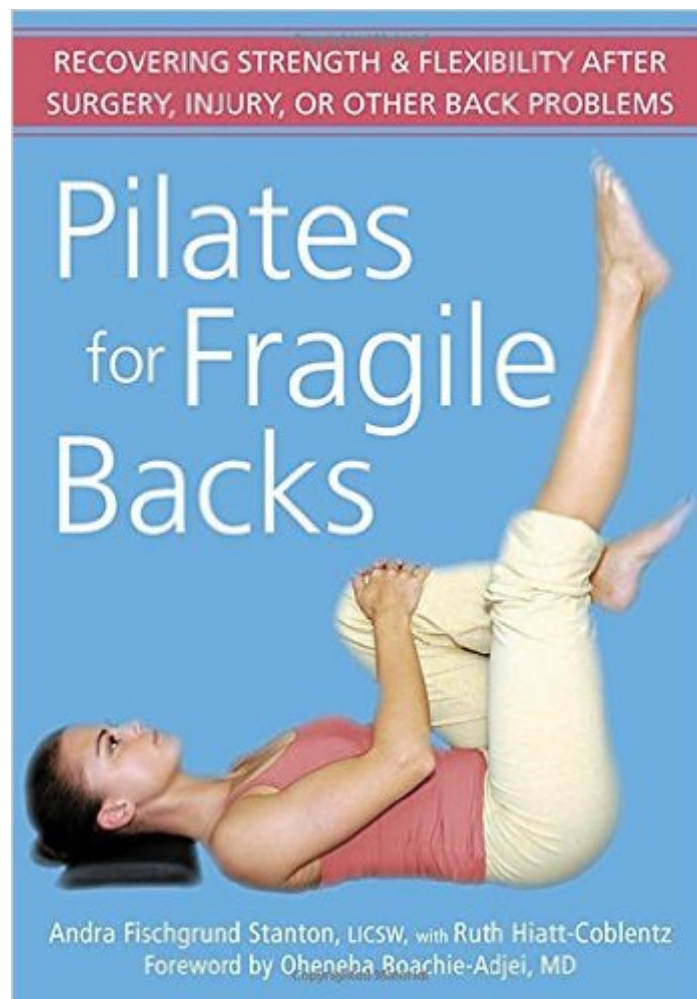


The book was found

Pilates For Fragile Backs: Recovering Strength And Flexibility After Surgery, Injury, Or Other Back Problems



Synopsis

Safe Techniques to Reduce Pain, Build Strength, and Speed Recovery

Studies suggest that proactive strengthening and flexibility-recovery exercises can speed healing after spine surgery. Whether you're preparing for or recovering from spinal surgery, recuperating from a back injury, or just dealing with a back that has 'issues,' this book offers an effective program to help you manage pain and regain strength and mobility. These exercises modify traditional Pilates routines to accommodate partially immobilized spines, making this routine safe and effective therapy for your fragile back. The exercises are designed to not compromise a spinal fusion. Instead, they will do what Pilates exercises do best-stretch, strengthen, and tone the trunk with precise positioning and movement, while avoiding potentially dangerous repetition and overexertion.

Pilates for Fragile Backs is an excellent program for people who have had spinal fusion. The simple but effective Pilates-based exercises will help tremendously in reducing pain and restoring mobility.

-Vijay Vad, MD, assistant professor of rehabilitation medicine at the Weill Medical College of Cornell University and author of *Back Rx* and *Arthritis Rx*

Adhering to a program of Pilates, as described in *Pilates for Fragile Backs*, under the guidance of a certified instructor can be a most useful means to improve back function and relieve pain. Clearly, this is a valuable therapeutic modality that is underutilized in today's current pain management programs associated with spinal disorders.

-Charles Birbara, MD, chief of rheumatology at Worcester City Hospital in Worcester, MA

In my practice, I constantly emphasize the importance of proper spinal alignment, good posture and a strong mid-section. *Pilates for Fragile Backs* highlights these points in an easy-to-follow exercise program for patients suffering with chronic back pain. I have recommended this program to many of my patients, and they are thrilled with the results.

-Anthony S. Rainka, DC, South County Chiropractic, Sutton, MA

As a physical therapist, I have been able to utilize the exercises in *Pilates for Fragile Backs* with my clients. They have shown a reduction in pain, an improvement in posture and balance, increased strength, and healthier muscle tone. Best of all, the program does wonders for their self-esteem.

