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Good-Bye to Bad Backs: Stretching and Strengthening Exercises for Alignment and Freedom from Lower Back Pain

Judith Scott

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Providing gentle, safe therapy for those suffering from back pain, whether caused by stress, accident, pregnancy, or obesity, this book uses proven techniques to help eliminate back pain. The author acts as a personal trainer, stressing the importance of stretching and exercising every muscle in the lower back to improve posture and overall health. Medical line drawings illustrate and teach about muscles and their relationship to posture and lower back pain. Using a mind/body approach, Scott provides visualising techniques and gentle exercises that will begin the process of reducing stress and relaxing. Specific workouts for alleviating back pain target the psoas, lower back, and the abdominals.

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