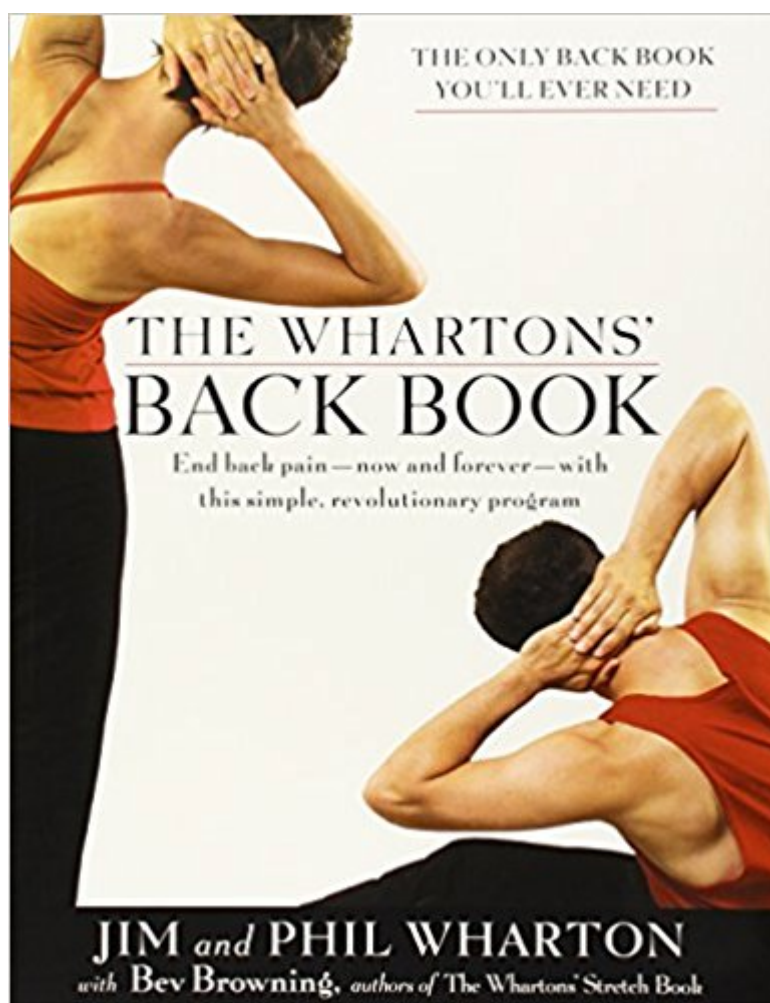


The book was found

The Wharton's Back Book: End Back Pain--Now And Forever--With This Simple, Revolutionary Program



Synopsis

Don't just rehab your back--PREhab it! Father-and-son training team Jim and Phil Wharton have served as physical therapists to everyone from Olympic medalists to Broadway and Hollywood stars. Now - with *The Wharton's Back Book* - they're here to relieve your back pain quickly, easily, and permanently. Their methods not only target and resolve current conditions, they also can help you PREhab your back, to prevent any future pain or disability. With this book, you will:

- Understand how the back works and why back problems can often be traced to injuries in other parts of the body
- Ease pain and keep your back strong with a simple 20-minute routine that meets your lifestyle
- Identify the source of current hurt and follow a short-term program to relieve pain and restore flexibility
- Understand the latest diagnostic tools with an overview of cutting-edge treatment options
- Reverse or completely cure back problems stemming from more than 50 conditions, activities, and sports-related injuries
- Relieve back-related troubles caused by anything from extra pounds to osteoporosis, work, tension, or the way you sleep

Book Information

Paperback: 389 pages

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Average Customer Review: 4.5 out of 5 stars 26 customer reviews

Best Sellers Rank: #501,382 in Books (See Top 100 in Books) #64 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #205 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #488 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

Customer Reviews

About 31 million Americans experience back pain, and the Whartons are on an enthusiastic mission to help sufferers approach injuries "not as a patient, but as an athlete" and get back in action, pain-free. For a book on back pain recovery and prevention, this is a surprisingly entertaining read, with anecdotes from the authors' New York City physical therapy practice-and even some celebrity name-dropping. The book is so crammed with information that it could be overwhelming, but

readers can select applicable sections. Following a detailed introduction to the back, the authors include sections on what they call PREhab ("that is, helping our athletes prepare properly so that injuries never happen"), stopping the pain, protecting the back, stress and slumber, and situations and solutions. They explain and apply their unique Active-Isolated method, suggest exercises (with helpful demonstrative photos) and provide real-life case studies throughout. The Whartons believe every part of a person's lifestyle can impact the back-and they cover it all. Copyright 2003 Reed Business Information, Inc.

