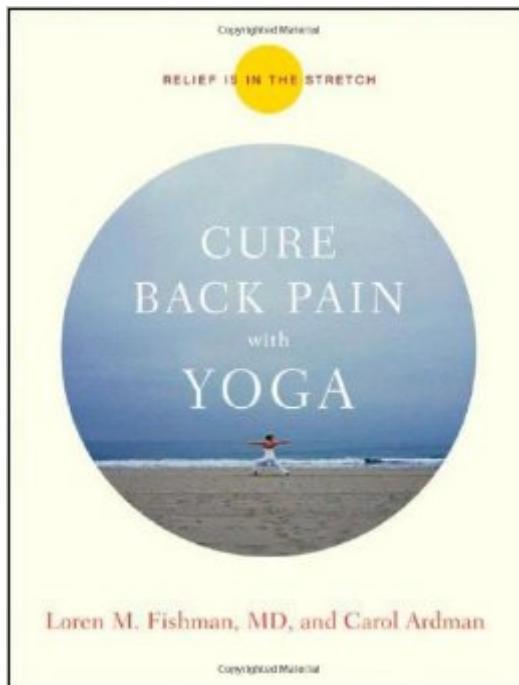


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# Cure Back Pain With Yoga



## **Synopsis**

From the authors of Back Pain, an easy-to-use book offering yoga techniques to control back pain and sciatica. This book distinguishes the nine common causes of low back pain, teaches you how to identify them, and describes appropriate yoga poses to relieve each one of them. Loren M. Fishman, MD, is an internationally recognized expert in yoga and the clinical treatment of sciatica and low back pain. Here he helps you determine how to start your own yoga practice or alter your existing practice, depending on your physical condition and the cause of your particular pain. The postures, each one illustrated by a photograph, target specific sources of painâ •from arthritis to sacroiliac joint derangementâ •and demonstrate how you can manage and ultimately end your pain.

## **Book Information**

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## **Customer Reviews**

Thank you to Dr. Loren Fishman for this invaluable guide to preventing and curing back pain with yoga. The beauty of this book, unlike many others, is that it actually acknowledges that there are major types of back pain instead of lumping muscle spasm with arthritis or herniated disc, etc. This book respects the differences, and that is common sense, because what's good for back pain in pregnancy is obviously not the same as what will relieve the pain of a herniated disc. Dr. Fishman's approach is clearly safer and more effective. For a beginner like me, the simple, lucid discussion of what yoga is was extremely illuminating. I found the explanations of the various types of back pain - arthritis, sacroiliac joint derangement, etc. - easy to read and coherent. . If you don't know what's wrong with you, Dr. Fishman steers you in the right direction with lucid explanations of causes of

back pain, including muscular problems, arthritis, sacroiliac joint derangement, etc. He even provides advice (and yoga poses) for people who have recently had back surgery. The poses themselves are described and/or shown for beginners or for those who are more disabled and at a higher level of difficulty for those who are more advanced. This book is a pleasure to read and to use.

The book is structured with a description of the conditions the yoga pose is intended to help. I had been unsuccessful in finding information about piriformus syndrome and found the book informative with helpful exercises. I found Yoga being used in some therapeutic programs for my son. I also bought Richard Hittleman's 28 day program of yoga some time ago when I had decided to try to get back into shape and found it a great way to begin an exercise program.

I had chronic back pain for 13 years. Sometimes to the point of not being able to walk. After many years, I could "manage it" to a point but was often limited in what I could do actively. I kept asking my Chiropractor if there was anything I could do on my own to save my back and he always said no. After being fed up with going to the chiropractor over and over and not getting better, I was convinced that there must be a way I could help myself. I found this book and another one. The first one did not really help. Then "Cure Back Pain with Yoga" arrived in my mailbox. The next morning, I tried some of the exercises in the book. Then I ran about six miles without any pain whatsoever! I never see the Chiropractor anymore. I now have a great sense of when I have back pain what is the cause and how to fix it - a huge freedom. I run every morning and I have this book to thank for being able to do so. To anyone with back problems, I recommend this book full heartedly.

I bought this and two other books by Dr Fishman. Unfortunately two of the books were exactly the same. I think this book was also published with another name. Five stars for the material. I like how each separate back issue had its own recommended poses. Far better than having a doctor tell me "Do yoga" in a vague, undefined manner. Why only four stars? I agree with some of the other reviewers that the lady pictured in the book is often doing a pretty advanced version of the pose. When I googled Dr Fishman I found a paper he published regarding side plank for curvatures in the spine. In that paper numerous modifications were offered. Really helpful. If he ever republishes this book it would be great if he did the same, add in all the modifications he knows. This is the sort of book that can help an advanced beginner craft a personal physical therapy using yoga. For the beginner, beginner? I suggest taking the book with you to a yoga teacher. Pay for a couple private

lessons. Have them teach you modifications and prep poses that will get you up to snuff. Then do what's in the book once you can.

I had been SUFFERING with constant sciatic pain for over 2 years. I was told that I had a herniated L4 and L5 and would need surgery. Approximately, at the same time, I read an article in the NYTimes describing my condition and Dr. Loren's treatment . I immediately called his office and made an appointment. After his examination and use of an EMG , he diagnosed me with one of the worst cases of piriformis syndrome he had ever seen. After several months of aggressive physical therapy I had total relief from pain. For 2 years after therapy I diligently did certain yoga stretches prescribed by Dr. Fishman. I have been PAIN FREE since 1992!!! Sight unseen, I would recommend this book. Carolyn Z.

I was looking for a clear book with yoga positions recommended for back problems. This one seems to be very clear and with variuos back problems described and the positions recommended for every kind of back problem. (there are also the positions for back pain during the pregnancy and after back surgery. I have a herniated disc (L5-L4) and over the years I was suffering from periodic sciatica Now with my daily routine of exercices (yoga and stretching)I manage to have a normal life without pain and without pills any more. And I managed also to improve my calm, reduce the stress and have some rest doing the daily exercices.Every time the pain appears I do also the mckenzie recommended positions (not in the book but from my rehabilitation) and in 2 days, the pain just disappears.(sorry fo my english :-))

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