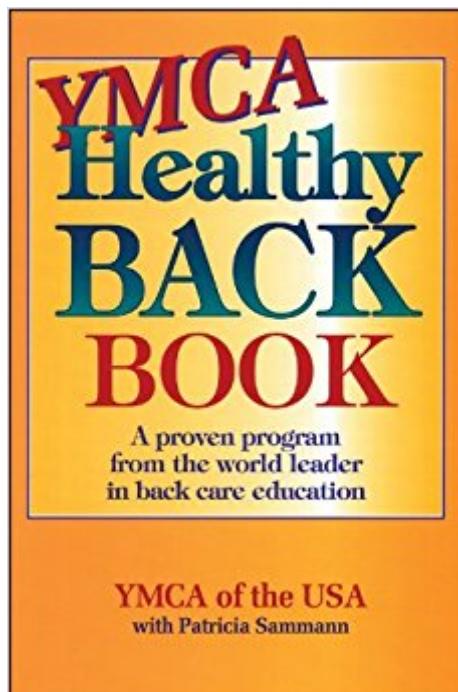


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# YMCA Healthy Back Book



## Synopsis

If you're troubled by back pain, you're not alone. This problem affects over 70% of all adults at some time in their lives. The suffering can range from a periodic twinge that makes it difficult to perform everyday tasks to excruciating pain that makes it impossible to get out of bed. Now you can beat the odds and learn how to overcome back problems with the YMCA Healthy Back Book. Developed by the world leader in back care education, this medically sound and easy-to-follow back program will help you- understand the causes of back pain and various treatment options,- learn how to exercise to help prevent painful back problems, and- discover ways to reduce back pain when it occurs. This book contains the most up-to-date, practical information available from the YMCA--an organization that has helped over 300,000 people find relief from back pain. The book features more than 80 full-color illustrations and a reader-friendly format that makes learning about back care easy. In chapter 1 of the YMCA Healthy Back Book, you'll learn the warning signs indicating that you need to see a doctor. You'll also learn some common sense first aid tips for treating back pain. Chapter 2 guides you in choosing a practitioner to address your back problems and describes several of the treatment options that are available. Chapter 3 takes you on a guided tour of the back's anatomy. After you've learned about some of the possible physical causes of back pain, you can take a self-quiz to identify the risk factors that may be causing your pain. Chapter 4 is the centerpiece of the healthy back program, offering 29 clearly illustrated exercises you can use to improve the health and fitness of your back. The exercises are divided into three levels of intensity, so you can start slowly and work up to a vigorous 20-minute workout. Also included are basic water exercises for those who want to add variety to their workouts and for those who have health conditions that make the other exercises too difficult. You'll learn the best ways to sit, stand, sleep, drive, and do other everyday tasks in Chapter 5. And in Chapter 6, you'll learn how making lifestyle changes--such as managing your weight and controlling stress--can help ease back pain. So don't become just another statistic. Read the YMCA Healthy Back Book and learn how you can join the growing group of people who are overcoming back problems and leading active lives again.

## Book Information

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Average Customer Review: 4.1 out of 5 stars 10 customer reviews

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## **Customer Reviews**

Since "back pain is one of the most costly ailments of working-age adults," this book guides the average person through 20 fundamental exercises that assist in reducing and avoiding back pain. Reviewed by a panel of fitness and rehabilitation medicine experts, it suggests stress reduction and weight-control techniques to improve back health and recommends the least stressful ways to perform the daily activities of sitting, standing, sleeping, and driving. A discussion of warning signs indicating the need to seek professional help, risk factors for back pain, and a guided tour of the back's anatomy complete the book. Numerous well-prepared illustrations, large type, and an easy-to-understand writing style contribute to the readability of the book, a major strength.

Balanced, thorough, and credible, this is similar in content to Stephen Hochschuler's *Back in Shape* (LJ 1/91), but its presentation is more effective. Recommended for public libraries.- Mary Prottmsman, Medical Lib., Enterprise, Ala. Copyright 1994 Reed Business Information, Inc.

""The YMCA Healthy Back Book is a must for the millions of Americans who suffer back pain."Charles B. InlanderPresident, People's Medical Society ""The YMCA Healthy Back Book offers practical information and helpful exercises that will contribute to a healthy lifestyle and a strong back."Rona CherryEditor-in-Chief, Fitness magazine ""An excellent resource which, if followed, should help prevent future problems. The book is brief, easy to read, and easy to apply to one's daily activities."Stephen Howard Hochschuler, MDSpine Surgeon, Chairman, Texas Back Institute ""This book belongs in the libraries of all health promotion professionals and should be recommended to any individual concerned with maintaining a healthy lifestyle."Robert L. Kaman, PhDProfessor of Physiology, Texas College of Osteopathic Medicine "

Everybody over 40 should have this book. It is just simple common sense things you should do before you take drugs or let a Doctor operate. This is not a "quick fix".... it takes time to "fix" your

back.....potentially after years of abuse or a poor lifestyle.

I first read this book some 20 years ago when I was having back problems. Their stretching routine was a great help to me then. When I started having some back issues again in 2011, my first thought was to find that little book. When I did locate it on , I discovered a new edition had been published. This is a very helpful book and I would heartily recommend it to anyone.

Not quite as succinct and well written as its predecessor "The Y's Way to a Healthy Back"

I bought this book because I had a similar one 20 years ago that was a big help, but with moves, etc, I couldn't find it so bought this updated version. It is quite different, but still very helpful. Book came earlier than posted date.

Great how to pictures.....very clear

We actually took this course at a YMCA back in the 90's. They don't offer it anymore but the book is great and I was thrilled to see an updated reprint of it to send to my son and grandson.

I'm sure many people would find it useful, but I did not especially learn anything new, so I was disappointed. Sorry

After immobilizing myself with a painful back strain, my doctor prescribed muscle relaxants and anti-inflammatories and I prescribed myself information. Luckily I found this comprehensive gem that has given me long-term benefit after the medication gave me short-term relief. In understandable terms and illustrations it shows how the back works, causes of back pain, exercises to help in prevention and recovery, and even steps to improve and maintain overall health. Finding this book is just another example of the old maxim "out of adversity good things will happen".

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