"I was certain that nothing was ever going to cure the pain in my neck and give me range of motion. Meeting with Phil Wharton was an absolute godsend. I have the utmost respect for the Whartons.

— Barry K. Schwartz, founder of Calvin Klein, Inc., and current chairman of the New York Racing Association

"[The Whartons'] stretching and strengthening programs that take 15 to 20 minutes a day cured my 5-year problems. I finally made the 2000 Olympics, injury-free, and broke 3 Irish records en route. This could not have been possible without the Wharton Performance team.

— Mark Carroll, Irish national record holder in track and field

"Jim and Phil Wharton are engaged in an important public initiative to keep America on the go with freedom from common back ailments. This book can change the health of a nation.

— Stephen Holt, M.D., author of The Antiporosis Plan and the best-selling The Soy Revolution

"While performing in films and training for marathons, I suffered disk herniations. I was a mess--pain, atrophy, weakness, numbness. Once Wharton Performance got their hands on me, I was right back on my feet. I was blown away by the knowledge, passion, and commitment that Jim and Phil have for what they do.

— William Baldwin, actor

"With the Whartons' program, there's no limit to what you want to do. You can improve as much as you want in the areas you'd like, and you can tailor the program specifically to your needs.

— Chris Martin, former coach of the Great Britain national swim team and the U.S. Olympic and national swim teams, including an Olympic-gold-medal-winning swimmer

I have been using this for nearly three weeks. My lower back pain has improved but it is not gone. I do not know how important the stretches are for this. The exercises are not difficult so I do not have to brace myself to do them like I do for many exercises. For the first three weeks one is to do the lower body and upper body stretches. I have a bad shoulder and I do think the stretches help the shoulder. Many of the reviews talk about how it takes twice as long as the book says to do the stretches. I find that after the first week or so of learning the exercises I finish the stretches in less

than 19 minutes. The book says 20 minutes. Many of the reviews say the stretches take much longer. Later they add strengthening exercises and I do not know how long that will take. My assumption about the stretches is that if you are taking much more than 20 minutes you are not efficient in going from one stretch to the next, or you do not really understand how to do the stretch. Maybe both. I do the full ten repetitions on all stretches. I believe that the principle of balancing muscles is probably very important to back pain. Whether doing this general program will help without specific diagnosis I do not know. I have not read the book past how to do the exercises. That is the first 100 pages. Some people suggested that it was not clear how to do the exercises. I may be doing them wrong but the explanations seem clear to me. I have no complaints. I have just not had time to properly evaluate the long term results of using the program. I gave it four stars rather than five because I have not had time to evaluate the long term result and that is what really matters. I tend to get down in the back and it gets better. Then it happens again. Because of this cycle this gradual improvement may not be from the exercises.

This book is well written with the excellent illustrations. It is comprehensive in scope, covering all the areas of my aches and pains.

A big book with lots of unneeded commentary. Nice ideas. Book could have been 1/4 the size with less "pat me on the back" from the authors.

Excellent book. This book covers how the whole body impacts back issues. A must read ---

I was very happy with the information given in this book and highly recommend this for anyone. Having a strong back is important for everyone, especially the one's who suffer.

This is an excellent book I was delighted to find. I have used the Wharton's Stretch Book for myself and family and with clients since it was published and this book expands specifically on the problems folks have with backs. I am a Massage Therapist and have seen clients and family relieve and reduce back pain and improve over all through the use of the information in this book.

Excellent!!!

Really like the book

Works great concept

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The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Pain Free for Women: The Revolutionary Program for Ending Chronic Pain Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain End Back Pain Forever: A Groundbreaking Approach to Eliminate Your Suffering Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Get Rid of the Pain in Your Butt NOW! Pain Relief For Your Back, Legs, Knees, Feet & Sciatica The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods to Quit Smoking, Healthier Life) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain Back Pain: How to Relieve Low Back Pain and Sciatica Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief Financial Literacy for Managers: Finance and Accounting for Better Decision-Making (Wharton Executive Essentials)

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