



Body Control Pilates Back Book: A Training Program for the Prevention & Management of Back Pain

Lynne Robinson

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This is a self-help manual focusing on back pain prevention and rehabilitation using the unique Pilates body conditioning system. 3 in 5 of us will suffer from backache in our lives. In order to mitigate against the worst-case scenario, use Pilates to strengthen your back and also the supporting muscles so that it doesn't take all the strain. Pilates has a strong reputation in tackling back problems and many doctors, osteopaths and physiotherapists are already endorsing its unique quality to exercise deeply but gently and to rebalance the posture (many are opening Pilates centres in their surgeries). "The Back Book" is a one-stop reference guide, explaining how the back works, why backache occurs, the different types of back pain, when to seek professional help, lifestyle tips for prevention and exercises to promote flexibility and hold the correct posture. For those already suffering, a special remedial programme of exercises is designed to restore mobility. With brand new exercises and the expertise of Paul Massey, Chief Physiotherapist to Britain's Olympic Swimming team, leading Pilates practitioner, Lynne Robinson can help you bypass or overcome this most common of agonies.

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