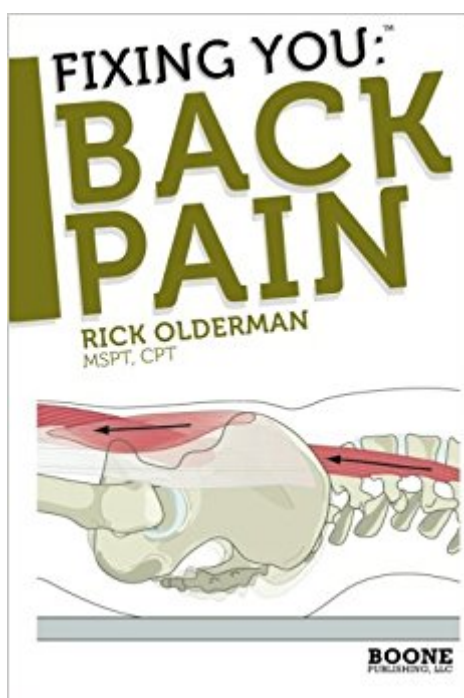


The book was found

Fixing You: Back Pain: Self-Treatment For Sciatica, Bulging And Herniated Disks, Stenosis, Degenerative Disks, And Other Diagnoses.



Synopsis

Back pain is often due to larger problems, such as poor walking habits or pelvic muscle tightness, that create vulnerabilities in the spine. This is why most people have trouble fixing their pain--because these systemic issues feeding it have not been addressed. *Fixing You: Back Pain* explains clearly why back pain happens and how to fix issues not only in the spine but also the pelvis, walking habits, sleeping, sitting, and more. Rick has even created free video clips of all the exercises found in the book to help you fix these issues. Just visit www.FixingYouBooks.com and type in the code found in the book to access these videos. Please look for *Fixing You: Back Pain*, 2nd edition for a more updated version of this book!

Book Information

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Customer Reviews

Fixing You: Back Pain represents a new biomechanical approach to fixing back or sciatic pain, rather than merely treating symptoms. Rick Olderman, a sports and orthopedic physical therapist who specializes in chronic pain treatment, teaches you exactly what is causing your pain and the surprisingly simple way to fix it. Fixing pain involves more than just stretching or strengthening muscles; it requires your attention to how you move. Poor movement creates weak or tight muscles which then reinforce poor habits creating a cycle of pain. Rick teaches you which muscles are at the root of your pain as well as how this creates painful movement. He then shows you how to break this cycle. *Fixing You: Back Pain* is part of the Fixing You series addressing chronic or recurring

pain in the entire body. Rick simplifies complicated medical problems helping you distill the causes of your pain down to a few simple issues. His explanations remove the mystique of back pain and show you why it is the easiest area of pain for him, and now you, to treat.

Rick Olderman is a physical therapist, personal trainer, and Pilates instructor living in Denver, CO. Rick's philosophy is that pain is a signal that something is wrong with the body, fix those issues and pain will disappear--often very quickly. Rick specializes in helping people with chronic pain conditions from head to toe. Rick's books have helped thousands of people recover from their chronic pain.

An update: A year after studying Rick's book and relentlessly following his advice, I have my life back! I can go and do whatever I need to - gardening, walking, bending, lifting, etc. without pain! I now know what I was doing wrong all those years before. Don't give up - persevere in changing bad movement habits and FIX YOURSELF! Original review: I've been without those sciatica "zingers" down the back into the legs for about two weeks now. I'm not totally free of pain in the morning, but a few stretches, some ice, and I am pain-free all day. WOW! And I thought I was headed for a wheelchair! Being in pain for over a year, I've spent money on doctors, physical therapy, aquatics therapy, exercise videos, pain medication, etc. and was still thinking as the pains shot down the back of my legs, "What am I doing wrong?" Rick's inexpensive little book has the list of questions for self-diagnosis, the explanations of the anatomy of possible causes of pain, the clear instructions for easy stretches to alleviate the pain, free accompanying videos on his website that demonstrate proper self-diagnosis and treatment, and he even answers email questions promptly. PRICELESS! Don't go to a surgeon until you try the easy self-treatments in this book! Research shows that surgery may only create new pain. Rick will explain why. Who knew?! All I had to do was change the way I sit, stand, walk, and especially rise to standing from a stooping position, and I'm pain free! The techniques in this book should be taught to all physical therapists. Thanks, Rick. You are a hero!

When I bought the book I expected some specific selections on herniated disks, bulging, etc, but rather I found explanations on various sources of pain, common parts involved and different aspects regarding posturing and others. Not much is focused on providing specific direction to fix/alleviate pain in a bulging or herniated, or descicated disks. Good starting point, but wish there was something more specific as the title states. Also note that this is a tiny book.

If you are suffering from back pain, then I highly recommend this book. Rick does a good job making the distinctions between different sources of back pain and then gives stretches and exercises to specifically address each source. I read and re-read parts of the book to better understand what might be the source of my back pain. If you are like me and not very familiar with anatomy, then there are some new words that you need to learn. The book has a glossary in back with definitions, so that helps along with re-reading sections of the book. After a short while doing some of the stretches, I have already noticed a reduction in my back pain. This is very encouraging to me. In the past, I bought some other books (including "The 7 Minute Back Pain Solution") and I diligently tried to follow the exercises and stretches, but even after a few months of trying it, they did not do much for me. "The 7 Minute Back Pain Solution" book just offers a cookie cutter approach to all back pain and does not distinguish between different sources of the pain and specific ways to address those sources. All the stretches and exercises are the same for all situations in that book. Rick's book was much better to help pinpoint specific causes of back pain. I was also encouraged to read in this book that even with structural damage to the spine, it is still possible to reduce or even eliminate back pain. I even e-mailed Rick to try to get some suggestions for my specific situation and he responded back promptly with more information to try to help me. I was really impressed! He seems to be a caring person who is sincerely trying to help others who are suffering. I also plan to buy his book on hip and knee pain.

I've been to doctors and physical therapists who gave me these same exercises (and a lot more than anyone could manage) but they failed to explain what my problem was which left me without the hope, knowledge and motivation I found in this little book. Rick's explanations require some effort to fully understand but he knows that all the anatomical info is essential to give back sufferers a sense of control and the knowledge to choose the right treatment; we've all failed before with dozens of 'healers'/books/exercises/gadgets. I've read books by back surgeons and done all their exercises without effect because I was doing as many wrong things as right for my issue: intractable lumbar aching for three years after a foot injury/operation caused hip rotation and excessive lumbar extension along with disc starvation/degeneration by too much bed rest. I only know this from reading this book, doctors were clueless how it came about but Rick's few case studies helped illuminate cause and effect. Two simple stretches done 2-3x a day and watching my posture caused 75% improvement in two weeks (I do keep referring to the book/video since perfect execution is crucial.) I can believe working a little harder and longer will take me back to or very near normalcy,

but there's a limit and that's OK. Somehow he makes you feel that being partly or mostly pain free by working simply at it every day is as good as cure (and it's what most of us can accomplish) which helps banish the fear and depression that also erodes our quality of life. One must make these moves a matter of simple daily maintenance like brushing your teeth, but the results are so helpful it's not really a choice.

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