

BACK RX: A 15 MINUTE A DAY YOGA AND PILATES BASED PROGRAM TO END LOW BACK PAIN%0A

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As a physician specializing in treating athletes, Dr. Vijay Vad has spent years researching how to cure back pain using medical yoga and Pilates.

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Pilates for Treating Sacroiliac Joint Pain Pilates Body Conditioning A Program Based on the Techniques of Joseph Pilates A Work Out Program Designed Specifically For You Pilates for Back Pain Pilates/Yoga Starter Kit (10 Minute Solution: Pilates For Beginners, Element AM & PM Yoga For Beginners, Element Yoga for Stress Relief & Flexibility)

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Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain by Vijay Vad Hilary Hinzmann(2004-02-09) Paperback 2004

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In an ongoing study, my research colleagues and I are monitoring the progress of two groups of low back patients who receive the same medical care and take the same pain medication, except that one group does the Back Rx program for fifteen minutes three times a week. At the end of the first year, the group doing Back Rx had a 70% success/cure rate (as measured by a more than 50% reduction in

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Back Rx: A Fifteen-Minute-A-Day Yoga-And Pilates-Based Program to End Low Back Pain Forever User Review - Not Available - Book Verdict Many Americans suffer from some form of lower back pain, and these two consumer health guides aim to relieve their discomfort. **Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program ...**

Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain [Vijay Vad, Hilary Hinzmann] on Amazon.com. "FREE" shipping on qualifying offers. As a physician specializing in treating athletes, Dr. Vijay Vad has spent years researching how to cure back pain using medical yoga and Pilates. Profiled in The Wall Street Journal

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For those who want to go even further and use this program for more than the treatment of a single injury, an advanced workout is included that puts readers on the road to peak performance. The perfect combination of modern medicine, Pilates innovations, and ancient yoga postures, Back Rx builds important new fundamentals for lifelong freedom from pain.