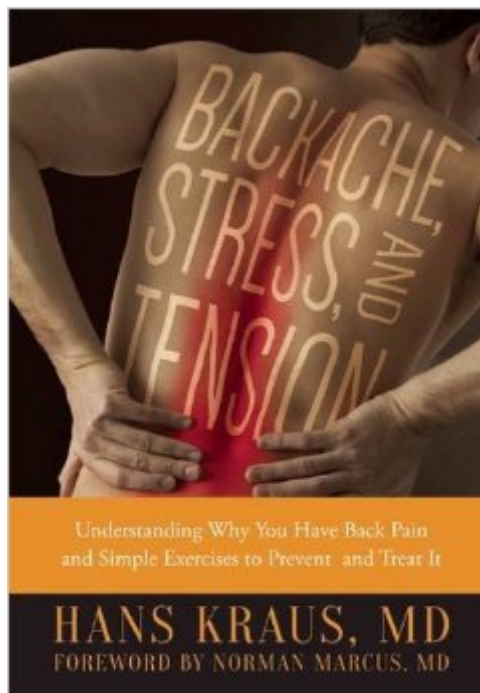


The book was found

# Backache, Stress, And Tension: Understanding Why You Have Back Pain And Simple Exercises To Prevent And Treat It



## Synopsis

Today's busy world provides too much stress and not enough time for exercise. Instead of walking, running, and doing physical chores, we sit for hours at a desk, use machines to do work for us, and drive a car for even the shortest trips. As a result, more than sixty-five million Americans experience back pain, neck stiffness, and tension headaches. Dr. Kraus explains the causes of back pain and tells you what you can do to prevent and alleviate it. He presents six simple tests to determine whether you have the strength to carry your own body weight and the flexibility to match your height. According to Dr. Kraus, if you fail any one of these tests, you are underexercised or overtensed, and the odds are high that if you don't already suffer from back pain, you will in the future. Dr. Kraus provides various approaches to back and tension problems, the primary focus being a series of carefully planned exercises to strengthen the whole body and to correct specific physical deficiencies. Featuring a foreword by Robert H. Boyle, *Backache, Stress, and Tension* is an essential handbook for everyone in today's overworked, overstressed world.

## Book Information

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## Customer Reviews

This book was an accumulation of a great many years of knowledge, experience and very practical wisdom. I knew Hans. I worked with Hans in the development of an international program for chronic pain sufferers that was based on this book. Side by side we used these principles and exercises to ease both patients and acute sufferers alike for years. I cannot tell you the impact that this book has had on 1,000's around the world! You will find that this new and updated modern

edition will have the same effect on you! You can trust me; I am a Professor with "two" Medical Schools!

I have read the most important parts of the book and it is good advice. The exercises are hard to do if you have an extremely bad back and I do. So I am working on strengthening the muscles that need to be strengthened and am re-reading this book again to make sure I didn't miss anything. I like the book even though I bought an older version of the book. But it is a good book and the author is well learned.

these exercises are major helps for those with back pain, but check with your doctor first. since most are really quite gentle, most people can do them. kraus was pres. kennedy's back doctor and these exercises gave him relief, and the precious ability to play with his children.

This book is for those looking at philosophy and motivation idea. He is predicting the future and it is amazing. I don't agree with the diet portion but it is a good read for those who coach or teach fitness.

About 40 years ago I injured my back while Whitewater Canoeing and after five months of increasing agony and bad advice from four orthopedic surgeons, a friend told me about Dr. Krause. Three weeks after my first visit, I was back to work feeling about an 80% improvement. Two months later, I was totally pain free. If I would've only known about this amazing man sooner. Hans Krauss was Dwight Eisenhower's and John F. Kennedy's personal back doctor. Kennedy even had one of Dr. Krause's physical therapists living in the White House. This book, will give you insights that you may have never imagined as to what causes back problems and how to deal with them in a noninvasive way. Thank you Dr. Krause.

I'm glad I ordered this book. I did the 6 exercises in the beginning and found out which of my muscles are too weak. Now I started the exercises described in the book to strengthen my muscles and help my back pain. If anyone has back pain, this would be a great book to buy.

DR Kraus passed away in 1995 and the book is copyrighted in 2012. The book and all the previous version about the Kraus - Weber tests are the only ones worth while. This version does NOT give the results of the tests in relation to: age, weight, sex, and results.

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