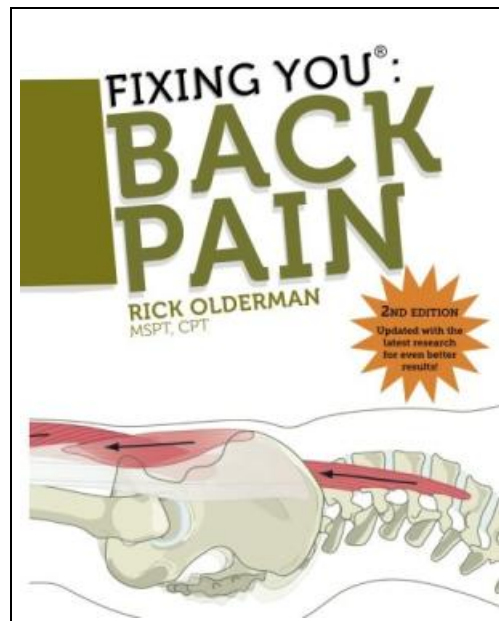


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FIXING YOU: BACK PAIN: SELF TREATMENT FOR SCIATICA, BULGING AND HERNIATED DISCS, STENOSIS, DEGENERATIVE DISCS, AND OTHER DIAGNOSES



Boone Publishing, LLC, United States, 2015. Paperback. Book Condition: New. Meghan Shoemaker (illustrator). 2nd Revised edition. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Fixing You: Back Pain 2nd edition significantly expands upon the top-selling first edition. Rick Olderman physical therapist, personal trainer, Pilates instructor, and certified Hanna Somatics practitioner presents a new pattern of problems creating back pain: side-bending problems. Side-bending problems involve an uneven pelvis and rib cage and Olderman shows how to easily detect and fix it. If you have pain on one side of your back or sciatic pain down one of your legs, it s likely you have a side-bending problem. Understanding why you have pain is central to fixing your pain. Fixing You: Back Pain 2nd edition offers you more tests to help you precisely understand the causes of your pain. To permanently fix your pain must change how you use your body. Fixing You: Back Pain 2nd edition teaches you how to sit, walk, bend over, and sleep better. These activities often harbor the most subtle yet egregious issues feeding your pain. Often there are issues operating in the background contributing to your pain. These problems set you up for failure and pain. Find out what these issues are by visiting the Fixing You books website and downloading a free copy of Chapter 3: The Basics. Videos and pictures of all tests and exercises have been re-shot and can be found on the Fixing You books website. You must enter the code found in the book to access the videos. Enjoy the process of discovering why you have pain!.



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