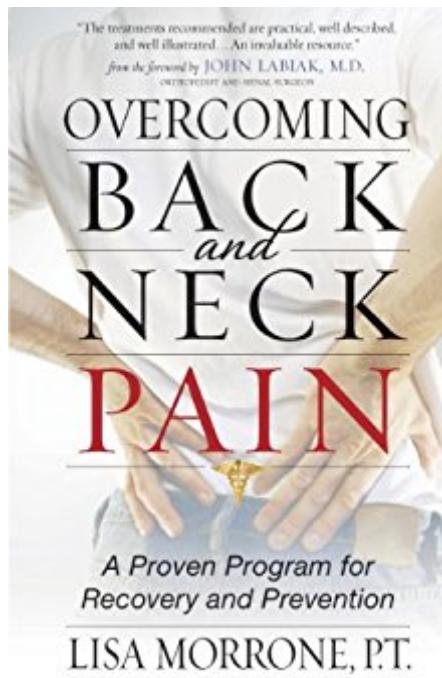


The book was found

# Overcoming Back And Neck Pain



## **Synopsis**

Oneâ “third of Americans report having had lowâ “back pain in the last 30 days. Ten percent are enduring chronic neck pain right now! Drug prescriptions, endless treatments, and limited lifestyles are just some of the consequences. Expert physical therapist Lisa Morrone says no to the treadmill of suffering. From nearly 20 years of teaching and practicing physical therapy, she offers a clinically proven approach to overcoming nagging back or neck pain. Lisa puts in one straightforward, accessible package the most effective exercises, guidelines, and lifestyle adjustments, involving proper posture and core stabilitystrengthening and stretchinghealthy movement patterns and ergonomicsrecovery from pain from compressed or ruptured discsnutrition, rest, and emotional/spiritual issuesWith Lisaâ TM’s recommendations, readers will find they can attain substantial or complete freedom from painâ ”which brings freedom to enjoy work, friends, and family again, and live a fulfilling life serving God and others.

## **Book Information**

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## **Customer Reviews**

I have been helped so much by this book. If I could be consistent and dedicated it would be even

better. Lisa has a wonderful way of educating. It's one of my "go to " books. Now I have the paperback and have just added it on Kindle on my iPad so I keep it handy. Always intended to write a note to Lisa thanking her but never have, "Thank you Lisa for creating this wonderful book ". I've given it to several people.

I bought this book in an effort to better understand why I was repeatedly injuring my back. The author does an excellent job illustrating how we injure our backs and necks, which muscles we need to strengthen and what exercises we can do to get stronger. I like the clear simplicity of the book and the photos of the right and wrong ways to sleep, move, lift, etc. I would highly recommend it to a fellow back sufferer.

Great for both practitioners as well as patients. Provides top level treatment ideas in laymen terms. Includes exercises and techniques that can be done at home, work etc. A must read if you are experiencing/have patients who suffer from back and neck pain.

Great detailed explanations of pain causes, hope for healing, and exercises to do. I've bought copies for my adult son and daughter also. It gave me motivation to exercise and stretch on a regular basis.

I learned about. The book is well organized to explain postures, sleeping positions, working positions, etc. The exercises are well explained. Pictures are helpful. Lisa has a lot of good insights.

The information contained in this book is very basic and contained nothing outside of normal recommendations for dealing with back and neck pain. Having said that, the book is still a good practical guide to managing back pain and it has helped me improve my pain over the course of the previous month.

This book gives a good and comprehensive program for dealing with pain. After several PT visits and reading many books, this one condenses it down to the basics.

Easy to understand for the layman. Easy ways to self-assess and self-treat... and I'm a physical therapist! Highly recommended for anyone looking to make some life-style changes for the better.

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