-Pam Craig-Stewart, PT, director of rehabilitation at Christopher House in Worcester, MA

This book is a much needed labor of love that offers clear and helpful advice for anyone who has ever lived with chronic back pain. The spine problems addressed in this book are very challenging ones for doctors and therapists alike, and the authors use their first hand experience with spinal trauma to break new ground for exercise therapy. A specifically modified Pilates program indeed offers the possibility of comfort and relief for a largely under-served group in our society.

-Ellen Kiley, RYT, therapeutic yoga practitioner specializing in scoliosis and spinal fusion

I underwent an anterior/posterior fusion (L4-S1) over a year ago due to degenerative disk

disease with annular tears. Since then, Pilates has done wonders for me. I started pursuing basic lumbar stabilization mat work a couple of months following surgery. I had urged my neurosurgeon to allow me to begin sooner than usual because I'd had a big increase in pain. My physical therapist felt it had to do with the stiffness that begins to set in as the weeks go by without stretching and exercising. I had every confidence that Pilates would improve my situation and I swear by it! I've been back to work full-time. I am also walking about four miles, three days a week! I'm sure Pilates for Fragile Backs will be a major help to many others.-Diana Stahl, Cincinnati, OH

Book Information

Paperback: 176 pages

Publisher: New Harbinger Publications; 1 edition (October 1, 2006)

Language: English

ISBN-10: 1572244666

ISBN-13: 978-1572244665

Product Dimensions: 7 x 0.4 x 10.1 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 starsÂ Â See all reviewsÂ (30 customer reviews)

Best Sellers Rank: #251,316 in Books (See Top 100 in Books) #43 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #119 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

This remarkable book has already generated major "buzz" in the "bad-back" community. Better yet, it is being used by some of us with truly terrible backs -- complex disk problems, severe scoliosis, major iatrogenic deformities resulting from previous scoliosis corrections. If you are in any of these categories, please check out this singular new approach to physical conditioning and emotional well-being. Unlike any of the previous "bad-back" books I have surveyed -- in the process of moderating a large online group for people with flatback syndrome and trying to find some kind of exercise I could do after eight fusions and revisions -- the program outlined here is safe and reasonable. For that reason, it has garnered endorsements from leading spinal surgeons who would never recommend most generic bad-back programs to their fragile-backed patients. (The "fragile backs" descriptor is inspired -- those of us with complex spinal problems know in the bone just how fragile we are, and just how cautious and patient we must be in initiating any exercise program.) One reviewer criticized the book for spelling out special Pilates equipment which is necessary to do the

core-strengthening exercises in the book. This is a legitimate concern for those of us on fixed disability incomes or in other limiting circumstances, but I doubt that it could stop any of the motivated people I know through my own 560-member website for people with flatback syndrome. I regard it as just another challenge, along with the many others we face every day -- to name just two, locating a qualified surgeon and getting our insurance carriers to pay for the surgery s/he prescribes to make our lives livable!

[Download to continue reading...](#)

Pilates for Fragile Backs: Recovering Strength and Flexibility After Surgery, Injury, or Other Back Problems Healing Pilates: Pilates - Successful Guide to Pilates Anatomy, Pilates Exercises, and Total Body Fitness - 2nd Edition You Can Heal After Spine Surgery: Managing pain, making decisions, preparing for surgery, and finally recovering from back and neck surgery. Yoga For Men: A Beginners Guide To Develop Core Strength, Flexibility and Aid Recovery (Yoga for Men, Flexibility Training, Mobility Fitness) Psoas Strength and Flexibility: Core Workouts to Increase Mobility, Reduce Injuries and End Back Pain Soul Repair: Recovering from Moral Injury after War Introduction to Yoga and Pilates - Improve Your Flexibility, Increase Mobility and Relieve Tension: Learn How To Transform Your Life (Maximize Your Human Potential) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery The BIG Book on Bariatric Surgery: Living Your Best Life After Weight Loss Surgery (The BIG Books on Weight Loss Surgery 4) Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Target on Our Backs (Monster in His Eyes Book 3) Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) Exercises for Osteoporosis, Third Edition: A Safe and Effective Way to Build Bone Density and Muscle Strength and Improve Posture and Flexibility Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Discovering Pure Classical Pilates: Theory and Practice as Joseph Pilates Intended - The Traditional Method vs. The Lies for Sale Treat Your Own Knees: Simple Exercises to Build Strength, Flexibility, Responsiveness and Endurance RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs,

Fitness, Strength)

[Dmca](#)