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# The 7-Minute Back Pain Solution: 7 Simple Exercises To Heal Your Back Without Drugs Or Surgery In Just Minutes A Day



## Synopsis

Banish back pain forever! Are you one of the millions of lower-back-pain sufferers who is desperate for relief? Have you ever been stopped in your tracks by pain so excruciating you were afraid to move? Have you spent countless hours seeing medical professionals? Now, with 7 easy stretches done in just minutes a day, you can finally relieve your back pain and prevent it from happening again. The exercises and tips in this book will teach you how to fight back pain anywhere, anytime, using the equipment you already have—your own muscles. Orthopaedic spine surgeon Dr. Gerard Girasole and personal trainer Cara Hartman have teamed up to develop a proven program that will help you: • Heal by doing the 7 stretches, which will take you no more than 7 minutes. • Strengthen your core, which gives your spine the protection it needs. • Protect your improved core strength to make future injuries much less likely. The detailed photographs and helpful lists in this book will guarantee you see results, while the guide to daily activities will show you how to prevent injuries, whether you're exercising, doing the laundry or commuting to work. Say goodbye to back pain, starting today.

## Book Information

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## Customer Reviews

I ran across this book in a recommendation and was highly skeptical at first. It seemed like it had to be a scam. There are so many books on the market about back pain. However, I was pleasantly surprised and learned things that I had not learned from my own doctors. Key points of the book: -It describes the physical causes of back pain and how back pain heals, including why bed rest doesn't

help.-Explains that back pain can come from anywhere or nowhere and the severity of the pain does not correlate to the severity of the injury.-Contract your ab muscles! I noticed that every exercise and movement included this and started doing it while reading the book. When I needed to stand up after reading a while, my back didn't hurt!-Many stretches and exercises that work.It was a short, informative and worthwhile read with lots of reference information for specific situations.

I have had a barking back for more than twenty years and I am thrilled to report that these exercises really work! I was skeptical at first, I have heard these claims many times over, but this book delivers. The authors give practical advice on how to manage back pain whether you're in the boardroom or the bedroom. I highly recommend it.

I already do most of these exercises and haven't found them to be a solution to chronic lower back pain, but that doesn't mean they don't help. They're just not a magic bullet for everyone, and seem geared to people who have flare ups of back pain. For someone with stenosis, correct posture, regular walking and daily stretching will help but not cure.

The first time I performed the stretches, my back muscles were relaxed afterward and not nearly as sore. After two weeks, I was no longer suffering from lower back pain when first getting out of bed or running. After three weeks my back no longer hurt. The inaccurate part of the book is the "7 minutes" part; suppose if you don't count preparation (putting a mat in place, changing to clothes that accommodate laying on the floor or even a small pause between movements makes this a 15 minute project. Oh, and be ready to man up to the initial pain but only for a few minutes on the first few sessions - you'll feel the muscles in your back relaxing through the pain. What a great alternative to years of thinking thinking "Everyone suffers from something, so I need to bear the pain."Highly recommended. Note: If you are in reasonable shape, the exercises are too simple - use your imagination and adapt, e.g., more repetitions, don't use the wall as a brace, etc. And watch out for the "after-pain" adjustments; although most don't recognize it, you've learned "back pain avoidance moves" as part of your normal walking, gesturing, etc. daily activities. Find a routine for strengthening your back after it heals.

I've had a really bad back for years so my opinion might not count for much. It might take weeks instead of days doing these exercises to really give an honest opinion. So far I notice a bit of relief right after doing the exercises but my pain quickly returns. I haven't done them two or three times a

day because it's just too hard to get down on the floor. I'm not sure this book will help me and not sure I gave it my all either. It's worth a shot I guess, but don't expect miracles.

Started looking for help this summer when I hurt my lower back bailing boats. Just kept moving and when I saw this book I bought it and found out that was the right thing to be doing along with "7-Minutes" worth of exercises daily. These exercises are easy and keep me going from morning to night.

The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day This book actually does what it claims! After seeing doctors and chiropractors, my back pain had not subsided. I work and do not have a lot of time to spend doing exercises. This book was recommended by a friend so I decided to try it. The exercises are easy to do and the book explains exactly how to do it. After a few short weeks, my back pain lessened and finally disappeared. Now whenever I feel a back twinge I go back to my book and in a day or two my pain is gone.

I bought this book after my back went out and I literally could not stand up straight. The stretching exercises were immediately helpful and the book was very reassuring. I have been following it for five weeks now and believe it has contributed greatly to my recovery. I highly recommend it! More pictures would have given it five stars but if you are having lower back problems, buy this book!

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