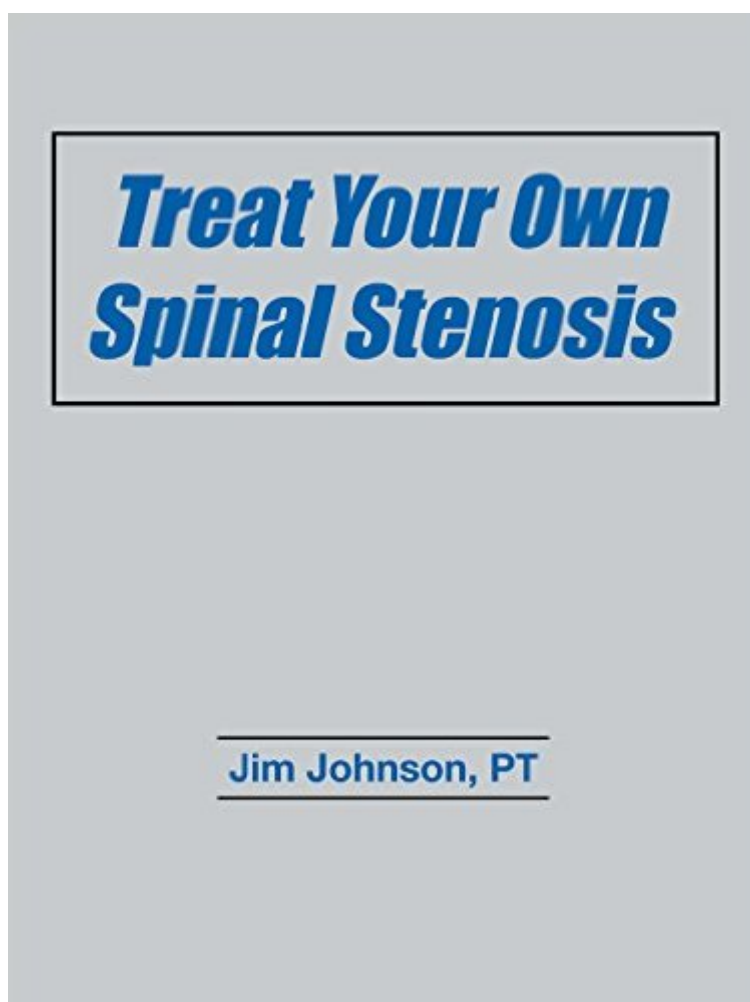


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# Treat Your Own Spinal Stenosis



## Synopsis

Simply put, spinal stenosis is arthritis of the back, and "Treat Your Own Spinal Stenosis" will show you how to get rid of back and leg pain that is caused by the various aging changes that take place in everyone's low back over time. Anyone with a herniated disc, bone spurs, degenerative discs, scoliosis, or unstable vertebrae will benefit greatly from the targeted exercises in this book, because these spinal problems are often involved in the process of spinal stenosis. What the exercises in this book will do for the lower back...make your back much stronger in 2 minutes or a daymake your back more flexible in 90 seconds a dayincrease the protective reflexes in your back in 1 minute a day

## Book Information

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## Customer Reviews

This book has enabled me to move from frequent shocking sciatic pain to full-out grappling in a Brazilian jiu-jitsu class. Its recommended exercises strengthen the sleeve around the lower spine and increase flexibility. I have added, and would recommend - though I'm no PT or MD - adding a hanging exercise to Mr. Johnson's list: build up to 30 seconds letting your full weight hang straight down from a chin-up bar - and take lots of fish oil. If anyone had said three months ago that I'd be able to return to full movement and not having to treat my lower back with special care in martial arts classes, I'd have said let's be realistic, but it turns out that one really can manage (though not cure) one's own SS, thanks to this clear-thinking and obsessively researching physical therapist!

This book is like gold to me. I was in physical therapy, very confused about why the McKenzie method wasn't working for my lumbar spine. I was in such pain and sciatica that I knew something

wasn't right. So I Googled "people who cannot do the McKenzie Method" and "stenosis patients" kept coming up. I remembered having seen the word "stenosis" in my MRI, although I didn't know what it meant at the time. I ordered this book, and it opened up a new world of understanding. First to mention is that usually when I read a PT type book, I skip the anatomy section (and go straight to the recommendations) primarily because anatomy explanations are dry and I don't understand most of it anyway. A large part of this book is about the anatomy of spinal stenosis, and I couldn't put the book down. The explanations are extremely clear, and now is the first time I really understand what is going on with my back and why McKenzie wasn't right for me. I would think that even patients who don't have stenosis would benefit from this understanding as a way to prevent future problems. Just the understanding alone and knowing that there are things I can do to help my particular back was a HUGE relief to me. I quit physical therapy and am waiting until the pain and sciatica dissipate before putting these exercises into action, so I can't comment at this time on my progress, but will try to remember to come back and add more to this review in the weeks to come. This isn't a long book, and the print is very large. For me, that made it even easier to tackle the content. But I think it contains the most concise and direct route to alleviate my back pain from stenosis. Think of the cost of one PT session, and the cost of this book is far less than that! Thank you Jim Johnson. I would love to also read something written by you about ab strengthening or hip arthritis.

On reading this book which I recently bought, it became immediately apparent that the author obviously has a somewhat unique ability, to explain in simple terms, scientifically based recommendations for treating Spinal Stenosis. I particularly like the "Quick Reviews" and also the "stretching" exercises which work well for me. Having suffered with lower back pain for over twenty years, the contents of this book are my self treatment plan going forward into the future. I am eternally grateful to the author.

As the title implies this is a book which will direct a person who has been diagnosed with spinal stenosis in the management of his/her condition. The first part of the book explains spinal stenosis with narrative and illustrations. The second part is largely devoted to outlining a program to address the condition. The author has done the research for the reader putting together a program of exercises which have been proven to provide results. References to research projects are well documented. Anyone who is dealing personally with spinal stenosis would benefit from reading this book to gain understanding of the condition. A person who desires to be proactive and assist in the

management of his own spinal stenosis will benefit even more with the suggestions offered. There is no need to purchase expensive materials to work through the program. There is potentially much to be gained (increased strength and flexibility with decreased pain) and little to be lost (time and a very modest monetary investment) in following the program. I highly recommend this book!

This book has been a Godsend, my mother has scoliosis and stenosis, and I've watched the back and forth of doctor visits, pain MEDs, and ice packs, that leave you in what feels like an endless system of spending more and more money, for a temporary fix, at best. I don't have the same issues, but have lower back pain from old injuries, and really just wanted to understand everything going on with this pain!! gotta say the exercises, complete with illustrations, are explained with a clear and comprehensive voice, and we love that at the end of each chapter there is a quick review. There are a lot of great questions and answers, that also makes this a great tool for us to understand and keep track of our progress. We are at the end of the six-week program and are both really happy with the results. This is a great book that left me feeling empowered and taught us a lot. We plan to continue strengthening our backs, and will continue to refer back to this valuable resource, time and time again.

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