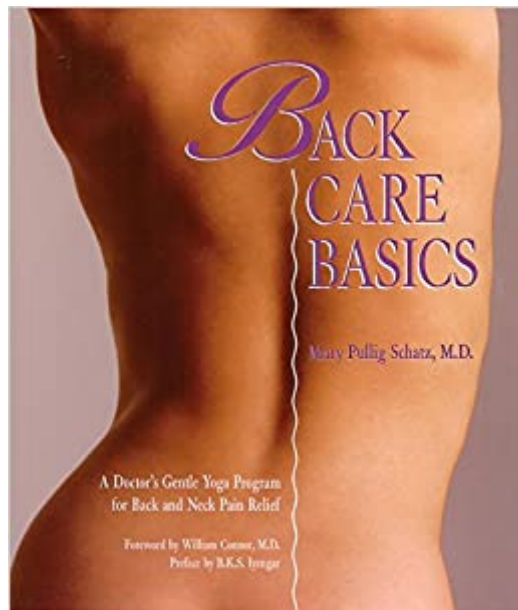




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# Back Care Basics: A Doctor's Gentle Yoga Program For Back And Neck Pain Relief



## Synopsis

Back Care Basics offers the low-cost solution for back care in the new millennium: therapeutic yoga. Dr. Schatz's approach to back rehabilitation is gentle, effective, and doesn't resort to drugs or surgery. Her program encourages both positive health practices and a positive outlook; the important tools needed for prevention and healing. Dr. Schatz has designed this program to help those with pain from chronic musculoskeletal back and neck strain, spinal arthritis, osteoporosis, premenstrual syndrome, pregnancy, and scoliosis. Simple and practical ways to heal the back, restructure the body, and cope with stress are taught so that one becomes more sensitive to early warning signs of an impending "back attack" and what to do to ward it off.

## Book Information

Paperback: 248 pages

Publisher: Rodmell Press; 1 edition (May 1992)

Language: English

ISBN-10: 0962713821

ISBN-13: 978-0962713828

Product Dimensions: 8.5 x 0.5 x 10 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 111 customer reviews

Best Sellers Rank: #41,492 in Books (See Top 100 in Books) #17 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #43 in Books > Medical Books > Medicine > Surgery > General Surgery #57 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

Mary Pullig Schatz graduated from Vanderbilt University School of Medicine, where she also completed specialty training in pathology. A certified Iyengar yoga teacher, she teaches yoga to health professionals, medical patients, and other yoga teachers.

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This review is written by my wife, who bought this for her Kindle: I hurt my back last year lifting our

injured 60-pound dog into the car (the lift was OK, but the twist and bend-over to get him in there cause this nasty wrenching in my lower back). It meant months of restricted activity and what I thought was gentle yoga, but I kept re-injuring myself and losing ground. I bought this book in December and have learned SO MUCH more than what exercises to do. I have learned how to recognize the different kinds of pain and what they mean in terms of modifying what I'm doing (or not). I learned that a stretch needs at least 15-20 seconds before the muscle understands and responds appropriately. I learned that the Sun Salutation that I'd been doing on my own is way beyond what I should be doing with this injury. But then I learned even more, addressing old injuries to my neck and shoulder. So far, after just a few weeks of working with the stretches and the beginner poses, I have lots more range of motion, better balance, much less pain and have halted at least 3 early morning migraine attacks using neck stretches and the child's pose. Over the years I have seen doctors, chiropractors, tried Callanetics, Pilates and been in several yoga classes, but this book provided me more information that I could use by myself to improve my body without further injury. It has been a real blessing, and I haven't even gotten to many of the Moving On poses yet. My only reason for not giving this a 5-star review is that in the Kindle version the diagrams and figures are sometimes too washed out to see the detail, and they are sort of scattered through the text, rather than placed right before or right after the text that refers to them. But I chose the Kindle version so that I could look up words and find material more easily, so not a bad trade-off for me.

This is my favorite yoga book because I actually read it and do the exercises. Years ago I took a class on Iyengar yoga for backs, and it saved my back. However, after a good number of years I stopped yoga practice and after carrying my kids on my shoulders I started to have neck and back pains again. A few instructors at the gym did not help that much, so I looked for a book. This book provides clear explanations. It is not preachy, but rather realizes that lapses and setbacks occur in yoga practice, and one needs to just slowly start going again. The descriptions of the exercises are very clear. I feel like one of the better yoga instructors is right there in the room. The bottom line is that with other yoga books that I have purchased, I never could finish reading and never would quite follow the exercises. This book covers the spine background in-depth, but in an interesting and easy to read fashion. The exercise regimes slowly build up without causing problems due to over aggressiveness. This book has really helped both my back and neck. Thank you Dr. Schatz, your passion and teaching in the book have been a huge help.

Good!! i am lucky to have found a wonderful personal trainer to help me deal with scoliosis...same

principles. However, if you have chronic back pain from scoliosis or other condition, and don't have the privilege or luck to have a great trainer, then this book is a wonderful investment. do what she suggests and let Mary Pullig Shatz be your trainer. Another practical and inspiring book is HEALING BACK PAIN NATURELLY by Dr. Art Brownstein.

This is the best book I've found on managing back pain with therapeutic yoga positions. The excellent anatomical illustrations with accompanying explanations very clearly explain the sources of possible pain, and why certain positions, movements are helpful or harmful. The Iyengar yoga approach using various supports and modifications is an excellent way to personalize a yoga practice, no matter what your age or flexibility. I discovered this book thirty years ago in an effort to avoid surgery for debilitating pain due to degenerating and bulging disks. Within three months I was pain free, and I still utilize specific positions and stretches to manage recurring discomfort. I have recommended this book to numerous friends, but refuse to loan it out in the fear it will not be returned!

I used in conjunction with the Pain Free method and not only was my muscle pain alleviated, I gained strength and flexibility rapidly. These stretches have helped develop my muscles more than years working out with 5 pound weights ever did. I highly recommend both this and the Pain Free method as they beautifully compliment each other. After two years of on and off (mostly on) pain in my lower back, hip, and knee (now realize they were related), I was pain free after three days of the stretches in both books.

I definitely recommend this book. I think it's a great book for those in the throws of dealing with a back or neck issue. Although it is hard to not jump to the poses section, but i'm glad I followed the author suggestion to read all the way through chapter 4 before starting in to some poses. The reality is, stretching incorrectly or in some poses really can be too much for some peoples issues. You are not going to do any favors for yourself if you try to do too hard of poses for what your injury can handle and you over do it and make your situation worse. I also ordered another Yoga Heals your Back:[...] at the same time I ordered this book. While I thought, oh, that book is simple enough, I started to feel like I needed to make sure I wasn't doing anything bad for my situation. This book starts really slowly, and maybe some people will think some of the poses are too slow/beginner, however, if you are in serious pain, slow is what you need. I haven't gotten to the advanced section yet but as stated in the book, there is really a lifetime of learning you could do through this book. I

actually thought I was more flexible than I was and the book guides you through figuring out your flexibility level. I found this very helpful. I would have given this book 5 stars but I feel it could have a few more basic poses and the of course the book is a bit dated. An updated book with updated photos I think would be great.

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