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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

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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.

This book was a delightful surprise. I first borrowed a half-dozen books on back pain from the library; this was the one book out of the collection that was so useful I then bought it for home reference. The one reason why I give this book four rather than five stars is because I believe the book would have been stronger if Girasole and Hartman had gone deeper into the mechanics of the various different causes of back pain, including specifying whether any of the exercises might have risks for one kind of injury rather than another. That said, the proof is in the pudding. I've begun doing their recommended stretches whenever my back tightens up and experience immediate and noticeable pain relief. Girasole and Hartman, an Orthopaedic spine surgeon and a personal trainer, outline two key sets of moves you can do to reduce immediate pain and, over the longer term, eliminate most back pain altogether. The first set of moves, stretches, relax spasming muscles. The second routine strengthens core muscles over the longer term to prevent future spasms. Graduates of physical therapy programs, yoga practitioners, and dancers will recognize many of the moves. Where the authors provide new value is by explaining the connections between muscle tightness and pain and by providing practical variations of the stretches for different situations. Chapters address moves you can make to reduce pain at work, in a car or airplane seat, and even in bed with your partner. Exercises are accompanied by illustrations and most come with variations to make moves more or less challenging. There also are detailed instructions of how to handle a back seizure. A final appendix provides an overly brief overview of surgical options and how to choose an orthopedic surgeon. In short, this book does one thing very well: outlining immediate practical physical moves you can do to reduce lower back pain. It is not the book to turn to if you want a

better understanding of the different structural factors that might cause the pain or of surgical options, but it is an excellent resource for day-to-day moves for improving your quality of life.

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'm a physician who has suffered from lower back pain for several years. I am fairly young and my back pain has gotten progressively worse over the past few years. Several osteopathic docs i know have explained to me how my back pain is most likely due to tight hamstrings and overall poor flexibility. I discounted their advice until my last muscle spasm attack which laid me up for several days. The pain was so severe that I was terrified to move. At that moment i decided that I could not live like this anymore and was willing to try almost anything. I've NEVER been one to stretch so when I began the exercises, it was ugly, really ugly. I was shocked by just how tight all my muscles were. Slowly, though, I saw and felt improvement. Within a couple of weeks I was feeling better than I had in years. Simple movements that used to aggravate my back before became effortless. Now i do the exercises 3-4 times a week and I feel 100% better. On the rare occasion that I feel my back twinge, i stretch that same day and immediately feel better, whereas before the pain would progress to agony within a day or two. Having gone to medical school and being trained in preventing/treating pain, i am confident that I have found the cause of and treatment for my lower back pain. What's more is that it's required no medications or procedures or surgeries. Give these exercises a try. It's much easier and safer than resorting to unnecessary surgery.

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